SURVIVING as a postgraduate student

Presented by

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RESPONSIBILITIES OF STUDENTS

- Accept joint responsibility for their own learning
- Respect the working environment of others in all areas of the university.
In order to accept joint responsibility for their own learning, students need to -

- Act responsibly to AVOID problems
- Seek HELP to deal with problems
- Notify appropriate staff of problems
- Accept referral as appropriate.
The directorate of Health Wellbeing and Development (HWD) offers a number of services to assist students.
HEALTH & MEDICAL SERVICE
(ground floor Campus Centre, near travel agent)

- Staffed by male & female General Practitioners
- Bulk billing for Monash students
  - General Medicine
    - Health Advice
    - Sports Medicine
    - Travel needs
    - Sexual Health
    - Emergencies.
COUNSELLING SERVICE

- Registered psychologists or social workers
- Confidential and FREE
- “Drop-in” for first visit/then by appointment
- Personal and academic issues interact
- Clinical & support groups
- Safer Community program/Community Care Line
- Psychological assessment available on-site
- WILL ALWAYS RESPOND TO A CRISIS/EMERGENCY (within business hours)
- Access to After Hours support.
ALSO:
Chaplaincy
Housing Advisory Service
Family and Child Care
Student Financial Aid
International Student Support
O H & S
HWD : HUB

- 1st floor Western extension of the Campus Centre
- Good place to ask for help if uncertain what you need
- Staffed by student advisors with knowledge of all the areas just listed
- Reception for the Counselling Service
Students and staff are encouraged to contact the community care-line if they:

- Feel threatened or unsafe
- Have concerns about someone’s behaviour
- Are worried about someone harming themselves or someone else
- Wish to clarify issues of responsibility, confidentiality or duty of care

Community Care-line: 99051599
Email: communitycare@adm.monash.edu.au
SELF-CARE

- Maintaining a healthy routine (BALANCE - MORE IS NOT ALWAYS BETTER)
- Regular Exercise & Mindfulness/meditation
- Manage your relationship with your supervisor
ASKING FOR HELP

It is NOT a sign of weakness to ask for help – rather it is usually regarded as a sign of appropriate behaviour

SO - DO NOT let things get too bad before you talk to someone about what you are thinking and feeling. Even if it is not directly study-related, we know that what affects you personally, affects you academically. Do not feel guilty or ashamed to talk to a counsellor or academic advisor/supervisor.
If you want to talk to someone:

Uni Counselling Service is a good place to start. Most campuses have a walk-in session every day, and will always respond to a crisis.

**CLAYTON**  9905 3156

**CAULFIELD**  9903 2500

After Hours Counselling Service  1300 361 008

OR

Monash Research Grad. School  9905 3009

Monash Postgraduate Association  9905 3197