Roads to Resilience

Eden Court – 1pm to 2pm
Being away from home can be a daunting experience for many students. This six week course will explore strategies to help you manage the ups and downs of settling into a University environment and build confidence and resilience. Students are expected to attend at least four out of the six sessions.
Enrolment: Sign up via PDMS (www.st-andrews.ac.uk/pdms/).

21st September – Healthy Body, Happy Mind
We all know that looking after our physical health is important and this week's workshop will look at how to incorporate healthy eating habits, regular exercise and peaceful sleep into the student lifestyle.

28th September – Home From Home
Being in a new environment can be difficult for many students and it is entirely reasonable to feel stressed. In these moments, it's easy to think that you are alone and other students are finding University effortless and fun. This workshop will enable you to develop strategies to help overcome anxieties about being away from home and making new friends.

5th October – Can Do, Will Do
This week's workshop will allow you the chance to explore why people procrastinate and put off tasks. You'll have the opportunity to develop strategies to stay motivated and on top of your workload, whether essays, revision or other assignments.

12th October – Mood Boost
In this workshop you will learn about the different triggers that can affect mood and feelings of wellbeing. You will learn about valuable tools to help enhance mood and reduce irritability and worry.

26th October – It’s Alright to be Wrong
Most of us are afraid of being wrong and making mistakes. This workshop will examine how confidence comes not from always being right but from not fearing to be wrong.

2nd November - Continuing Your Journey
The final session will bring together everything you have learnt over the last 5 weeks to allow you to continue your student journey with confidence and resilience.

From Perfection to Being Perfectly Imperfect
Eden Court Meeting Room – 10th October – 1pm to 2pm
This short workshop will look at how you can move away from unrealistic expectations of having to be perfect to accepting and learning from life's ups and downs.
Enrolment: Sign up via PDMS (www.st-andrews.ac.uk/pdms/).
Step on Stress (NHS Fife)
*Arts Lecture Theatre - 12th, 19th, 26th October - 5.30pm to 7pm*
Step on Stress is a free educational course run by NHS Fife. The three 1 ½ hour sessions will teach you to how to manage stress and anxiety using a variety of practical tools that you can use in everyday life.
Enrolment: please visit http://moodcafe.co.uk/learn-to-deal-with-stress-at-a-local-class.aspx, email fife-UHB.SteponStress@nhs.net, or call 01383 565442.

Get Ahead of the Game: How to Stay Motivated
*C5 Seminar Room, Bute Building - 14th November – 4pm to 5.30pm*
Are you starting to feel stressed or overwhelmed and keep putting things off? Always making yourself another cuppa or devising yet another study plan instead of getting stuck into your essays or revision? In this workshop you will have a chance to share your worries, understand more about why you might be delaying tasks and learn strategies to help you stay motivated and keep on top of your workload. This workshop is delivered by Student Services on behalf of CAPOD, and is part of the Professional Skills Curriculum https://www.standrews.ac.uk/students/-careermatters/professionalskills/
Enrolment: Sign up via PDMS (www.st-andrews.ac.uk/pdms/).

Keep Calm & Carry On: Exam Workshop
*Small Rehearsal Room, The Union - 22nd November – 1pm to 2pm*
In this short workshop students will have a chance to explore the common anxieties and stress that surround revision and exams and learn skills and techniques to help manage these emotions and build confidence.
Enrolment: Sign up via PDMS (www.st-andrews.ac.uk/pdms/).

Get Ahead of the Game: How to Stay Motivated
*Eden Court Meeting Room - 28th November – 1pm to 2pm*
Are you starting to feel stressed or overwhelmed and keep putting things off? Always making yourself another cuppa or devising yet another study plan instead of getting stuck into your essays or revision? In this small workshop you will have a chance to share your worries, understand more about why you might be delaying tasks and learn strategies to help you stay motivated and keep on top of your workload.
Enrolment: Referral only; please speak to your Counsellor or Support Adviser for more information.

Secrets of Successful Sleep
*C5 Seminar Room, Bute Building- 29th November – 4pm to 5.30pm*
Are you losing sleep? Do you lie awake in bed at night worrying about things? Want to learn some simple strategies for sleeping soundly? This workshop will give you lots of practical tips, to increase your chances of sleeping the whole night through. This workshop is delivered by Student Services on behalf of CAPOD, and is part of the Professional Skills Curriculum https://www.standrews.ac.uk/students/careermatters/professionalskills/
Enrolment: Sign up via PDMS (www.st-andrews.ac.uk/pdms/).
Changing the Record: From Critical to Confident
Eden Court Meeting Room – 5th December - 5pm to 6pm
Full of practical advice and techniques this workshop will look at how challenging and changing negative self-talk helps build genuine healthy confidence.
Enrolment: Sign up via PDMS (www.st-andrews.ac.uk/pdms/).

Weekly Groups (semester-time only, unless otherwise noted)

Untie the Knot: Relaxation Techniques
*Eden Court, Every Thursday (semester-time only) – 1pm to 2pm*
Enrolment by referral only; please speak to your Counsellor or Support Adviser for more information.

Droppin’ Stitches (Craft Group)
*Eden Court, Every Wednesday - 5pm to 7pm (3pm to 5pm during the summer vacation)*
The Droppin’ Stitches group meets weekly to knit, sew, craft and colour over tea and cake.
Enrolment by referral only; speak to your Counsellor or Support Adviser for more information.

Grow (Gardening Group)
*St Mary’s Secret Garden, Every Wednesday - 1:30pm to 3:30pm*
The Grow group will tend the St Mary’s Secret Garden, creating a tranquil space for relaxation.
Enrolment by referral only; please speak to your Counsellor or Support Adviser for more information.

Student Minds Eating Disorder Support Group
*Eden Court Meeting Room, Thursdays – 6.30pm to 7.30pm*
Student Minds Eating Disorder Support Group provides an opportunity for students with eating disorders to meet and talk together in a safe and confidential environment. Student Minds groups are student run and have a recovery focus. For more information please email standrews@studentminds.org.uk
Enrolment: All welcome

StAnd Together Peer Support
The Peer Support Network is a confidential one-to-one listening service which is open to any student. Peer Supporters are student volunteers with training in listening skills who are happy to provide support and a listening ear, as well as company for trying out new things (like society activities). If you’re interested in being matched with a peer or would like to learn more about, please email peersupport@st-andrews.ac.uk

The ASC (Advice & Support Centre), 79 North Street, St Andrews
KY16 9AL. Email: theasc@st-andrews.ac.uk Telephone: 01334 462020