Do you find the research experience isolating sometimes?
Would you like to meet others and share experience?

UTAS is trialling a new 6-month writing and wellbeing program for research candidates. The trial will begin with a pilot program in the College of Sciences and Engineering.

The program involves monthly 2-hour writing sessions in a peer group with a student facilitator. During the sessions you can take part in discussions about experiences common to the research training journey and support each other.

If you are a research candidate in the College of Sciences and Engineering and would like to join the pilot program, please contact John Alford (Student Wellbeing) by Wednesday 27th February 2019:

John.Alford@utas.edu.au

In your email, please express your interest to be a facilitator or peer group member.

Facilitator – You will receive a program induction and mental health first aid training. You need to have strong communication and interpersonal skills, the ability to respond well to feedback and be prepared to take responsibility for a group. In your email, please provide a 50 word response about how you meet these qualities.

Write Smarter: Feel Better is a peer support program designed specifically for research candidates by the Cooperative Research Centre for Mental Health.

http://www.mentalhealthcrc.com/education/write-smarter-feel-better