

# QLD STDNT HUB

## Queensland Student Group Workshops August 2020

Register here <https://bit.ly/QSHGroupWS>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 <b>English Conversation</b> COVID-19 Experiences 2pm	5	6 <b>Personal Development</b> COVID-19 Managing Uncertainty and Change 2pm	7	8
9	10	11 <b>Professional Development</b> Skills For The Future (Launch U) 2pm	12	13 <b>Professional Development</b> Cover Letter and Selection Criteria 2pm	14	15
16	17	18 <b>Professional Development</b> Writing and Updating Your CV 2pm	19	20 <b>Professional Development</b> Overcoming Procrastination 2pm	21	22
23	24	25 <b>Personal Development</b> Mindfulness and Cultivating Calm 2pm	26	27 <b>English Conversation</b> Do You Speak Aussie Slang? 2pm	28	29
30	31					

# Queensland Student Group Workshop Overview

## English Conversation: COVID-19 Experiences

**Date:** 4 August 2020

**Duration:** 60 minutes

**Aim:** To share and discuss the different ways we experienced quarantine, isolation and the COVID-19 pandemic.

## Personal Development – COVID-19: Managing Uncertainty and Change

**Date:** 6 August 2020

**Duration:** 45 minutes

**Aim:** To help students process the changes COVID-19 has had on society, and to help navigate some of the challenges to re-entering the social world.

## Professional Development – Skills For The Future (Launch U)

**Date:** 11 August 2020

**Duration:** 60 minutes

**Aim:** To introduce and explain the key skills of the future, and the new Launch U program.

## Professional Development – Cover Letter and Selection Criteria

**Date:** 13 August 2020

**Duration:** 45 minutes

**Aim:** To provide students with tips and techniques on how to write an effective cover letter and selection criteria.

## Professional Development – Writing and Updating Your CV

**Date:** 18 August 2020

**Duration:** 45 minutes

**Aim:** To equip students with practical knowledge, tips and tricks to improve their CV (Resume) for the Australian workforce.

## Professional Development – Overcoming Procrastination

**Date:** 20 August 2020

**Duration:** 45 minutes

**Aim:** To provide students with tips and techniques to overcome procrastination and improve productivity.

## Personal Development – Mindfulness and Cultivating Calm

**Date:** 25 August 2020

**Duration:** 45 minutes

**Aim:** To help students understand the importance of mindfulness to mental health and wellbeing.

## English Conversation: Do You Speak Aussie Slang?

**Date:** 27 August 2020

**Duration:** 60 minutes

**Aim:** Introducing students to Aussie slang and conversation style.