

End of Year Message: Wellbeing Resources Box

Staff are welcome to directly 'cut and paste' the following resource box into end of year messages for students. Additional resources are provided below for staff who wish to tailor their own resource box.

Congratulations on reaching the end of 2020! If you didn't quite get the results you wanted, here are some resources to provide you with additional support now, and into your future studies:

- [Academic Improvement Module](#), UNSW SACS: Are you below GOOD Academic Standing? Are you on Referral, Probation, Provisional Suspension or Exclusion? The Academic Improvement Module (AIM) is here to help you to get back on track.
- [Receiving Feedback videos](#), MindSmart: Getting feedback can be a challenging and rewarding experience. The way you respond, in particular to improvement feedback, is a core life skill. How do you respond?
- [UNSW Counselling and Psychological Services \(CAPS\)](#): CAPS provide free and confidential telehealth and face to face counselling sessions to all students at UNSW
- [Lifeline](#): A national charity providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services. Call 13 11 14 to speak to Lifeline Crisis Supporter.
- [This Way Up](#): a range of free, practical tools to help you take care of your mental health.

Additional Resources:

- [Growth Mindset videos](#), MindSmart: How we respond to setbacks and the challenges of uni life can determine whether we learn and grow or just stay the same. You can make the most of setbacks and challenges at uni by adopting a Growth Mindset.
- [Growing Your Psychological Flexibility](#), UNSW CAPS: learn about how you can grow your psychological flexibility and make the most of challenging situations.
- [International Student Advisors](#), UNSW International Student Experience Unit: speak with an International Student Advisor for support regarding personal issues, financial difficulties, student visas and academic difficulties.
- [Academic Skills consultation](#) with the UNSW SACS team: cover topics like essay & report writing, paragraph structure, clarity of expression and referencing
- [Study Skills Support Program](#), Equitable Learning Services: facilitates academic skills development and time management for students registered with Equitable Learning Services (ELS).
- [Personalised English Language Enhancement](#), UNSW Arts & Social Sciences: credit-bearing course developed to help you to improve your communication skills in English.
- [Careers Skills consultation](#) with the UNSW SACS team: cover topics like career planning, resume & cover letter writing and interview preparation
- [24/7 Medibank Nurse Phone Service](#): For when you have a health question, or you're feeling unwell and want to chat to an expert

The Student Wellbeing Community of Practice (SW CoP) has developed several similar resources boxes to alert students to relevant resources and services across different stages of the university term: early term, mid-term, late term and the exam period. You can access this resource [here](#).