

Student Wellbeing Skillshops

Skillshops 2026 Overview



Student Wellbeing Skillshops support students to enhance wellbeing through skill development across the undergraduate lifecycle. We offer three different types of Skillshops for students who identify as neurodivergent, run in Sessions 1 and 2.

Students who identify as neurodivergent are invited to register your interest in one or more of the following Skillshops:

- Neurodivergent students in their FIRST session – **SURESTART**
- Students who identify with the impacts of Autism Spectrum Disorder (ASD) or other types of neurodivergence – **ASPIRE**
- Students who identify with the impacts of Attention Deficit Hyperactivity Disorder (ADHD) or other types of neurodivergence – **FOCUS**

***No formal diagnosis is required to register or attend**

*Please see the [Student Wellbeing Skillshops webpage](#) for the most up to date schedule

Skillshops in Detail

SURESTART: Hybrid - In Person or Online

For neurodivergent students preparing for your FIRST session/semester at Macquarie University. Five one-hour practical skills sessions designed for NEW students and run in Kickstart Week and Weeks 1, 2, 3 and 4 only, of Sessions 1 and 2. Building positive wellbeing by supporting NEW students to:

- develop an understanding of how key university systems work
- trouble-shoot options when coming across barriers
- develop a good foundational knowledge of available support within the University

[Register your interest in SureStart Skillshop](#)

ASPIRE: Online Only

Weekly one-hour small group program to build positive wellbeing. Designed as a 12-week program though students may choose to attend only for those weeks with topics of personal interest. With emphasis on managing change and sensory sensitivities, the Aspire Skillshops assist students to:

- adapt to the transitions of university life and navigate key processes

- develop communication strategies with teaching staff and peers
- learn how to manage their time, wellbeing and study

[Register your interest in Aspire Skillshop](#)

FOCUS: Online Only

Weekly one-hour small group program to build positive wellbeing. Designed as a 12-week program though students may choose to come along only for those weeks with topics of personal interest.

With an emphasis on managing overwhelm, the Focus Skillshops assist students to:

- better understand how time blindness impacts on study
- manage procrastination and implement realistic weekly planning
- access relevant study skills supports

[Register your interest in Focus Skillshop](#)

Skillshops FAQs

Q: Do I need a formal diagnosis to attend?

- No, a formal diagnosis is NOT required to attend
- Any students who identifies with neurodivergence is welcome to attend

Q: Are Skillshops only for new students?

- SURESTART is ONLY for NEW students who identify as neurodivergent
- ASPIRE and FOCUS welcome both new and ongoing neurodivergent students
- Skillshops are designed for undergraduate and postgraduate coursework students
- Skillshops are mapped around the 13 week session cycle so the topics and discussion are not as relevant to the study patterns of Higher Degree Research (HDR) students. We encourage HDR students to access the [Graduate Research Supports](#)

Q: What happens in Skillshops?

- Skillshops are small groups led by the Accessibility Team
- Topics are covered each week that explore how to maintain wellbeing whilst navigating university study, e.g. planning, organisation, overcoming procrastination and study stress
- Opportunities to discuss the topic and engage in skill-based activities will be provided at intervals throughout the Skillshop hour but are not required

Q: If I register, do I have to commit to attending every week?

- No, there is no obligation to attend once you register.

- When students register their interest they will have access to the iLearn page with the zoom links and topics. You will then receive weekly reminders with the topic for that week.
- SURESTART students are encouraged to attend the full five-week program to get the most out of it
- FOCUS and ASPIRE Skillshops are designed as 12-week programs and students are encouraged to attend weekly, though this is not required. Some students will register partway into the session and are welcome to join us at any stage of the program

Q: When and where are Skillshops run?

- Skillshops run during Session 1 and Session 2 teaching weeks only
- We pause during the mid-session break
- Each Skillshop runs for 1 hour
- SURESTART is offered as a hybrid where students can attend on-campus or online
- FOCUS and ASPIRE are offered as Online only
- For the most up to date schedule, go to the [MQ Student Wellbeing Skillshops webpage](#)

Q: If I identify with more than one Skillshop, which should I attend?

- We appreciate students are time-poor, so we encourage you to come along to one or all of the Skillshops that you identify with initially, then find which one or more that meets your wellbeing needs. Then continue to attend that one on a regular basis.
- Sometimes students relate more to one particular group where they 'find their peeps' and settle into this one
- Others find that the content for one of the groups is more targeted to their current needs
- Or your choice may come down to the Skillshop that best suits your schedule
- Keep in mind that ASPIRE and FOCUS cover mostly the same content so if you're unsure which of these to attend, then come along to both initially then decide on which group suits you best.

Q: Are the Skillshops recorded?

- No. In order to maintain student privacy, Skillshops are NOT recorded

Q: But what if I miss one or can't make any of the scheduled Skillshop times?

- The iLearn pages provide the PowerPoint slides and activities for you to access in your own time
- You can also post your questions or comments on the Wellbeing Skillshops iLearn page Discussion Forum to link in with other neurodiverse students
- For details of the Skillshops schedule, go to the [MQ Student Wellbeing Skillshops webpage](#).



Q: How do I register?

- Please go to the [Skillshops webpage](#) and follow the links to register for your chosen Skillshop/s.