

# Student Wellbeing Skillshops

## Skillshops 2025 Overview



**Student Wellbeing Skillshops support students to enhance wellbeing through skill development across the undergraduate lifecycle. In S1, 2025, we are offering four different types of Skillshops for students who identify as neurodivergent.**

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

- Neurodivergent students in their FIRST session – **SURESTART**
- Specific Learning Disability (SLD) – **INSIGHT**
- Autism Spectrum Disorder (ASD) – **ASPIRE**
- Attention Deficit Hyperactivity Disorder (ADHD) – **FOCUS**

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

## Skillshops Schedule

	<b>SURESTART</b>	<b>INSIGHT</b>	<b>ASPIRE</b>	<b>FOCUS</b>
Who can attend?	NEW students only – in your FIRST session at Macquarie University	Any students who identify as having difficulty with managing reading and writing loads	Undergraduate or postgraduate coursework students who identify with Autism	Undergraduate or postgraduate coursework students who identify with ADHD
When are they run?	Weeks 0, 1, 2, 3, 4 in Sessions 1 and 2	Weeks 1-13 teaching weeks, with a break during the mid-session break		
What day & time?	Fridays at 11am	Tuesdays at 11am	Thursdays at 11am	Thursdays at 1pm
Are they on-campus or online?	Hybrid - On-campus OR Online	Online Only		

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## Skillshops in Detail

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### **SURESTART: Fridays at 11am – Hybrid - In Person or Teams 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 during Weeks 0, 1, 2, 3 and 4 only, in Sessions 1 and 2. Building positive wellbeing by supporting 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](#)

### **INSIGHT: Tuesdays 11am – Teams Online**

Weekly one-hour small group drop-in sessions to support positive wellbeing whilst juggling heavy reading loads and assignment writing.

With an emphasis on using Assistive Technology, the Insight Skillshops assist students to:

- overcome barriers to note-taking, reading & writing
- navigate freely available Assistive Technology solutions
- prioritise and maintain wellbeing

Learn more about [Assistive Technology approaches](#).

[Register your interest in Insight Skillshop](#)

### **ASPIRE: Thursdays 11am – Teams Online**

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 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: Thursdays 1pm – Teams Online**

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
- implement realistic weekly planning
- access relevant study skills supports

[Register your interest in Focus Skillshop](#)

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## Skillshops FAQs

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### Q: Do I need a formal diagnosis to attend?

- No, a formal diagnosis is NOT required to attend
- Students who identify with one or more of these conditions, or any other neurodiverse conditions, can attend

### Q: Are Skillshops only for new students?

- SURESTART is ONLY for NEW students who identify as neurodivergent
- ASPIRE, FOCUS and INSIGHT target the needs of new students as well but students can attend these Skillshops at any stage of their studies
- Skillshops are designed for undergraduate and postgraduate coursework students
- Skillshops are NOT designed for Higher Degree Research (HDR) students. HDR students can 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 participate in skill-based activities will be provided at intervals throughout the Skillshop hour

### 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
- INSIGHT is a weekly drop-in program and attendance is generally on an as-needs basis
- FOCUS and ASPIRE Skillshops are designed as a 13 week program 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 over online via Teams
- INSIGHT, FOCUS, ASPIRE are offered via Teams Online only
- For up to date timetable information, 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 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.