Mind Smart Guides are a series of self help resources designed to give you the psychological flexibility, resilience and self-management skills you need to thrive at uni and at work.

**Mind Smart Guides**

What are Mind Smart Guides? Find out more here.

**Growth mindset**

Learn how to achieve your potential and bounce back from failure and setbacks.

**Exams with less stress**
Find out how you can reduce your stress levels around exam time.

Tales of Resilience
Stories and strategies from individuals living with Mental illness.

Receiving feedback
Successful graduates reflect on the importance of feedback in their work.

Giving feedback
Useful advice on how to give good feedback

Sleep
Find out how sleep can improve your marks
A selection of animations on Mental Health and Wellbeing.

**Mindfulness**

Mindfulness improves your memory, learning and wellbeing

**Perfectionism**

Perfectionism...... believe it or not but being a perfectionist can have a serious impact on your work and relationships.

**Procrastination**

Learn some strategies so you can stop procrastinating and actually get down to some work.

**HDR counselling resources**

For high degree research programs

**More counselling resources**
More guides and resources...