How To Adult Workshops are designed to teach you everything you need to know about being adult, from understanding your taxes to acing that interview for your dream job.

Arc are launching the Semester 2 How To Adult series of workshops with a night of wine, cheese & expertise. This special panel event will cover the basics of being grown up, from health & wellbeing to money and balance.

The panel event will be followed by a week of FREE workshops included self-defence, how to meal prep, do your tax, budgeting and more!
MON 27 AUG
- Self-Defence 12-1PM | Sam Cracknell Pavilion
- Ace That Interview 1-2PM | Arc Training Rooms
- Lock Down Your LinkedIn 2-3PM | Arc Training Rooms
- S2 Launch feat. Q&A 5-8pm

TUE 28 AUG
- Road Rights 12-1PM | Clubs Space
- Feel FAB (ft. UNSW Fashion & Beauty Society) 1-2PM | Clubs Space
- Self-Defence 1-2PM | Sam Cracknell Pavilion

WED 29 AUG
- Public Speak Good 11-12PM | Arc Training Rooms
- Cook Healthy on a Budget 12-1PM | Clubs Space
- Comprehend Centrelink 1-2PM | Clubs Space
- Mindfulness Meditation 2-3PM | Arc Training Rooms

THU 30 AUG
- Public Speak Good 11-12PM | Arc Training Rooms
- Take Your Tax into Account 12-1PM | Clubs Space
- Survive in a Sharehouse 1-2PM | Clubs Space

Find out more

Arc - UNSW Student Life