



Student Minds® @ UNSW

The Student Voice on Mental Health

Student Minds® Student Executive Team
invites you to attend

The Student Minds® 2018 Conference

**STUDENT WELLBEING MATTERS:
Challenges and Ways Forward**

When: Monday 24 September 9:00am – 4:00pm

Where: Colombo House UNSW Sydney Kensington Campus

Cost: This a **free event** for all

Click link to register attendance:

<https://www.surveymonkey.com/r/SMCONF2018>

The 2017 Student Minds® Conference attendees successfully created a united definition of Student Success which is *“To be active, flexible and buoyant in the face of adversity. To strive and thrive in achieving the student’s own growth, and individualised goals and to be able to develop graduate capabilities that can be utilised beyond the university setting.”*

The success of last year’s Conference provides a unique opportunity for the 2018 Student Minds® Conference to explore and discuss this year’s theme of *Student Wellbeing Matters: Challenges and Ways Forward*. The Conference is open to researchers, practitioners, educators, students and those in the general public who are interested in Student Wellbeing.

The intent is to facilitate inspirational discussions, share innovative ideas and motivate actions surrounding the factors that with student success, is to nurture an environment which begins with student wellbeing.

There will be speakers from a wide range of backgrounds, along with conversations to examine and reflect on the many factors and considerations contributing to Student Wellbeing. The Conference will provide an exceptional opportunity for attendees to discover and gain an understanding of Student Wellbeing and its challenges; and to have an avenue to convene on ideas of ways forward on how student wellbeing can be further uplifted.

Conference Agenda

9:00am	Registration and Tea/Coffee
9.15am	Conference Start
9.15am	Welcome Remarks: Neil Morris, Director, Student Life and Community
9.20am	Introduction of Student Minds®: Rina Daluz, Student Minds® Project Lead
9.30am	Keynote Speaker 1: Josephine Chau
10.00am	Keynote Speaker 2: Lyn Worsley
10.30am	Break
11.00am	Guest Speaker: Debbie Vadasz
11.30am	Student Minds® Panel of Student Speakers
12.00pm	Keynote Speaker 3: Justine Gatt
12.30pm	Lunch
1.15pm	Introduction to Student Wellbeing
1.30pm	Summary, Synthesis and Invitation of Ideas on Challenges and Ways Forward to Student Wellbeing
2.00pm	Round-Table Discussion
3.15pm	Closing Remarks: Mikaela Cicciarello and Fiona Shen, Student Minds® Vice Coordinators
3.30pm	Networking
4.00pm	End of the Conference

Conference Speakers

Keynote Speaker 1



Dr. Josephine Chau – University of Sydney

Presentation Topic: A novel approach to promoting better health and wellbeing in university students.
The Science of Health and Wellbeing by Healthy Sydney University

About Josephine Chau

Dr. Josephine Chau is a Senior Lecturer at the Prevention Research Collaboration in the Sydney School of Public Health and Charles Perkins Centre at the University of Sydney. Her areas of expertise include physical activity and sedentary behavior epidemiology, measurement and intervention; workplace health promotion; and program evaluation. She also has interests in media analysis about communication of health issues, such as sitting guidelines for office workers and claims that “sitting is [not] the new smoking”.

Jo has worked in the field of physical activity and health since 2005. She currently lectures in chronic disease prevention and conducts research as part of the Physical Activity Nutrition Obesity Research Group (PANORG), funded by NSW Ministry of Health.

Jo co-chairs the Healthy Sydney University Move More Working Group and the Healthier Workplace Project Node at the Charles Perkins Centre. She was a Heart Foundation Postdoctoral Fellow from 2015-2017.

Keynote Speaker 2



Ms. Lyn Worsley B.A.hons(psych), R.N., (MA Clin)MAPS – The Resilience Centre

Presentation Topic: The Resilient mindset
Successful navigation of the tough stuff through University life

About Lyn Worsley

Lyn is a Clinical Psychologist with a background in nursing, teaching, and youth work. She is the director of the Resilience Centre in Sydney, Australia, which has a reputation for innovative solution - focused approaches to client change through individual and group therapies for over 20 years. At the Resilience Centre, Lyn supervises specialist psychologists, and coordinates community seminars, training workshops, and resilience groups for people of all ages. Lyn and the team of Psychologists at the Resilience Centre have set up specialist clinics for youth with eating difficulties, adults with past trauma and a unique service for separated families using a solution focused family intervention model.

Lyn is also the author of the Resilience Doughnut, a pioneering model showing the strong contexts where resilience is enhanced, both during development and throughout adulthood. The Resilience Doughnut has become a foundational ecological model of resilience used by practitioners all around Australia and is quickly spreading to other countries including, Singapore, Canada and the UK. The work of the Resilience Doughnut across a whole organisation builds student and staff awareness of the coping resources available and enhances a culture of resilience. To date the Resilience Doughnut has worked directly with over 200 schools, universities and corporate and community organisations to build the resilience of young people, adults, staff and the community.

Lyn has a dynamic style of relating and teaching across disciplines, and her teaching focus is on personal application to enhance learning.

Keynote Speaker 3



Dr. Justine Gatt – Neuroscience Research Australia

Presentation Topic: Understanding wellbeing and ways to promote it from a neuroscience perspective

About Justine Gatt

Dr Gatt completed her PhD in Psychology at the University of Sydney in 2005. She completed three years postdoctoral training in genetics and neuroimaging at the Brain Dynamics Centre, Westmead Hospital and University of Sydney (2006-2009). She has since been successful in obtaining two competitive national research fellowships; the first an ARC Linkage Postdoctoral Fellowship (2008-2011) in emotional wellbeing in twins (the TWIN-E study); the second, a NHMRC Career Development Fellowship (2014-2017) in the neuroscience and genetics of resilience. In 2014, she moved to the School of Psychology at the University of New South Wales with a conjoint position at NeuRA. In 2016, Dr Gatt was promoted to Group Leader and Senior Research Scientist at NeuRA as well as Senior Lecturer at the University of New South Wales, where she currently leads several national and international projects in resilience and wellbeing. She also maintains a Honorary Senior Research Fellow position within Psychiatry at the University of Sydney. Dr Gatt has an outstanding track record in publication and her work has been recognised by multiple awards including the Commonwealth Health Minister's Award for Excellence in Health and Medical Research, and the NHMRC Excellence Award for Top Ranked CDF Applicant (2014). Dr Gatt is a Board Member of Wellbeing Australia (WBA), and serves as an Editorial Member for several scientific journals.

Guest Speaker



Ms. Debbie Vadasz – University of New South Wales

Presentation Topic: Wellbeing: supporting the international student experience

About Debbie Vadasz

Debbie Vadasz develops wellbeing programs for international students as the International Student Advisor (Wellbeing) for UNSW Student Development International. With a key focus on identifying the specific needs of international students, she coordinates programs and initiatives which aim to promote and improve the wellbeing of international students. Debbie has partnered with South Eastern Sydney Local Health District and the University Health Service on innovative programs including the Healthy Relationships workshops for Under-18 students and the Women's Health and Wellbeing workshops. She is also the supervisor of the International Student Development Discussion Group which provides a safe environment for international students to improve their English language skills and make new connections.

Student Minds® @ UNSW Panel of Student Speakers

Maria Novicic, Farrah Ly, Stella Ladikos, Brittney Liew, Samuel Ma
The Student Voice

Hear the Student Minds® Volunteers discuss:

“What are the barriers that prevents students to look after their wellbeing?”

Attendees are encouraged to ask questions to the panel and hear the student voice!

The Conference Registration Link can be found at the top of this Invitation!

We look forward to seeing you at the conference.

Student Minds® @ UNSW 2018
UNSW Sydney

For further information please contact:
Student Minds: studentminds@unsw.edu.au
Or call UNSW CAPS 02 93855418

More information on Student Minds® @ UNSW:
<https://student.unsw.edu.au/studentminds>

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