

VET WORKSHOP CALENDAR



MONTH	WORKSHOP	OBJECTIVE
June	Level Up Your Learning: Study Smarter, Stay Ahead	<p>If you ever feel stuck not knowing what to say in class, forget what you just read, or end up cramming the night before, well this workshop is for you! Learn how to prepare for class with confidence, join discussions without second-guessing yourself, take notes that work for you, and create a study plan that fits your life. This is your chance to build habits that set you up for success, at SCEI and beyond.</p>
July	Becoming Comfortable with The Uncomfortable	<p>From comfort zone to growth zone, this workshop is designed to coach students on how to step outside one’s comfort zone, build self-confidence and self-esteem, and foster resilience. After all, as they say, “Life begins at the end of your comfort zone”.</p>
August	The Ethical Use of AI: How it Can Aid Your Studies	<p>With the recent rise of AI, the temptation to rely on their tools is strong for many students grappling with blank pages and dense readings. This workshop will explore the ethical use of AI in studying, identifying where it can genuinely support learning, and where its use requires caution.</p>

September	Mind Over Study: Stay Strong, Stay Focused	Balancing academic demands with personal wellbeing is one of the hardest challenges students' face. This workshop will focus on building academic resilience by helping students recognise signs of stress and develop effective coping strategies to protect their mental health, and thrive both inside and outside the classroom.
October	Connect, Don't Clash: Building Healthy Communication Habits	Conflicts are inevitable, but conflict resolution skills can make the conflict less destructive. Several common cognitive and emotional traps can exacerbate conflict and contribute to the need for conflict resolution. This workshop is designed to equip students with effective conflict resolution strategies for recognising, managing, and resolving conflict in a healthy, constructive manner, that can be utilised in all aspects of life.
November	Strategies for Success: Beat Exam Stress	Exams are approaching, and the pressure is on! But exams don't have to be stressful. Developing effective and practical study tools can alleviate performance anxiety and promote academic success. This workshop will benefit students that want to avoid the exam stress, sleepless nights and last-minute panic, and walk into their exams feeling confident and prepared.
December	Resume & Job Search Basics	Ready to stand out to employers and land your dream job in Australia? Our resume and job search basics workshop is here to help! Every resume you send is a step closer to the job that's meant for you. In this workshop learn the simple resume and cover letter dos and don'ts, where to look when on the job hunt, how to ace a job interview, master LinkedIn, and networking tips.