

APPENDIX A

Content of the Workshops/Sessions

Workshop 1

Theme: Transition, adjustment, connections

- Introduction to program
- Warm-up activity
 - World café/mind mapping: Transition to new university experience (strengths, challenges and strategies)
- Needs of international students
- Mentoring and Facebook (Mentors' experiences)
- Cultural adjustment (communication and Iconic Australian food)
- Conclusion and close

Workshop 2

Welcome back!

Theme: "Health and well-being: Exercise, sleep, nutrition"

- Self-assessment and current management strategies
- Brainpower and well-being
- Adjusting to active learning
- Heavy workload and time management
- Language barrier and learning style
- Empowerment principles: Sport (exercise), nutrition, rest/relaxation
- Plan to engage and be involved in wellness
- Conclusion and close

Workshop 3

Theme: Mental health and well-being

- Introduction—international student experience
- Balancing study and other life challenges
- Seeking support from the mentees' perspective: Identifying own support strategies and signs/triggers for the need to seek help (self-assessment)
- Support provided by the university and the wider community (counseling, study skills advisers, Beyond Blue, NEWSTART)
- Health professionals, friends and family
- Meditation/yoga speaker/demonstration
- Empowerment principles 2 (mindfulness, temperance—addictions and stress control)
- Pizza, conclusion and close

Workshop 4

Theme: Resilience and empowerment

- Insights into resilience, and how one might foster this underpinned by various theories of coping and change
- Action plans from the last session, follow up on issues raised during the last session and on Facebook and link to this session content
- Activity—students to indicate what empowerment means to them
- Share individual ideas with the group—create a group empowerment
- Where to from here? Creating a successful life in university and beyond (successful career and being a world citizen)
- Being managers of risks and being prepared for the worst
- Inspirational talks (mentors)
- Debrief and evaluation (1-minute questionnaire)
- How to improve the program
- Awarding of certificates
- Conclusion and close
- Celebratory lunch