

REGISTER NOW AND TAKE PART IN

# WRITE SMARTER: FEEL BETTER

*Write Smarter: Feel Better creates connections and normalises the graduate research experience, providing a space in which students support, motivate and learn from each other.*

The format combines intensive writing sessions with facilitated discussion, emphasising student experience, health and wellbeing.

**What?** 2 hour structured writing sessions

**Where?** At meeting hubs and online

**When?** Monthly from March - August

**Who?** Graduate research students

## Benefits include:

- Peer mentoring
- Inclusive supportive network
- Psychological resilience
- Utilisation of University resources
- Better mental health and wellbeing

**If you are interested in participating in an upcoming Write Smarter: Feel Better session, contact:**

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