



The Successful Mind
in Study, Work and Life
Mentoring Program



The Successful Mind

There is a huge push for universities to better support their students - going beyond their traditional role as academic custodians.

As 2020 throws up storms of new challenges by the day, mental health and wellbeing are more important than ever. And more students than ever before are battling to keep up with their studies let alone achieve their personal best.

So how to help students when time is lacking and resources are already stretched?

Addressing the enormous financial and academic impact of dropout rates



Today, Australian universities are struggling financially in part because of the drop in international students, and high levels of ‘failure to complete’.

The **Successful Mind at Study, Work and Life program** helps prevent student voluntary course withdrawal, lessen dropout rates and enhance students’ commitment to returning every year to complete their course.



A mentoring program like no other



Developed over a decade by one of Australia's pre-eminent thought leaders in educational psychology, motivation, mental health and cognitive behaviour therapy, Professor Michael E. Bernard, this evidence-based program delivers **superior and proven outcomes to students, mentors, student engagement services and universities.**




10 essential elements of a **SUCCESSFUL MIND**



**Proactive,
practical and
easy to implement**

The Successful Mind program helps mentors actively provide mentees with practical, structured information based on the

**ten essential elements
of a successful mind.**


Click on the
interactive spokes

Or skip 





Click on each spoke to see more

Skip



GROWTH MINDSET

How your intelligence can be developed as your brain is everchanging and how to strengthen your brain to make it smarter.



With a growth mindset people believe their basic abilities can develop through hard work – brains and talent are just a starting point.





Click on each spoke to see more

Skip



CHARACTER STRENGTH

How to become aware of your stronger character strengths and how they can be used in new ways to increase your success and happiness.



24 character strengths have been discovered. Every individual possesses all 24 character strengths in different degrees, giving each person a unique character profile.





Click on each spoke to see more

Skip



GOAL SETTING

How to set and achieve goals that help direct you towards success in your study, career and life; the role of commitment; SMART goals.



One of the most important things you can do in the early stages of your university journey is to define your long and short term goals. These will keep you focused and motivated.





Click on each spoke to see more

Skip



RESILIENCE

When you are faced with difficulty, setbacks and challenges in study, work and life, learn skills for managing your emotions and behaviour so you can calm down quickly and bounce back.

Research indicates that university students with higher levels of resilience report significantly lower levels of stress compared to those reporting lower levels of resilience.





Click on each spoke to see more

Skip



MINDFULNESS

The power of mindfulness and how it helps you improve attention, concentration, memory, reduce exam anxiety and stress as well as improve your overall health and wellbeing.

Mindfulness can lead to significant reductions in anxiety, stress and depression and an increase in overall health and wellbeing.





Click on each spoke to see more

Skip



SELF-ACCEPTANCE

This attitude underpins mental health and wellbeing; learn how not to take things personally when faced with setbacks in the achievement of your goals and in the face of criticism and rejection.

This simple idea of self-acceptance can have a huge influence on your success and happiness – it's an attitude you can choose to have or not to have.





Click on each spoke to see more

Skip



OPTIMISM

What optimism is in terms of how you can interpret positive and negative events optimistically rather than pessimistically; seeing the glass as half full.



Optimism is a success magnet.
If you stay positive, good things and good people will be drawn to you.





Click on each spoke to see more

Skip



GRIT

Sharpening your GRIT, the passion and sustained persistence applied towards long-term achievement; GRIT predicts success in almost all areas of life; getting procrastination out of your road.

Research with first year university students reveals that their degree of GRIT predicts grade point average.





Click on each spoke to see more

Skip



TIME MANAGEMENT

Time management skills and tips essential to success at university; scheduling, priority setting, task analysis.

Did you know that students with poor time management skills report higher levels of learning anxiety and when time management is taught at uni, their stress reduces?





Click on each spoke to see more

Skip



RELATIONSHIPS

Learn the skills needed by uni students to deal with issues including friendships, empathy, networking and teamwork.

Developing positive relationships is very, very important.

Giving to others benefits everyone's sense of wellbeing.

Reach out.



How the program benefits...



1

Mentees
Mentors



2

Engagement
Services
& Support Staff



3

Universities



How the program benefits...



1

**Mentees
Mentors**



2

**Engagement
Services
& Support Staff**



3

Universities



Mentees feel equipped...



- +** **With a high-performance mindset**
so they are better able to tackle the challenges of work and study, form successful relationships and achieve their personal best.
- +** **With skills that make them more employable**
and effective in their careers helping them feel better about their employment prospects.
- +** **With confidence to effectively manage the extra challenges**
of a post-pandemic university environment.



Mentors are empowered



- +** **Adds an innovative dimension** to the traditional mentor-mentee relationship.
- +** **Expands their capacity as leaders.**
- +** **Ensures minimal preparation time** so they can focus on building transformative relationships.
- +** **Uses easy-to-understand psychological language.**



+ Delivered by Michael Bernard

Michael Bernard delivered to 150 upper-level, university students at Deakin University (Faculty of Business and Law) the inaugural, first-of-its-kind, online Successful Mind in Study, Work and Life Mentor Training Program he developed.

Participants mentored 1,500 first-year students.

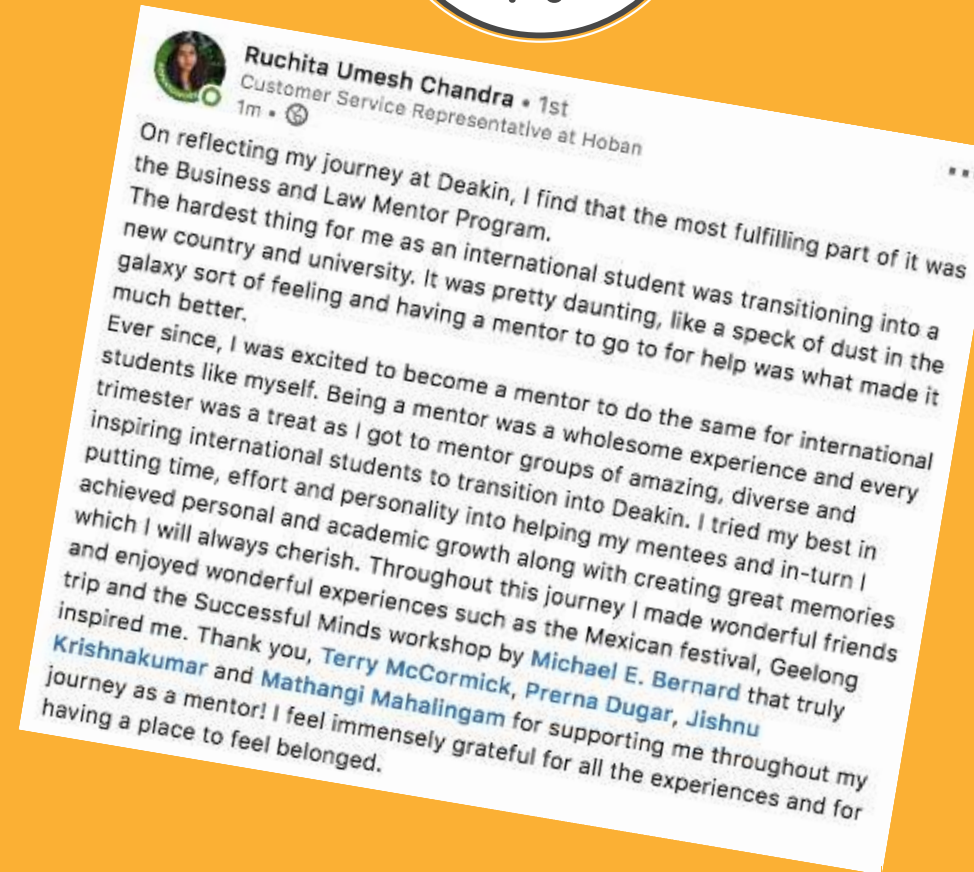




What mentees say...



Throughout this journey, I made wonderful friends and enjoyed wonderful experiences... such as The Successful Mind workshop by Michael E. Bernard...



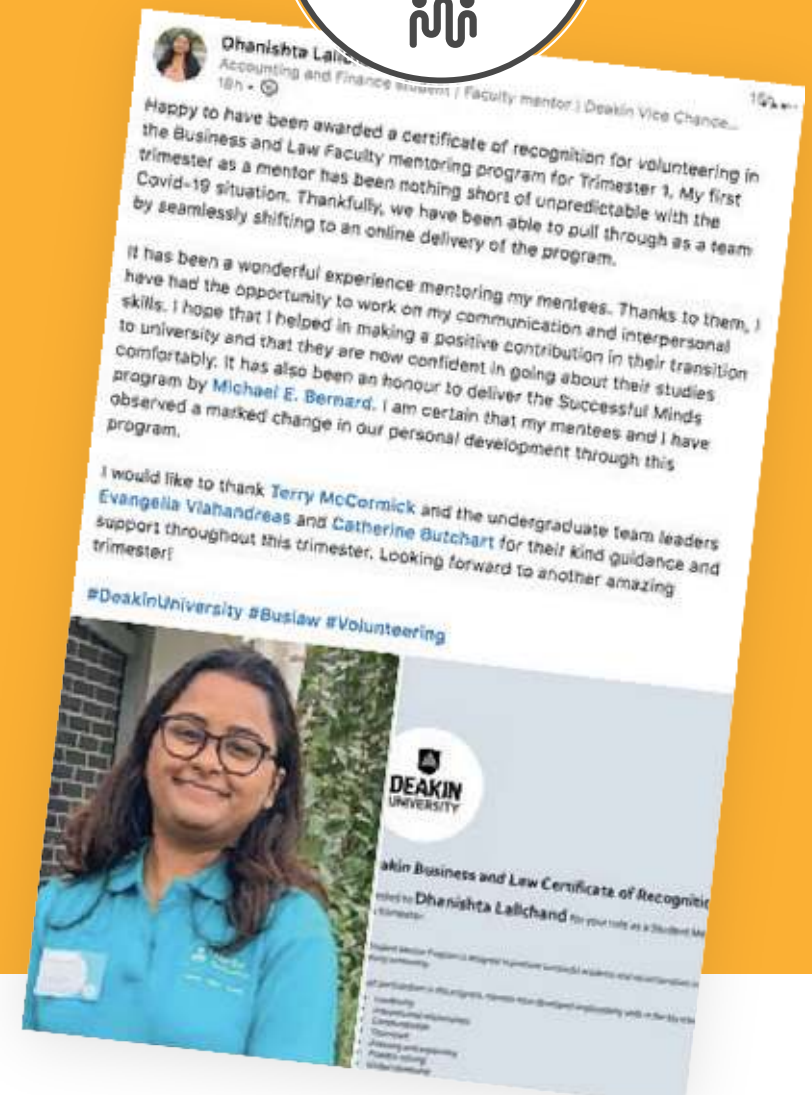


What mentors say...



It's been a wonderful experience mentoring my mentees. It's been an honour to deliver The Successful Mind Program... I am certain my mentees and I have observed a marked change in our personal development through this program.

- Dhanishta Lallchand, Mentor
DEAKIN UNIVERSITY

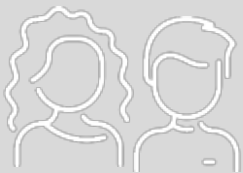


How the program benefits...



1

Mentees
Mentors



2

Engagement
Services
& Support Staff



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Universities



Student engagement services are optimised



Cutting edge, innovative program

that can be used as a standalone or to augment and add considerable value to existing wellbeing and academic support programs.

Proven interventions, measurable results,

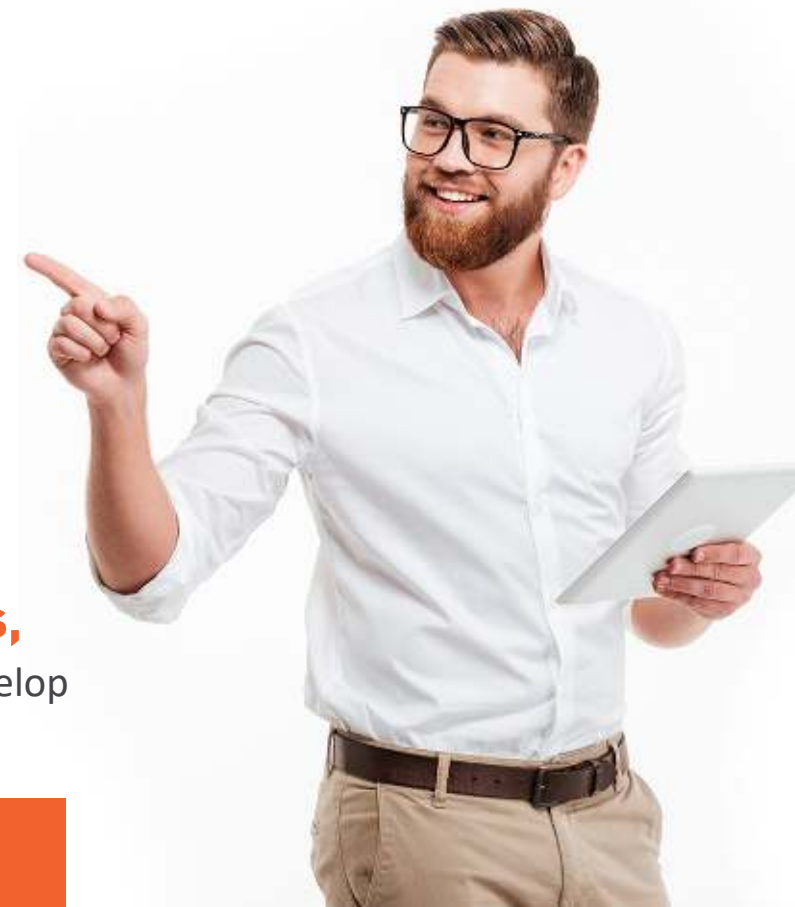
making the program accountable and able to be reported upon to management and referenced in marketing communication.

Affordable and effective implementation

so adoption is easy and breaks new ground in the design and delivery of mentoring programs.

Improving student satisfaction and success,

where mentors helping mentees become aware of and develop psychological capital, contributing to better QILT outcomes.



What they say . . .



I wanted to add something innovative and special to our well established and successful peer mentoring program.

We were also challenged and wanted to do something about the dramatic rise in mental health problems of our students.

The program has so far been a great success for our undergraduate students, in particular our international students who have the greatest difficulty transitioning into university study in Australia.

– Jen Smith,
Group Manager, Students and Education
Faculty of Business & Law

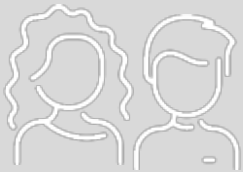


+ How the program benefits...



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Transforming a **university's** mission beyond the academic



Extraordinarily effective way to promote student success and wellbeing,

a particularly relevant point today, given the current sector-wide attention on the need for universities to do far more to help students with their mental health challenges.

Helps reduce student attrition,

bolstering your university's brand and reputation, as well as supporting its critical financial imperatives.

Improves student satisfaction and success,

enriching overall student experience, creating happier, more loyal endorsers, and boosting the number of high-achieving, more capable and more employable graduates.



**The Successful
Mind
in Study, Work
and Life**



Contact us now on

1800 155 603

or email us at

enquiries@youcandoiteducation.com.au

