



DRAFT ONLY

PSYCHOLOGY

WEEK 1 | 1ST TO 8TH DECEMBER 2019

UPDATED 14TH OCTOBER 2019

TIME	SUNDAY 1 ST DECEMBER	MONDAY 2 ND DECEMBER	TUESDAY 3 RD DECEMBER	WEDNESDAY 4 TH DECEMBER	THURSDAY 5 TH DECEMBER	FRIDAY 6 TH DECEMBER	SATURDAY 7 TH DECEMBER	SUNDAY 8 TH DECEMBER	TIME
7.00 to 8.30am	AIRPORT ARRIVALS Breakfast for students who arrive early	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	7.00 to 8.30am
8.30 to 8.45am		ANNOUNCEMENTS	ANNOUNCEMENTS	ANNOUNCEMENTS	ANNOUNCEMENTS	ANNOUNCEMENTS	ANNOUNCEMENTS	ANNOUNCEMENTS	8.30 to 8.45am
9.00 to 10.30am		OFFICIAL WELCOME with David Bunyan Associate Dean Marketing & Admissions Venue: X HOUSEKEEPING & TOURS GROUP PHOTO @ 10.15am	YLP EXCURSION ROCK CLIMBING Putting Leadership, Teamwork and Communication into Practice Meet on the Bul @ 9.00am with red t-shirt & runners on. Must have socks. Bring your water bottle.	PRESENTATION THE UNIVERSITY OF MELBOURNE Hear from staff and current students about what it is like to student at The University of Melbourne Venue: TBC All to meet on the Bul @ 8.50am	WORKSHOP Healthy Mind, Healthy Body: Preventative Mental Health With Dr Tina Liu Venue: TBC	PSYCHOLOGY EXCURSION Anxiety Trees Adventure. Scaling new heights: Are you ready for the Challenge? Leave at 9.15am With Dr Maureen Vincent	EVALUATIONS Meet at 9.30am. Bring a pen. Venue: Dining Hall	DEPARTURES Week 1 students depart for airport or collected from Trinity Week 2 students arrive from airport	9.00 to 10.30am
10.30 to 11.00am	Early arrivals settle into rooms	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	10.30 to 11.00am
11.00am to 12.30pm		WORKSHOP Let's Explore the Fascinating World of Psychology With Dr Maureen Vincent Venue: TBC	WORKSHOP Understanding Depression With Dr Rita George Venue: TBC	WORKSHOP Bounce Away the Blues! Venue: Latitude With Dr Tina Liu Wear red top & sports gear. Bring drink bottle, money for munchies, and a lot of energy!	PSYCHOLOGY EXCURSION MENTOR GROUPS 10.15 to 10.45am YLP EXCURSION MELBOURNE CITY EXPLORATION Meet on the Bul at 10.30am with red t-shirt and comfortable shoes on. Bring your water bottle	YLP EXCURSION WEEK 1 STUDENTS STAYING FOR WEEK 2 Meet on the Bul at 10.30am with red t-shirt and comfortable shoes on. Bring your water bottle	11.00am to 12.30pm		
12.30 to 1.30pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	PACKED LUNCH	PACKED LUNCH	PACKED LUNCH	12.30 to 1.30pm
1.30 to 3.00pm	ACTIVITY FOR EARLY ARRIVALS Meet on the Bul at 1.00pm OFFICIAL REGISTRATION (Students being dropped off) 2.00 to 3.00pm Venue: Dining Hall	WORKSHOP Exploring the Power of the Human Mind With Dr Maureen Vincent Venue: TBC	WORKSHOP Understanding Human Behaviour: Psychology is a Science With Dr Tina Liu Venue: TBC	WORKSHOP Exploring Body image and Eating Disorders With Dr Rita George Venue: TBC	WORKSHOP Anxiety: Exploring Different Therapeutic Approaches With Dr Melissa Ong Venue: TBC	EXCURSION Cont.... With Dr Maureen Vincent	MELBOURNE CITY EXPLORATION {continued}	YLP EXCURSION {continued} Return by 3.45pm	1.30 to 3.00pm
3.00 to 3.30pm	ICE BREAKERS Meet on the Bul at 4.00pm	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	3.00 to 3.30pm
3.30 to 5.00pm		WORKSHOP Normality versus Abnormality – How to Diagnose Psychological Disorders With Dr Maureen Vincent Venue: TBC	PSYCHOLOGY EXCURSION Working Together To Find the Answers With Dr Tina Liu Venue: Lost Australia venue	WORKSHOP Living with a Mental Illness: My Personal Story With Emma Missen and Dr Rita George Venue: TBC	PSYCHOLOGY EXCURSION Anxiety: Walk the plank...if you dare- a VR experience With Dr Melissa Ong Venue: VR learning studio, University of Melbourne.	WORKSHOP Anxiety: Up close with creepy crawlies With Raymond and Dr Tina Liu Venue: TBC	Return by 4.30pm	ICE BREAKERS Meet on the Bul at 4.00pm	3.30 to 5.00pm
5.00 to 5.45pm	MENTOR GROUPS 5.15 to 6.15pm	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	MENTOR GROUPS 5.15 to 6.15pm	5.00 to 5.45pm
5.45 to 6.30pm	WELCOME DINNER Australian Theme 6.30 to 9.30pm (be seated at 6.25pm) Venue: Dining Hall	DINNER	EARLY DINNER	DINNER	DINNER	DINNER	GET DRESSED UP	MENTOR GROUPS 5.15 to 6.15pm	5.45 to 6.30pm
6.30 to 7.00pm		MENTOR GROUPS	EVENING ACTIVITY	MENTOR GROUPS	MENTOR GROUPS	EVENING ACTIVITY	VALEDICTORY DINNER	WELCOME DINNER Australian Theme	6.30 to 7.00pm
7.00 to 9.00pm		AMAZING RACE Meet in the Dining Hall at 7.30pm.	SKYDECK Staggered departure. Check with your mentor what time to meet on the Bul wearing your red t-shirt and comfortable shoes	ZUMBA Meet on the Bul at 7.15pm in sports gear. Bring your drink bottle	MOVIE NIGHT Meet on the Bul at 7.30pm	MENTOR GROUP CHOICE ADEVENTURE Check with your mentor what time to meet on the Bul with your red t-shirt on	Dress to Celebrate Your Own Culture 6.30 to 9.30pm (be seated at 6.20pm) Venue: Dining Hall	6.30 to 9.30pm (be seated at 6.25pm) Venue: Dining Hall	7.00 to 9.00pm
9.00 to 9.30pm	MAGIC MOMENTS Venue: Gourlay Basement	MAGIC MOMENTS Venue: Gourlay Basement	MAGIC MOMENTS Venue: Gourlay Basement	MAGIC MOMENTS Venue: Gourlay Basement	MAGIC MOMENTS Venue: Gourlay Basement	MAGIC MOMENTS Venue: Gourlay Basement	AFTER PARTY Venue: Gourlay Basement	9.00 to 9.30pm	
9.30 to 10.30pm	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	9.30 to 10.30pm