Making the most of Oxford Brookes

An informal weekly discussion group for International Students…

Would you like to…

- Explore how to be successful studying in a new system?
- Share your experiences of settling into life at Brookes?
- Develop some practical strategies to work in groups effectively?
- Have the opportunity to talk in a safe place about any experience that you may like to share?
- Reflect on your relationships and develop positive communication skills?
- Find out what support and resources are available to you both inside and outside the University?
- Anything else you would like to discuss?

If so this group might be for you!

This group facilitated by Sanya Arapovic, CBT Therapist, will run every week in semester time, on the Ground Floor of the Buckley Building Room BCK.G.20 1.00-2.00 Tuesdays.

For further information and to register please contact wellbeing reception on wellbeing-recept@brookes.ac.uk. Please note due to room size the group is limited to 12