



THE UNIVERSITY OF  
MELBOURNE

—  
Melbourne  
Graduate School  
of Education

# MY WELLBEING --- PLANNER

Personalised Planning for  
Wellbeing and Performance

**INTRODUCTION  
PACK**

CENTRE FOR  
POSITIVE PSYCHOLOGY



TRINITY COLLEGE  
THE UNIVERSITY OF MELBOURNE

# My Wellbeing Planner: An Introduction

## *Why have I been sent this document?*

Hello!

At Trinity College your wellbeing is important to us. We want to support you in your studies as you move into the 2020 July Fast Track (JFT) intake.

Our global community has been under intense challenge during the Covid-19 pandemic. It is during these times of stress and abrupt change that we can only focus on what as individuals we can control. Within this extraordinary context many of you have decided to take control of what you can control and keep moving forward with your educational goals and dreams. We commend you for your courage and foresight.

It's normal for changes like moving to an online school platform to be challenging at first but with persistence, willingness to learn new skills and support from all the staff at Trinity College you will succeed.

## *What is My Wellbeing Planner?*

Did you know that when students have good wellbeing, they are much more likely to do well in their studies? AND did you know that students can learn to maintain or improve their own wellbeing?

My Wellbeing Planner is a tool that we have developed with input from both students and staff at the School to help students have good wellbeing and do well in their studies.

My Wellbeing Planner helps you to:

- Understand your wellbeing.
- Set wellbeing and study goals.
- Maintain and persist with your goals.
- Do well in your studies.



## *What to expect in the Trinity College JFT program?*

Soon you will be allocated a Mentor to support you in your JFT journey. Your mentor will help you with your personalized My Wellbeing Planner. Goal setting as you may know is a valuable skill which will help you stay focused on what is important to you and help reduce unnecessary distractions.

My Wellbeing Planner will involve you planning your wellbeing and academic study goals using your current skills and strengths and learning and practicing new ones. It will be YOUR plan but it is designed to be worked through with your mentor. They will be there to motivate and encourage you to keep going and persist.

At the start of the JFT program you will:

- Receive your My Wellbeing Planner template.
- Have an orientation to My Wellbeing Planner with your classmates online.
- Have four sessions with your mentor over the JFT intake period.

That's it for now! Any questions? - ask the friendly staff who will be helping you settle into the program or email Alison Hemsley on [ahemsley@trinity.unimelb.edu.au](mailto:ahemsley@trinity.unimelb.edu.au) if you want more questions answered.