

# Wellness, transition and future of work – A program for first year Business students preparing for work and career

Annette Watkins  
School of Business

# School of Business

First year experience Pilot

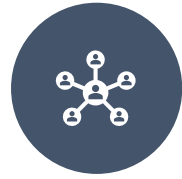


## Three pillar

---

- **Mentoring**
- **Rhythm of work**
- **Meaningful interactions with academics**





CAPABILITY

CONNECTEDNESS

PURPOSE

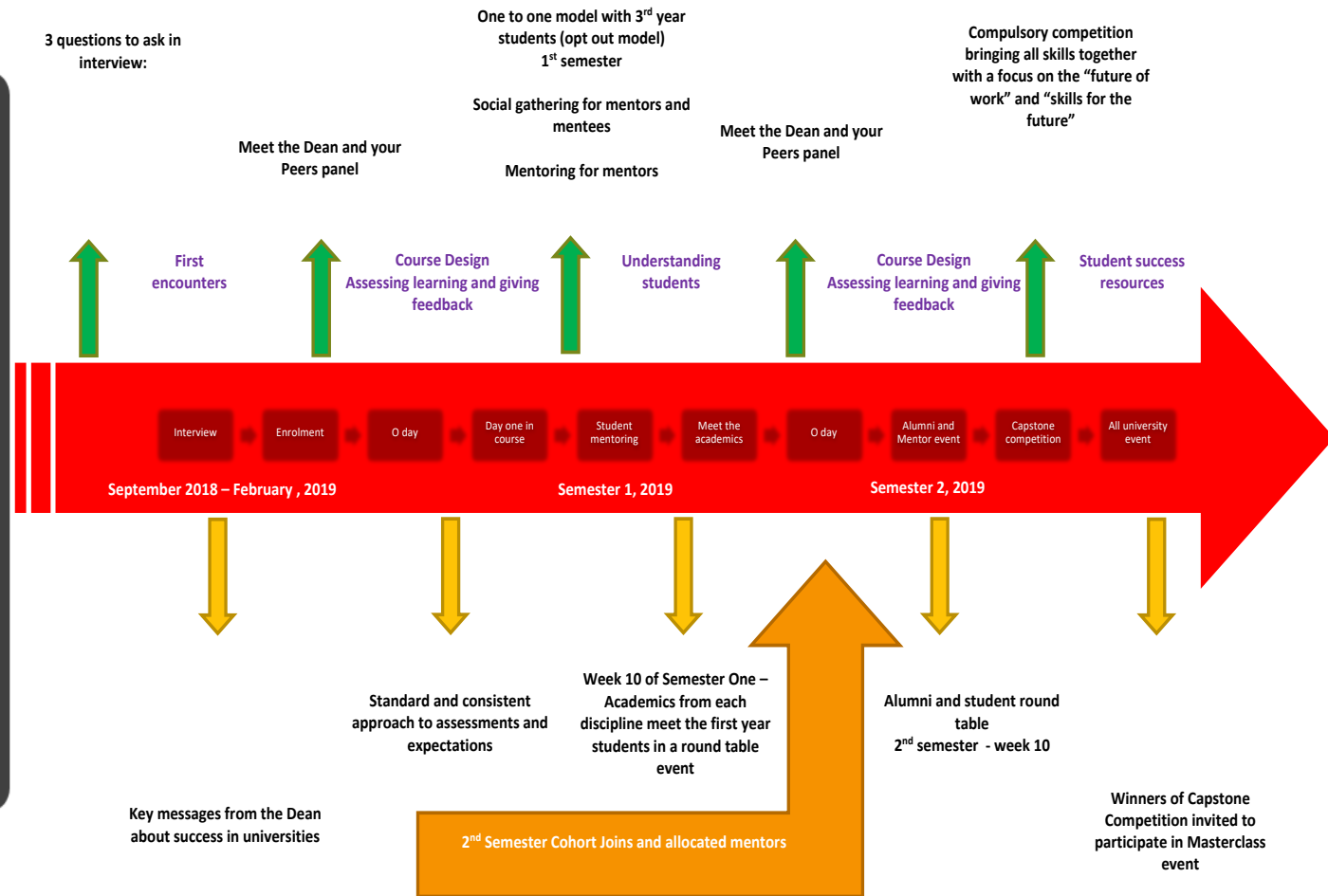
RESOURCEFULNESS

ACADEMIC  
CULTURE.

THEMES

# The Pilot

## Academic vs Social priorities



WHAT HAVE YOU DONE THIS WEEK TO KEEP YOURSELF MENTALLY HEALTHY?

### WEEK 8

BUSN 1060 TEST  
BUSN 1220 MID-SEM  
BUSN 2400 QUIZ.

CHALLENGE  
THINK ABOUT WHAT KIND OF TEAM MEMBER YOU MAKE

### WEEK 7

BUSN 1060 TEST & PRACTICAL TEST  
BUSN 1110 MID-SEM.  
BUSN 2400 MID-SEM

HAVE YOU STARTED YOUR REVISION?

### WEEK 10

BUSN 1060 TEST  
BUSN 1600 ASSIGNMENT  
BUSN 2400 ASSIGNMENT

LAST CHANCE TO WITHDRAW BEFORE THE NON-ACADEMIC PENALTY CENSUS

### WEEK 9

BUSN 1050 REPORT  
BUSN 1030 ASSIGNMENT  
BUSN 1060 TEST  
BUSN 1110 ASSIGNMENT PART A

### WEEK 11

SCHOOL OF BUSINESS  
1ST YEAR

# WORKLOAD ROADMAP

2019

MAKE SURE YOU HAVE RECEIVED YOUR MENTOR. ASK US ABOUT IT!

### WEEK 1

BUSN 1050 - in class written exercise

### WEEK 2

BUSN 1060 TEST

HAVE YOU DOWNLOADED YOUR COURSE OUTLINES?

ARE YOU THINKING ABOUT YOUR WORKLOAD AND PROGRESS? CENSUS DATE IS SOON

Annette Watkins

Email: [annette.watkins@nd.edu.au](mailto:annette.watkins@nd.edu.au)