**Student Wellbeing and Support (SWAS)**

**Training Programme**

**Programme Schedule**

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| **WEEK 1.** |
| 6th August Sunday | * Arrival and Accommodation check in
* Welcome meeting
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| 7th August Monday | * **Talk**: Introduction to Oxford University and college system
* **Talk:** Peer Support Programme (Counselling Service)
* **Guided visit**: Oxford City and University – academic and historical highlights
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| 8th August Tuesday | * **Talk**: Introduction to Oxford University Counselling Service
* **Talk**: Confidentiality & Safeguarding in Peer Support
* **Cultural activity**: Sino-British cultural resources in Oxford
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| 9th August Wednesday | * **Departmental visits**: students welfare and support
	+ libraries
	+ University careers service
* **Talk:** Identifying challenges in peer support
* **Roundtable Discussion:** International Student Affairs Management, A perspective from theoretical psychology
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| 10th August Thursday | * **Q&A session**: Counselling services for international students
* **Academic Visit:** Oxford College and Department
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| 11th August Friday | * **Discussion workshop:** Analysis and Investigation of Organizational Psychology in Student affairs Management
* **Talk**: Abnormal and Social Psychology: Deviation, Rejection, and Communication
* **Weekly Review**
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| 12th August Saturday | Guided visit: Cambridge – academic and cultural highlights |
| **WEEK 2.** |
| 13th August Sunday | Self-study day in Oxford |
| 14th August Monday | * **Talk:** Self-care for Peer Support Trainers
* **Departmental visits**: health resources:
	+ University Occupational Health Service
	+ University Counselling Service
	+ Nightline
* **Talk：**Introduction to psychological forces and energies, and the analysis of the structure of the psyche
 |
| 15th August Tuesday | * **Talk**: Troubleshooting problematic group situations
* **Discussion workshop**: counselling service – research and practice in UK and Chinese universities
* **Talk**: pastoral support for international students
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| 16th August Wednesday | * **Talk:** equality and disability
* **Talk**: Crisis and Suicide Prevention Education in Peer Support
* **Discussion Workshop**
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| 17th August Thursday | * **Talk**: health and safety
* **Seminar**: counselling service case studies
* **Presentation Preparation**
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| 18th August Friday | * **Presentation and Report**
* **Academic ceremony**: certificate award
* **Oxford Formal Hall**
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| 19th August Saturday | Return to China |

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| **第一周** |
| 8月6日周日 | 抵达及办理入住欢迎会 |
| 8月7日周一 | **会谈：**牛津大学及学院制简介**会谈：**朋辈支持 （心理咨询服务）**引导参观：**牛津城及牛津大学、学术亮点及历史亮点 |
| 8月8日周二 | **会谈：**介绍牛津大学心理咨询服务**会谈：**朋辈支持中的保密性和安全保障**文化活动：**中英文化资源和元素在牛津的探索 |
| 8月9日周三 | **院系访问：**学生福利和支持、图书馆、就业指导中心**会谈：**识别朋辈支持中的挑战**圆桌讨论：**理论心理学视角下的国际学生事务管理 |
| 8月10日周四 | **问答环节：**国际学生心理咨询服务**院系访问：**牛津大学院系参访 |
| 8月11日周五 | **讨论工作坊：**学生事务管理中的组织心理学分析与调查**会谈：**异常心理学与社会心理学：偏离、拒绝和沟通**一周回顾** |
| 8月12日周六 | **引导参观：**剑桥、学术亮点及文化亮点 |

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| **第二周** |
| 8月13日周日 | 牛津自由安排 |
| 8月14日周一 | **会谈：**朋辈支持人员的自我关怀**院系访问：**大学职业健康服务中心、大学心理咨询服务、夜线**会谈：**介绍心理力量和能量，以及对心理结构的分析 |
| 8月15日周二 | **会谈：**群体问题的靶向解决**讨论工作坊：**心理咨询服务，研究与实践，中国和英国高校的比较**会谈：**为国际学生提供关怀指导 |
| 8月16日周三 | **会谈：**平等与残障支持保护**会谈：**朋辈支持中的危机和自杀预防教育**讨论工作坊** |
| 8月17日周四 | **会谈：**健康和安全**研讨会：**心理咨询服务案例分析**汇报准备** |
| 8月18日周五 | **展示及汇报****结业典礼：**颁发结业证书牛津高桌结业晚宴 |
| 8月19日周六 | 返回中国 |