

FIVE WAYS TO BE WELL

Get your New Year off to a Flying Start - reconnect, re-evaluate and re-energise for the term See the full program at rvc.uk.com/BEWell

Week 1 15th - 19th **Brew Monday 12.00 - 14.00** Social Leaning Space Camden + HH

Mon 15th

Blow away the blues with a brew on us! Join the Advice Centre team and the Samaritans for a free cuppa and a chat.

Digi Byte - Writing support

when you need it - Studiosity 12 - 2 Social Learning Space Camden + HH

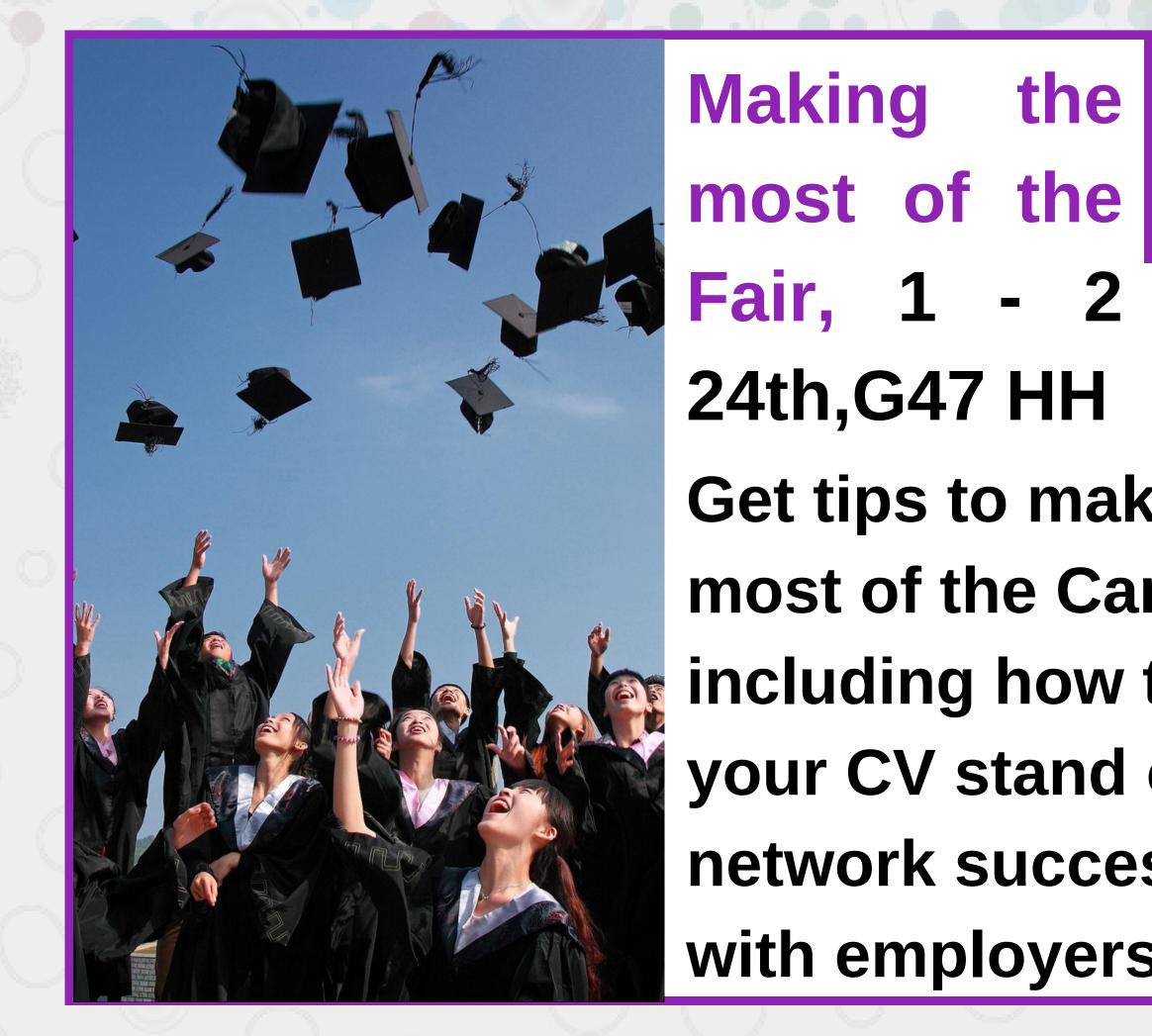
Our new 24/7 writing support - Studiosity can help you with writing issues when you need it. Find out more.

Studiosity

Week 2 22nd - 26th

Tue Using digital Digi Byte tools to revise successfully 23rd 1 - 2 Social Learning Space Camden + HH Join your student **Digital Learning** Champions for this one stop session on digital

revision techniques.



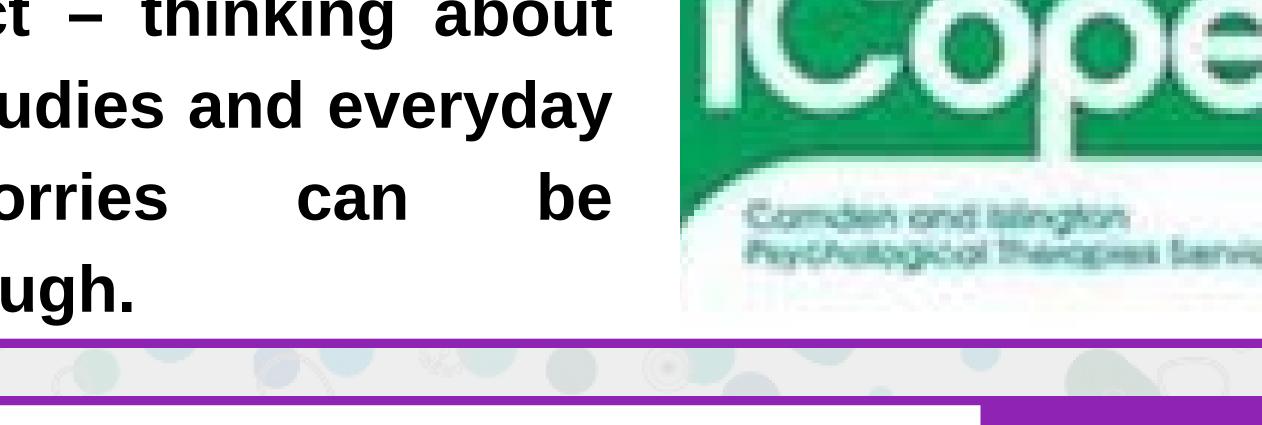
most of the 24th 24th,G47 HH Get tips to make the most of the Careers Fair including how to make your CV stand out and network successfully with employers.

16th

Wed

Managing study stress 12 - 12.45, LT3 Camden

Sometimes life can feel like a balancing act – thinking about studies and everyday worries be can tough.



Wed

17th

Wed

24th

Thur

25th

Digital Skills Journey 12 - 1.30 Social Learning Space Camden

12 - 1.30 Social Learning Space HH

Get started on your own unique digital learning journey. Unlock your potential and start your adventure today!

Meet the Student Success Coaches

Thur 18th

12 - 1.30, Social Learning Space Camden + HH

Need help managing your time or making the best use of feedback? Find out more about our peer-led coaching and meet our Student Success Coaches

Witness: Proactive **Active Bystander Training**

Thur 25th

6.30 Great Camden

Learn how you can safely intervene and support those experiencing bullying, harassment and sexual harassment in this practical, scenario based workshop.

Timetabled Sessions

Adding to your Study Skills Toolkit

Let's add to your growing Study Skills Toolkit and think about what skills you'll need this term

Digital Skills - the Next Steps

Join our learning technologists and find out how to develop your Digital Skills Register your place and check all of the sessions on the RVC App