

# FIVE WAYS TO BE WELL

Join us each week as we host a range of events to improve our wellbeing. Each week has a theme to engage with and think about developing wellbeing as a personal resource. All events are free! Simply register online at [www.rvc.uk.com/BeWell](http://www.rvc.uk.com/BeWell)

3rd – 7th October

**Tuesday 4<sup>th</sup>** Camden - F1C

## Laptop Surgery

12:00 - 12:45

Join our Digital Learning and IT reps to check that your laptop is ready for your Uni journey. Do you have enough storage? The correct software installed? All of your questions answered.



**Thursday 6<sup>th</sup>** Camden - F1C

## Learning from recordings

13:00 - 13:45

Don't miss out! This session will not only give you an overview of lecture capture, our lecture recording software but also top tricks and tips on reviewing content for all of your lectures.



10th – 14th October

**Monday 10<sup>th</sup>** Camden - F1C

## Padlet Knowledge is Power!

13:00 - 13:45

Padlet knowledge is power! Come along to find out how to use Padlet for Q&A's, revision and more...



**Thursday 13<sup>th</sup>** Camden - Council room

## The OneNote Book

13:15 - 14:00

One not(e) to miss. OneNote enables you to keep all your notes in a single place. Join us in this interactive workshop to find out how it works!



17th – 21st October

**Tuesday 18<sup>th</sup>** Camden and Hawkshead  
Social Learning Spaces

## Advice Centre Social

13:00 - 13:45

Grab a drink and join fellow students, (SU members) for this informal session hosted by the Advice Centre Team. A great way to meet new people!



**Wednesday 19<sup>th</sup>** Online

## Workouts for everyone

Make use of the RVC's Personal Trainer's knowledge with written workouts to go with demonstration videos. Log in to join the 30 day challenge!



**Thursday 20<sup>th</sup>** Camden - F3

## The Price is Right

12:00 - 12:45

Be in with a chance to win a basket full of food! Are you a super shopper? Guess the correct cost to win the lot. Winner announced at the money mindfulness session on Friday - where all your money and budgeting questions will be answered.



24th – 28th October

**Monday 24<sup>th</sup>** Camden - F1C

## Active Learning 101

12:30 - 13:15

Want to work smarter not harder? Of course you do! Join the Study Skills team who will advise you on the best methods for good time management, enabling you to get more done in less time.



**Thursday 27<sup>th</sup>** Camden and Hawkshead  
Social Learning Spaces

## Crafting Catch up

13.00 - 13.45

BE Kind to your self and take a break from your studies and craft some calm into your day.

