

FIVE WAYS TO BE WELL

Join us this January and start your year with a range of events to improve wellbeing, from connecting with each other to improving physical and mental health. See what's on at rvc.uk.com/BeWell



BE AWARE



BE CURIOUS



BE CONNECTED



BE KIND



BE ACTIVE

Week 1

11th - 15th January



BE Aware Nutrition, You Are What You Eat

Thu
14/01

Zoom (12:15pm - 1pm)

Eat well to study well! When you're faced with a pile of revision or studying, feeding your body as well as your brain may be the last thing on your mind. But you can give yourself an advantage by eating certain foods.

Week 2

18th - 22nd January

BE Connected Guided Relaxation

Zoom (12:15pm - 12:45pm)

For all staff and students to connect and ground yourselves with some deep breathing and stretching exercises. Only Andy's webcam will be visible.



Tue
19/01

BE Aware - Laptop Surgery

Zoom (10:15am - 11:00 am)

Your laptop may need a check-up to get you ready for your studies! Come along and find about how to keep your laptop healthy and make sure it's ready for the term ahead.

BE Aware - Report and Support

Zoom (12:30pm - 1pm)

As part of our commitment to providing an inclusive and respectful environment by challenging hate, harassment and abuse we are launching our new Report and Support website. Join us for a demo of the new site and the opportunity to ask questions.

Wed
20/01



BE Kind Unconscious Bias

Thu
21/01

Zoom (7pm - 8pm)

Join Dr Pragma Agarwal for a comprehensive look at unconscious bias and how it impacts day-to-day life.

It covers a huge number of sensitive topics - sexism, racism, ageism, homophobia, colourism - with tact, and Pragma clearly delineates theories with a solid grounding in science.



Blended Learning

Checkpoint Sessions

Find ways to personalise Blended Learning that work for you. Join the Study Skills Team online for this interactive session where we will share top tips for learning online, managing your time and more!

12/01	13/01	14/01	18/01	19/01	20/01
10am – 11am BSc 1	11am – 12pm Veterinary Nursing 2	11am – 12pm BVetMed 1	11am – 12pm BVetMed 3	9am – 10am MSc WABWAH	11am – 12pm BSc 3
12pm – 1pm BVetMed 2		2pm – 3pm Veterinary Gateway	4pm – 5pm Veterinary Nursing 1	11am – 12pm BSc Comp Path	
3:30pm – 4:30pm MSc Vet Epi & OH				4pm – 5pm MSc WABWAH	