

YOUR MID-TERM NEWSLETTER



University of
Reading

Here is your mid-term newsletter! We hope you're all staying safe and healthy. Stay up to date with what's going on by regularly checking the [Me@Reading](#) portal!

2020/21 ACADEMIC YEAR



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We intend to welcome students back on to campus at the start of the autumn term. However, this will be subject to the evolving government advice. We understand remote study may be needed for some students initially, so we are working to provide a high quality learning experience for all students, including online provision for those who are unable to join us in person.

We are currently planning for a number of scenarios for the start of term, as we receive further advice from the government, and will, of course, keep you updated when we have further information to share.

APPLY FOR STUDENT FINANCE



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If you'll be studying a full-time undergraduate course, it's time to get your student finance sorted. It can take up to six weeks to process your application, so be sure to apply as soon as you can. If your application is late, your money might be too.

It's quick and easy to apply online – you'll just need your passport and National Insurance number. Continuing students should apply by **19 June**.

For more information about what steps to take before the deadline, visit the [Student Finance England website](#). For guidance and support in completing your application, email studentfunding@reading.ac.uk.

LOOK AFTER YOURSELF



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The University of Reading recognises the importance of looking after yourself, your mental health, and getting the support you need. We have all gone through a big change in a short amount of time, so looking after yourself might look different from what it used to; therefore, we have continued to adapt our services to help you.

The Essentials '[Support and wellbeing](#)' pages are your main link to all the services available, such as:

- **The Student Welfare Team** - continued support by telephone for any personal difficulties you may be feeling.
- **The Counselling & Wellbeing Team** – supporting your mental health and wellbeing. To register [click here](#).
- **The Student Financial Support Team** – specific advice and recommended support for your circumstances.
- **Wellbeing Toolkit** - [a handy toolkit](#) for all aspects of your wellbeing including self-care, study & exams, money, having fun and relaxation.
- **[Support our Students](#)** – allowing all students to be matched with a fellow student or a staff member for online support.

Alongside this, RUSU has launched a [Welfare Directory](#), part of Gemma King's (RUSU Welfare Officer) 1in4 campaign. The directory provides contact details for a variety of organisations and support within, and external to, the University of Reading.

As part of a long term project to improve mental health support, the SportsPark has produced a short guide on how to [stay healthy at home](#) with tips on keeping a healthy mind and body. You can continue to keep active with access to free video workouts, programmes and lifestyle advice through the [SportsPark app and social media channels](#).

The Student Services team continue to update resources online, keeping you up to date. You can also follow our [Student Services News blog](#) for articles such as '[Wellbeing – what we are doing to help you](#)' and the [Student Life blog](#), for interesting articles directly from our Student Ambassadors.

REVISION



Revision is essential in making sure you are in the best position to take on exams, however, it is not always easy and the current situation may make it more challenging. Hopefully, though, having revision and preparation to do for end of year assessments will help provide you with some natural goals and will help you focus and structure your time during this lockdown period in a way that has a direct and positive impact on your future. See the advice listed below in helping you to prepare for exams.

The Study Advice team recently published [study tips](#) to help students preparing for take-home exams. You can contact the Study Advice team or visit the [website](#) for further information, [guides](#) and [videos](#).

[Life Tools](#) are offering a programme of webinars, which you can enrol on via [Blackboard](#), including 'Preparing for exams' on the 29th April. The Life Tools blog recently posted an [article](#) on stress, for helping you to manage and restore balance.

The [Counselling and Wellbeing](#) team have resources to help in [overcoming exam anxiety](#) under the [A-Z online guides](#) if you are struggling full details of there services can be found [online](#).

For further guidance on exams the summer, please see the Essentials [Exams & Assessment](#) page and via the [Student Service Reception](#).



Summer term always has a strong focus on assessment whether, exams, final pieces of coursework or dissertations/project work. Although almost everything else in our worlds has changed, this has not. However this year we have made a lot of changes so we thought it helpful to reiterate the universities approach to exams and end of year assessments.

All students are expected to undertake their remaining assessments (whether exams, coursework, dissertations etc.). If you are unable to do so you should let us know through the CIP process. A mark 'saftey net' has been set up **to ensure your mark for each module will be no lower than the average you had achieved through the coursework and other assessment submitted before the end of the Spring term, 27 March 2020.**

Please familiarise yourself with how your exams will commence through our [online pages](#) and do make use of the practice site to check your internet connected and practice downloading uploading your exam paper.

Good luck!



We are pleased to announce that the first **VIRTUAL Graduate Recruitment and Internship Festival** will take place **10 -12 June 2020**. Featuring organisations with live graduate, internship and placement vacancies, tickets are free and you are all VIPs!

You can browse the [Career Fair Plus app](#) to find out more about the employers participating, their webinars and to book VIP appointment times (details will start becoming available 4 weeks before).

For more information, visit the [dedicated page on Essentials](#).



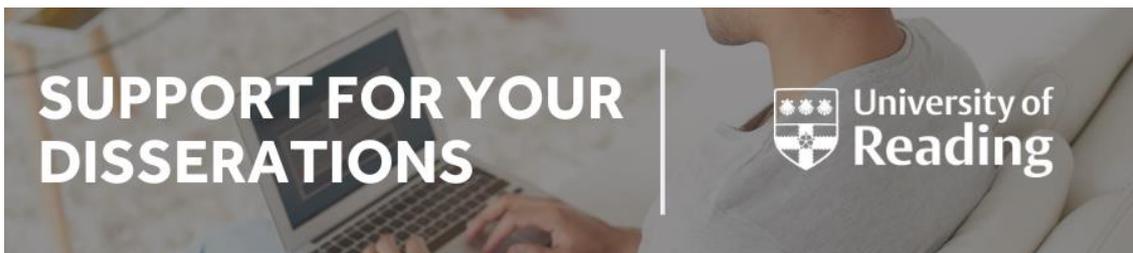
Supporting you is our key priority. Over the last two months the Student Financial Support team has paid out over £67,000 to help students that are struggling due to Covid-19, in addition, a £400 interest-free loan is available for returning students to purchase a laptop. To read the full article and find out more about the fund, [click here](#).

The University of Reading [Essentials pages](#) are regularly updated so you have the latest advice from our expert teams. You can find some of these updates via the links below:

- **Careers** – the latest information and FAQs on '[Covid-19 and my Career](#)' and [Placements](#).
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- [Study Abroad](#) – updated information and helpful FAQs to give you answers to important questions such as, ‘Can I still study abroad in the academic year 2020/21?’.
- [Accommodation](#) – new government advice, guidance for private accommodation, Halls of Residence and FAQs.
- [Study Advice](#) – tips from the Student Advice team on successfully studying at home, and details of how to get in contact if you have further questions.

To read all the latest information, visit the '[COVID-19 Advice and Support page](#)' [on Essentials](#).



The Study Advice and Academic Liaison Teams are running a week of webinars, offering advice on all elements of your dissertation planning and writing. From choosing a research methodology to writing your literature review, these friendly webinars are designed for you to get some tips from the experts and put your dissertation on track for success.

These will be run every day from **11am to 12pm during the first week of June**. For more information on the details of each session, and the link to join the webinar, simply go to this page: [Masters dissertation fair](#).

You can also book a [1-2-1](#) session with a Study Adviser, who can offer advice to enable you to manage your project, write critically and ensure academic integrity. For those that prefer online resources, we have a suite of [video](#)

[tutorials](#) on dissertations and major projects on our Study Advice pages. We also have plans to run more dissertation webinars and writing retreats throughout June. Up to date information can be found on the [Study Advice](#) website.

Academic Liaison Librarians plan to run additional dissertation-related sessions at 2-3 pm that week and later in June, including general and systematic literature searches, reference management software and using primary resources. Look out for details on the [Library blog](#) soon.

Meanwhile, please do contact your own subject's [Academic Liaison Librarian](#) for individual support, advice and online 1-to-1s and investigate their [online subject guides](#) to resources. Each include a COVID-19 tab listing extra relevant e-resource provided additionally during lockdown.



Summer break is right round the corner. We want to ensure that you are making the most of all the time you have available to you. It's great time to learn some new skills that can aid you in your careers.

Whilst companies and organisations are adapting to a new way of working, there have been many online courses that are currently free for all to learn. Whether this be digital marketing or learning a new language head to [Shaw Academy](#), [Future Learn](#) and other online course platforms to find something you're interested in!

Whilst it's important to take a break and restup, there's always the chance to do more!



Staying connected with the university, family, and friends could not be more important given the current circumstances. Make sure you get the support you need, and keep talking – to friends, family, classmates, and your tutors. We are here to help you stay connected too:

While teams within Student Services are now working remotely, you can still access all our services – details of our support arrangements can be found [here](#).

Stay up to date with news and information from the university and your fellow students by following the [University of Reading Student Life twitter account](#), log-in to [Me@Reading](#) for the latest news, or visit our blogs – [Student Life](#), updated by current UoR Students, or [Student Services News](#), packed with tips and advice on adjusting to our 'new normal.'

RUSU recently launched a [Facebook Community Page](#) which now has nearly 1,000 members, and is regularly updated with ideas, tips, updates and information and for all students to come together and support each other.

The [Support our Students scheme](#) gives all students the opportunity to be matched with a fellow student or a staff member for online support. Whether that's a chat over email, a cup of tea over video chat or help finding the answers to some of your queries or worries.

