

# Student Life end of term newsletter



University of  
Reading



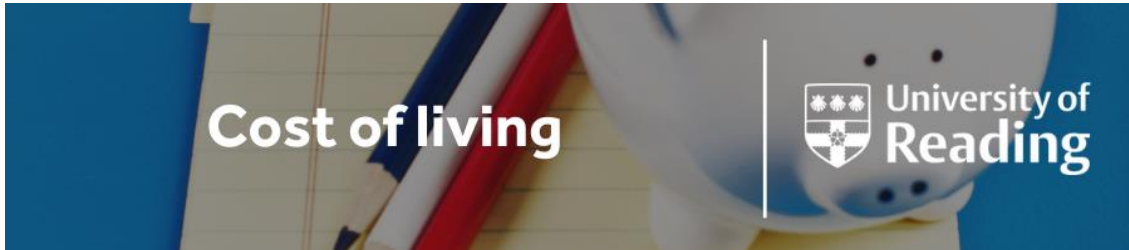
Hello and welcome to your end of term student life newsletter. In this edition of the newsletter we will be covering:

- **Cost of living:** Focus on money and living costs
- **Money advice:** Financial support at The University of Reading
- **Get ready for exams** with Study Advice
- **Fraud awareness:** Protect yourself against frauds and scams
- Our undergraduate surveys are open: **Have UoR Say**
- **Watch live! University Challenge:** Now we're really buzzing. Our University Challenge team in the semis next week
- **RUSU updates:** Awards season is here, Summer Ball
- UoR Student App: Get the latest campus news with the UoR Student app
- **Life Tools:** The learner's mindset - preventing procrastination and prepare for exams
- **Library updates**
- Information round-up

Stay up to date, download the [UoR Student app](#), visit our dedicated [Essentials pages](#) for the latest student guidance & support, and follow our [social channels](#).

[Download the UoR Student app](#)

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### **Cost of living: Focus on money and living costs**

The global cost of living rises mean this is a very challenging financial time for some students.

As energy and cost of living prices continue to increase and impact the quality of life for students - we want to do as much as we can to ensure you are informed and supported on this issue.

It is expected that there will be additional rises in energy bills across households in the UK. Bills could increase by 50% or more in a very short space of time. For students, this could mean larger than expected bills for private tenancy contracts that you might struggle to pay for. Due to the wider impact, you could also see your family and friends struggle with higher bills.

The actual impact will depend on your individual circumstances. It's important to educate yourself on these cost of living changes and to prepare yourself to minimise the impact of your living standards and quality of life.

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[Read our advice: Focus on Money and Living Costs](#)



### **Financial support at The University of Reading**

The Student Financial support team are available to provide advice and support on money-related matters, whether it's regarding your tuition fee or maintenance loan, Bursaries and Awards or advice on how we can support you if you are experiencing unexpected financial difficulties.

Virtual appointments are available Monday, Wednesday and Friday between 09.30 - 12:00

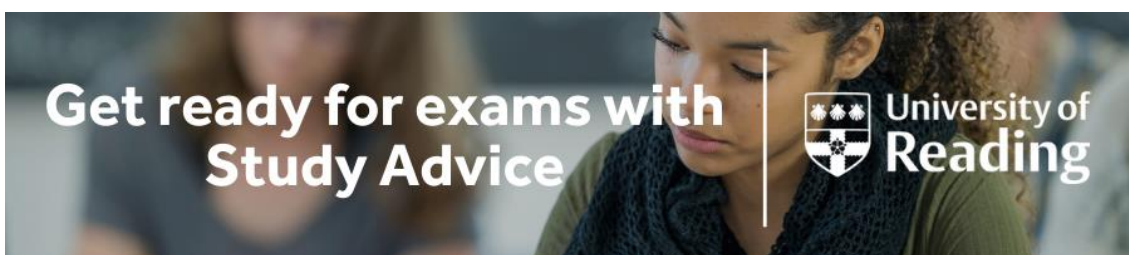
[Book an appointment.](#)

You can also access free online support for managing your finances by using [Blackbullion.](#)

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[Visit Money Matters on Essentials](#)

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It's that time of year when our attention starts to turn towards exams and exam revision. This year, some of you might have take-home exams, whereas others may be returning to in-person exams. Whatever the type of exam you have coming up, it's best to be prepared, so check out the Study Advice [guide on exams](#) which can be found on our website. This guide has videos that will help you get ready for open book exams, oral exams, take-home exams, and we also have a new video on returning to in-person exams. [Our guide](#) also has plenty of advice on exam revision strategies, exam room tips and how to tackle different types of questions.

Study Advice will also be running additional webinars and workshops in the coming weeks to support you as you prepare for exams. In the first week of the summer term, on the 20<sup>th</sup> April, we are also holding two face-to-face workshops. Our first workshop will be about 'Returning to in-person exams' with some useful advice on how to prepare for and sit these exams. The other will be a 'Practice exam workshop' where you can bring along a past paper and practice sitting it under exam conditions. [To book a place on these face-to-face workshops, sign up here on our website.](#)

Finally, for many of us, the exam period can make us feel apprehensive and nervous, and sometimes we need more strategies to manage this. If you find it challenging to prepare for exams and deal with uncertainty or would like to learn some strategies to reduce apprehension and manage uncertainty, check out the [Life Tools programme](#). You can find useful resources and access the webinars to prepare yourself for exams, succeed and keep well.

Remember, there are plenty of sources of support for you at University to help you prepare for exams, start by exploring the resources we've mentioned here. We wish you the best of luck with your exams!

Read our latest blog: [Getting ready for the exam season! Top tips from the Study Advice team.](#)

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[Find out more about Study Advice](#)



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**Fraud awareness**



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**Protect yourself against fraud and scams**

'Fraud' is when someone lies or deceives you to cause harm, usually by stealing your money or personal information. 'Fraud' can also be referred to as a 'scam' (a dishonest scheme).

There will be people who will try to trick you into giving away their personal information, bank details or trying to get you to part with your money. This is usually done by pretending to be from a legitimate company or a government official. It is important to be wary of these situations to prevent identity theft, loss of money and other potential consequences. If you are not sure if an email, telephone call or another type of contact is genuine, please contact the [International Student Advisory team](#). We can assist in helping you check before proceeding.

Alternatively, you can contact [Action Fraud](#), they have an online chat service and 24-hour reporting facility. Action Fraud is the UK's national reporting centre for fraud and cybercrime, where you should report fraud if you have been scammed, defrauded, or experienced cybercrime.

### **How should I respond when I receive a call I suspect to be non-genuine or when you are not sure if a call is genuine?**

- 1- Do not agree to anything they say
- 2- Do not give them any information about you
- 3- If you know it is a fake call, you can either hang up and block their number or tell them you know this is a scam and will be reporting it to the police, then hang up then block number
- 4- If you are unsure of the situation, do not provide them with any information, hang up and contact the [International Student Advisory Team](#). If out of hours (past 17:00) contact [Action Fraud](#): 0300 123 2040.

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**Our undergraduate surveys are open**



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**Have UoR say**

You could win VIP tickets to [RUSU summer ball](#), or a pizza, or free food for a year!

Take part now:

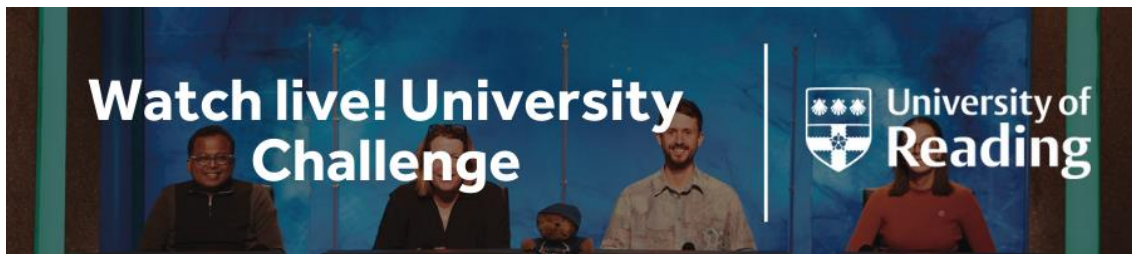
[National Student Survey](#) for all undergraduate finalists

[UK Engagement Survey](#) for all undergraduate students not in their final year.

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[Undergraduate Surveys](#)

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**Now we're really buzzing. Our University Challenge team in the semis next week**

We're so proud to see our University of Reading team has reached the semi-finals of the BBC quiz show University Challenge for the first time ever.

Last week, our team Michael Hutchinson, Kira Bishop, Sylvian Jesudoss and Margaret Ounsley, beat St John's College, Cambridge, 145 points to 70.

Their historic success in the 2021/22 series continues after the team recorded Reading's first ever quarter final victory on the show against the University of Birmingham in January.

They have impressed viewers during their journey to the semi-finals, with many commenting on social media on their teamwork and sporting nature, with Michael seen to congratulate their beaten opponents in their second quarter-final.

Reading beat the University of Strathclyde 175-110 in the first round, and the University of Dundee 245-50 in the second round. The only loss for the team so far was in their second quarter-final against Imperial College London.

The team has been supported by reserve team member Sarah Turvey, studying an MA in Education, who has been helping with buzzer practice and preparation before the shows.

**How you can support our team:**

**[Join in on Twitter](#) on Monday 28 March as we livetweet the action.**

**Come along to our streaming event on Monday, 20:30 at RUSU Mojos, The Dairy or Park Eat.**

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**[Student Life events](#)**

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# RUSU updates



## Awards season is here

It's been a challenging couple of years but that hasn't stopped you all from doing incredible things on and off-campus. Don't miss your opportunity to celebrate and recognise the achievements of your lecturers and other students here at Reading... from pioneering diversity to volunteer of the year, there really is an award for everyone!

Nominations will close before the end of the month. Nominate someone today [by heading to our website](#) to spread a little joy.

## Summer Ball

After a two year hiatus, Summer Ball is back!

Come join us at your very own student festival on campus on Saturday 11th June 2022. There will be fairground rides, multiple bars, great food options and some fantastic live performances! Acts to be announced nearer the date.

Tickets are on sale on [Eventbrite here](#).

We can't wait to welcome you back.

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[Student Life Events](#)

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# UoR Student App



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**Get your exam timetable on your phone! Download the UoR Student app.**

The [official app for UoR students](#) is the easiest way to access your timetable on the go.

The app presents highlights of your personalised timetable and a customisable view of the week ahead.

Available to all current students, the app is free to download to your mobile device from Android and IOS digital stores.

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[Download The UoR Student app](#)

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# Life Tools



## **Life Tools webinar: The learner's mindset: preventing procrastination and prepare for exams.**

We will continue to offer our new series of brief webinars to develop skills and keep on track with your studies during the summer term.

Preparing for exams requires continued practice to manage the pressure and learn and retain knowledge. It can be hard to maintain the motivation to persevere with revision when feeling under pressure.

You are not alone. Join the webinars to review strategies, ask questions about the topics, restore your energy, and focus on achieving your goals.

Being part of a group of people with the same goal – do well in your degree – is a great way to feel energised and motivated to do your work.

Attending all the webinars, or as many as you can, will provide you with a structure that will support your revision and help to maintain motivation and keep well.

### **What to expect?**

The webinars (30 mins) will run once a week during the summer term. Each week, there will be a presentation with a few different strategies, and it is your opportunity to ask questions (you can use the chat, Mentimeter and mic). Each week provides the space to update on skills and exchange ideas with others. It is a space for learning.

### **When will the webinars take place?**

21 April, 14:30-15:00 | [Book your place now](#)

29 April, 14:30-15:00 | [Book your place now](#)

6 May, 14:30-15:00 | [Book your place now](#)

12 May, 14:30-15:00 | [Book your place now](#)

19 May, 14:30-15:00 | [Book your place now](#)

27 May, 14:30-15:00 | [Book your place now](#)

6 June, 13:30-14:00 | [Book your place now](#)

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[Life Tools](#)

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[The Library](#) was recently described as the '[centrepiece of the campus](#),' so we thought it might be worth sharing some tips on using the Library effectively and getting the best out of it.

### **24/6+ access**

We provide [24/6+](#) access to study space and resources.

During term time, the Library closes for a few hours on Saturday night only - apart from that, we are open all hours. If you are studying through the night, remember to take regular breaks and to keep hydrated. Pop down to the café (staffed until 22:00) if you need a bite to eat, remember you can take your own food there too.

## **Study space etiquette**

Please consider your peers when using the Library.

By keeping noise to an appropriate level, by using the group study areas when working as a group and by maintaining silence on the 5th Floor, you can help to foster the right atmosphere for effective study. [Book a group study room](#) or select a group study space if you wish to work with others.

If you want to know more about the range of spaces on offer, [watch our YouTube video](#) for more information.

The Library is primarily a place for study so please use other wonderful facilities on the campus for socialising, and recreational activities!

## **Help build collections for wellbeing**

Wellbeing or wellness affects us all.

Are you a member of a network or group which has a particular perspective on wellbeing? If so, we particularly want to hear from you. Get involved to help us make sure the wellbeing collection has something for everyone! Look out for more information on the [Student app](#) and [blog](#).

***The Library is a shared resource so let's work together to make the most of it.***

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[Library webpages](#)

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## Events

**25 March, 20:00** | Live Music with UoR Music, Rocksoc and Band Soc | Bar 77, The Outlook, Reading

**28 March, 20:30** | Watch live! University Challenge: UoR Semi-finalists | RUSU Mojos, Park Eat and The Dairy

**20 April, 13:00- 14:00** | Preparing for in-person exams | Online

**20 April, 14:30- 16:30** | Practice exam workshop | Online

Check out our ['Whats on'](#) pages to find more events.

## Latest blogs

- [Global Recycling Day by Adeorite Adele-Adewole](#)
- [The RUSU Summer Ball is back!](#)
- [Getting ready for the exam season! Top tips from the Study Advice team](#)
- [Contribute to the Library's wellbeing collection](#)
- [Women to Celebrate on International Women's Day by Dominique Vincent](#)

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Keep up to date with the latest information by downloading the [UoR Student app](#), visiting the [Essentials pages](#), and checking our [social pages](#).

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