

Student Life mid-term newsletter



University of
Reading



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

- Financial support for unexpected living costs
- Wellbeing support and resources
- Racial Justice in Teaching and Learning giveaway
- Our undergraduate surveys are open – with a chance to win great prizes
- Race Equality Charter Mark Survey
- Student Life events
- Become a STaR Mentor
- Library updates
- RUSU updates
- Master's Virtual Open Day
- 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



Financial Support for unexpected living costs

We understand that recent news headlines on energy price rises and the cost-of-living increases may worry some students. If you are concerned about these price increases we recommend for you to learn more about managing your finances for free at www.blackbullion.com and read their super “[4 Building Blocks of Financial Wellbeing Guide](#)” as part of their very timely [Student Festival of Financial Wellbeing](#).

Also, remember that the Student Support and Digital Support Funds are in place to support you and help when you need it most with financial hardship because of unexpected costs.

What are the Student Support Fund and Digital Support Fund?

[About the Student Support Fund](#)

The Student Support Fund is to help relieve unexpected financial hardship that might impact a student's participation in higher education. Awards from the Student Support Fund can be used towards unexpected living costs up to £1,500 (single student) or £3,000 (student with dependents).

[About the Digital Support Fund](#)

The Digital Support Fund is a fund to help students with online learning and study costs. There are limited grants of £400 per student, designed to provide financial support towards internet connectivity, specialist software, and IT related study equipment costs. The £400 can be used as a contribution to buy a laptop and peripherals (mouse, keyboard, extra monitor, router, dongle etc.) or for paying broadband bills.

This digital support fund is designed to provide financial support for applicants who live in areas of the United Kingdom with high levels of deprivation and low participation in Higher Education and whose assessed taxable household income is below £27,000.

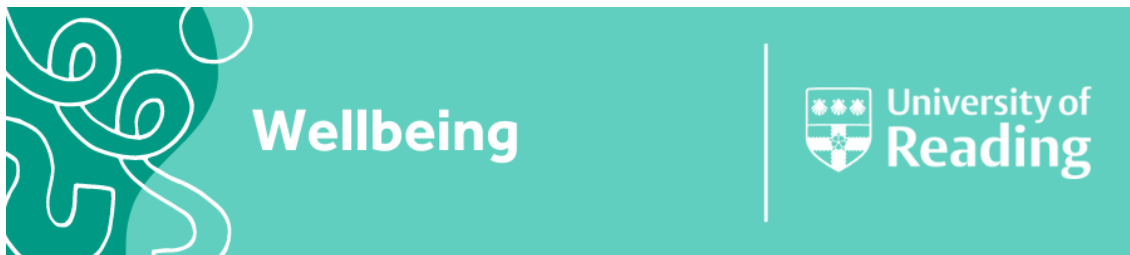
Full information on the Student Support Fund and Digital Support Fund is on Essentials, including eligibility criteria, guidance notes and how to apply.

[The Student Financial Support Team](#) are on hand to review your personal situation; whether it is ensuring you are receiving your full funding entitlement, or simply giving you tips on how to save more money. Matt Daley the Head of Student Finance shares some practical advice on reducing the impact of increasing living costs.

[Book an appointment](#) / 0118 378 5555.

Read the Student Financial Support Teams blog on [Managing your money this spring](#)

Student Financial Support Team



Our dedicated range of specialist support teams are here for you, whether you are on campus or studying remotely.

Alongside our services, we have several communities, departments and networks to help you feel supported: A quick question, long term support, or just to check-in.

A great place to start is the [Student Wellness Check](#), giving you links and contacts for your individual needs.

Wellbeing tools and teams from the University of Reading:

Support from [Student Wellbeing Services](#)

Our Student Welfare Team is here to help with any personal difficulties you may experience during your time at University, including homesickness, family/relationship difficulties, and advice on drugs and alcohol issues. In addition, we have a team of Counsellors and Mental Health professionals to support your emotional and mental health needs, enabling you to engage successfully in your studies, through one-to-one confidential advice and group sessions

[Guidance and Support on Essentials](#)

Find out about the personal support available to you including learning support, physical and mental health services, disability support and spiritual care plus many other resources and contacts.

[Student Wellness Check](#)

The Student Wellness Check is an online tool, similar to the other NHS self-assessment tools that you may have seen before. It asks you to complete a series of questions, answering how you are feeling. From your answers, the check will give you a list of appropriate resources tailored to you and your needs. Any student can complete the questions, and the resources listed at the end can be emailed to your UoR email address at the touch of a button.

The aim of this online self-assessment tool is to allow you to quickly identify what you need and contacts for support.

The resources range from teams inside the University/Student Services (Welfare, Financial, International support etc.) to trusted resources outside of the University.

[Support teams on campus](#)

Even if you are not on campus you can still access support from Support Centres, Student Services Reception or Student Support Coordinators for a range of different questions you might have.

[The Student Welfare Team](#)

0118 378 4777 / studentwelfare@reading.ac.uk

The Student Welfare team is here to help you with any personal difficulties you may experience during your time at the University. The team is made up of professional welfare staff who are able to advise you on a wide range of personal and welfare issues that may impact your studies and day-to-day life, including:

[The Counselling & Wellbeing Team](#)

0118 378 4216 / Counselling@reading.ac.uk

The Counselling and Wellbeing Team is a multi-disciplinary team of counsellors and mental health advisors. The service offers support including one-to-one (either face to face, on the phone or over Teams), groups, workshops, online guidance and onward referrals to other support services, and is open to all registered students (undergraduate or postgraduate) at the University, free of charge.

[Resources and external support](#)

Find and access our wide range of support services, online, in-person and out of hours.

[Ask us a Question](#)

Access Student Services support and advisory teams through your Support Centre. If you need help, use 'Ask us a Question' to contact your Support Centre or one of our specialist advisory teams online. There are five Support Centres across Whiteknights and London Road campuses. Degree programmes are aligned to specific Support Centres and your question will be channelled to the Support Centre for your area of study. Teams in the Support Centres will either support you directly or signpost you to specialist advisory teams across the University, or to your school.

[#NeverOK](#)

We are committed to ensuring an inclusive, supportive and respectful environment for all, as set out in our Student Charter, and believe that any form of bullying, harassment or discrimination is #NeverOk.

If you have experienced or witnessed any of these behaviours, we urge you to report this.

You can report any incident involving any form of bullying, harassment or discrimination to the University by emailing: neverok@reading.ac.uk. Once you have reported an incident, a member of staff from the [Student Welfare team](#) will contact you to offer you support and explain [what will happen next](#).

Find out more about [reporting an incident](#).

[University of Reading and NHS Self-Help leaflets](#)

In collaboration with the NHS, the University has produced a set of self-help guides for students, which cover a range of topics: Stress, Sexual Health, Anxiety, Food, Abuse, Eating Disorders and more. The guides talk you through the subject and have a range of organisations to contact for further advice and help.

Guidance and support



Life Tools



University of
Reading

Life Tools programme

To help you get work done and prepare for exams, the Life Tools programme is offering a new webinar: **The learner's mindset: preventing procrastination and getting work done.**

Academic work requires focused time and effort. Studying for your degree requires reading

lengthy and more complex texts. It can be challenging to focus on one task for a set period when we are used to scanning websites and reading content online presented in a bite-sized format.

As a result, it takes longer to get work done. Do you find it challenging to get started or continue with your assignments? Do you feel there is too much to do and do not know where to start? It can be frustrating, worrying and demotivating.

But it does not have to be this way. The new Life Tools webinar will provide the space to review strategies to prevent procrastination so that you can make progress with your work. Learning to prevent procrastination requires consistent effort and practice. Having 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.

What to expect?

The webinar (30 mins) will run on alternate Fridays until the end of the Spring term. There will be a summary of tips, and it is your opportunity for asking questions (you can use the chat, Mentimeter and mic). Each week provides the space to update on skills and ask questions, and exchange ideas with others. It is a space for learning.

When will the webinar take place?

Friday 4 March 2022, 14:30-15:00

[Book your place](#)

Friday 11 March 2022, 14:30-15:00

[Book your place](#)

Friday 18 March 2022, 14:30-15:00

[Book your place](#)

Open to all students.

[Find out more about Life Tools](#)

**Racial Justice in Teaching
and Learning giveaway**



University of
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Have you visited the Racial Justice in Teaching and Learning exhibition in the UoR library? Viewed the [collection online](#)? [Tell us what you think](#) to be in with a chance of winning 4 books:

- Brit(ish): On Race, Identity and Belonging
- Why I'm No Longer Talking to White People About Race
- Call Us What We Carry: From the presidential inaugural poet
- Collection: Promoting Racial Justice in Teaching and Learning

The [giveaway](#) closes on 25 February 2022. [T&Cs](#).

Promoting Racial Justice in Teaching and Learning is a diverse collection of pieces drawing on the knowledge, talents and lived experiences of staff and students on the theme of racial justice in teaching and learning. The collection is available online via a digital journal and exhibition open now in the UoR Library **closing on the 24 February** so make sure you check it out asap:

- [Digital collection Racial Justice in Teaching and Learning](#)
- Exhibition: UoR library foyer 24 January - 24 February
- [Webpages on Racial Equality at UoR](#)
- Follow [@uor_studentlife on Instagram](#) to follow the conversation and find out what has been happening.

#UoRTalkingRace - [let us know what you think!](#)

[Enter the giveaway](#)

Our undergraduate surveys are open



Don't miss out on having your say – with a chance to win great prizes

Share your feedback for a chance to win...

National Student Survey (NSS)

- Undergraduate students in their final year of study
- You could win one of 10 pairs of VIP tickets for RUSU's Summer Ball 2022.

UK Engagement Survey (UKES)

- Undergraduate students not in their final year of study
- You could win free food for a year with a clever cuisine package for 2022/23
- And a 1 in 5 chance to win a pizza at Park Eat each week!

Find out more about the surveys, how to take part, and more information about the prizes at reading.ac.uk/surveys.

[Undergraduate Surveys](#)



You are invited to participate in a **Race Equality Survey**, which seeks to understand how race and ethnicity affect the day-to-day experience of our students and staff and identify what can be done to improve the experiences of our Black, Asian or Minority Ethnic (BAME) community.

The survey is open to all students, and you do not have to identify as BAME to participate. Making our University a more inclusive place is the responsibility of each one of us, and you can support this by participating in the survey.

The survey should not take more than 20 minutes to complete, and we encourage you to share details wherever possible. The survey can be accessed through [this link](#).

The survey responses will contribute towards a future [Race Equality Charter Mark application](#)

and the forward action plan which will follow. We hope you will see your views and ideas reflected within that action plan and will see that we are acting upon the survey results.

We are running a similar survey for staff, both of which will close at **23.59** on **Monday 14 March**.

[Race Equality Charter Mark Survey](#)



Looking for University of Reading events, to meet new people or try something new?

Take a look at the Student Life events page which compiles student events from across the University all in one place. From events to make friends, help your studies to non-alcohol events.

A few events coming up:

- **23 February, 12:00-14:00** | Dr. Bike sessions to keep your bike in top condition
- **23 February, 14:00-15:00** | Study Advice: What Does It Mean to Get a First?
- **25 February, 13:00-14:00** | KnitWits. Crafting, knitting, chatting, eating
- **1 March, 11:00- 15:00** | Chocolate Tasting. Free fairtrade chocolate samples available from Tony's Chocolonely to mark Fairtrade Fortnight | Stall in front of RUSU

[See the latest events!](#)

[Student Life Events](#)



Would you like to volunteer to help support new students with their start at University, improve your CV and gain new skills?

If you are available for one or two hours a week in the academic year 2022/23 and are a non-finalist undergraduate, international foundation programme or a postgraduate (international) student please head over to our [STaR pages](#) and apply now!

Like a “buddy” scheme, new students are matched up with current students, usually by course or department, who answer questions and provide new students with an insight into university life. The only thing you need to know is what it is like to be a student!

You will be trained and supported throughout, the volunteering hours count towards the [RED Award](#) and you will gain new skills that will look great on your CV.

“It's nice to know I was able to help new students and guide them if needed. I know I needed them during my foundation year. Furthermore, the skills I learnt are a good addition to my CV and applicable to any future jobs.” Student STaR mentor.

“There was very good training. The people leading the scheme helped create a friendly atmosphere where you felt like you could ask questions and seek help if you were stuck. Additionally, the weekly emails made me feel supported and connected to the scheme.” Student STaR mentor.

Still not sure?

See how other students benefited by watching this short [film](#)

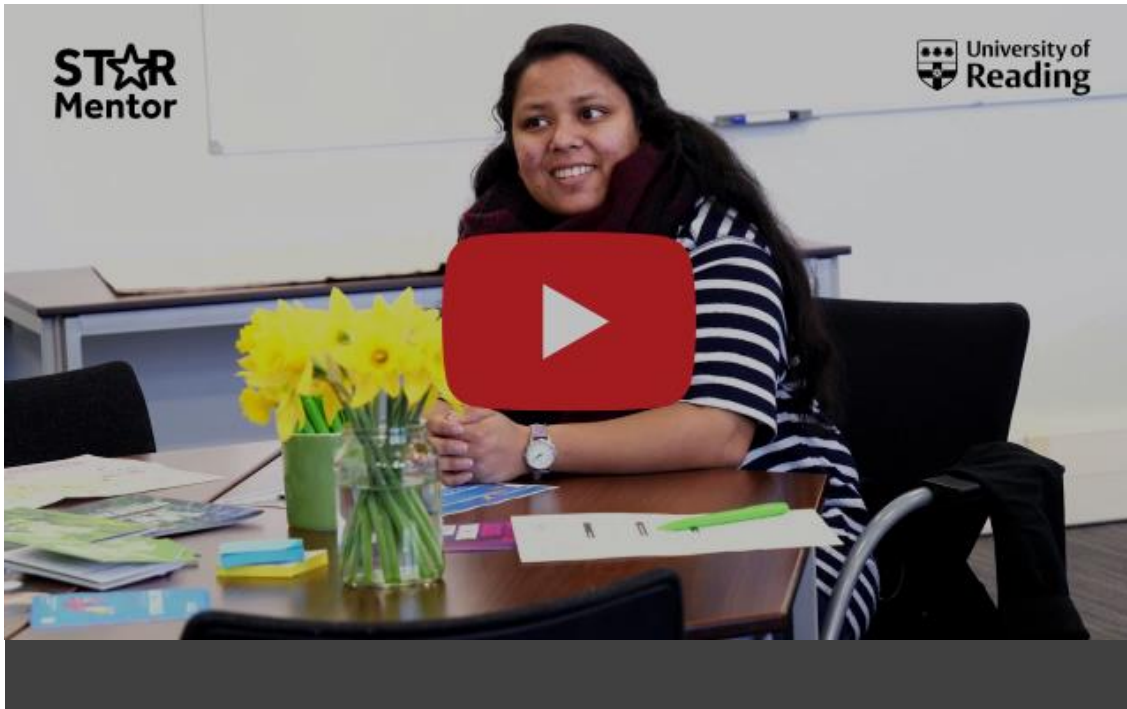
More questions?

Then email starmentors@reading.ac.uk

For a better insight into what exactly a STaR mentor will do check out the [STaR](#) webpages on Essentials.

Feel free to email starmentors@reading.ac.uk with any questions.

[Apply to be a UG or IFP STaR mentor.](#)
[Apply to be a STaR PG International mentor.](#)



[Apply to be a STaR Mentor](#)

A horizontal banner with a teal background. On the left, the text 'Library updates' is written in white. On the right, there is a white vertical line, followed by the University of Reading logo (a shield with a cross and four stars) and the text 'University of Reading' in white. Below the text and logo is an illustration of an open book with yellow pages.

Supporting you to make good things happen

We're here 24/6+ to support you on your way to success. Keep reading to find out more about some of the things that will benefit you during your studies.

Mendeley webinars

Mendeley webinars will be running again from March. Please see the [Referencing Workshop](#) pages for more information on dates and bookings. For any help with referencing using Mendeley or Endnote Desktop, please see the [Managing References](#) guide.

Appointments and drop-ins

Did you know that a librarian is available at the Study Advice desk every weekday between 13:00 – 14:00? If you have a question about accessing a resource, finding information, or referencing, visit the drop-in during the week or contact your Academic Liaison Librarian to [arrange an appointment](#) at a time better suited to your needs.

E-resource trials

We currently have 3 trials of e-resource packages underway and another one coming soon.

- *Linguistics and Semiotics Collection of the De Gruyter Book Archive* is a collection of 1,000s of digitised books, covering 270 years of Academic publishing. The trial runs to 30 April 2022. Read more about it on the [Library blog](#).
- *British Online Archives* holds 4 million records from private and public archives. There are many fascinating collections including 'The British Union of Fascists: Newspapers and Secret Files, 1933 - 1951', 'British Labour Party Papers, 1906 - 1969 and 1968 - 1994' and 'Slavery: supporters and abolitionists, 1675 - 1865'. We published a [blog post](#) about this trial too. Unfortunately, there isn't much time left on this trial as it ends Wednesday 2 March 2022 so make the most of it while you can.
- *Early Modern England: Society, Culture and Everyday Life, 1500 - 1700* is a collection of online primary sources that include diaries, family papers, court records, and more. This trial runs until 7 March 2022. Read more in the [Library blog](#).
- *Rock's Backpages* is an archive of old rock and pop magazines. If you're interested in modern music, this could be the one for you.

Look out for our forthcoming blog for more information about this and other upcoming [e-resource trials](#) and [let us know](#) if you have a resource idea for trial access.

Library opening hours

RUSU updates



An Update from Your Students' Union – RUSU

Who do you think should lead your students' union?

This week, voting opens for **RUSU's leadership elections!** Head to rusu.co.uk/elections to check out the candidate's manifestos and to vote for who you think should lead your students' union. Voting is open from 08:00 Tuesday 22 February to 15:00 Friday 24 February.

The Big Student Update

As an independent charity RUSU holds an annual general meeting once a year to update our trustees and you, our members, on our impact in the previous year and to share what's coming up. This year's Big Student Update is on Tuesday 1 March at 18:00. As well as some official bits we need to do as a charity like sharing our audited accounts and approving auditors, there will be opportunities to join in and share your opinion, a live performance from a society, free food and a prize draw with four opportunities to win excellent prizes!

[Book your free ticket](#)

What else is happening this month?

As well as the usual union nights, quiz and karaoke, we have [a roller disco in 3sixty](#) on Tuesday 8 March.

To know what's happening in RUSU throughout the week come follow us on social media: [Instagram](#); [Facebook](#); [Twitter](#).



Master's Virtual Open Day 25 February 10:30 – 14:30

Thinking about staying on for master's study at Reading? Find out more at our Virtual Open Day.

Get detailed course information from lecturers in live presentations, and submit your questions to them and our current master's students and Admissions and Student Finance staff.

Don't worry if you miss the event - recorded presentations and a wealth of useful digital content will still be available to people who have signed up for a month after the event.

For more information and to secure your place, [book online now](#).

Master's Virtual Open Day



Events

- **24 January - 24 February 2022** | Exhibition: Promoting Racial Justice in Teaching and Learning | Library foyer
- **24 February, 10:30-12:00** | [The Newcomers' Group Zoom Meeting](#) - an opportunity for dependents of students and staff to meet others in the university community.
- **25 February, 10:30-12:30** | Chaplaincy: 1hr bread-making workshops (£2 per person). Email chaplaincy@reading.ac.uk to book.
- **1 March, 11:00- 15:00** | Chocolate Tasting. Free fairtrade chocolate samples available from Tony's Chocolonely to mark Fairtrade Fortnight | Stall in front of RUSU
- **2 March, 14:00- 16:00** | Board games afternoon | Palmer G02 & G03
- **24 February at 12:00-14:00** | [Between the Lines – Session 2](#) | Edith Morley 141

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

Latest Blogs

- [A gem nestled in England's South-East: Reading's cultural appeal](#)
- [Managing your money this spring](#)
- [Random Acts of Kindness Day by Michaela Ktori](#)
- [Between the Lines – Session 2](#)
- [The legacy of LGBT+ History within Reading by Dominique Vincent](#)
- [Chinese/Lunar New Year 2022 – by Pok Lim Lai](#)

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