

Student Life Start of term newsletter



Hello and welcome to your start-of-term Student Life newsletter. We hope that you are all doing well and are looking forward to either starting a new year at The University of Reading or returning to your studies.

This newsletter contains information on the following:

- Welcome 2021
- COVID-19: What you need to know / Vaccine bus
- Digital Services and staying up to date
- Study Advice – Get Study Ready
- Student Services
- Library
- Looking after yourself at University
- Black History Month
- Student events
- Information round-up

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





Welcome 2021



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Reading**

Welcome 2021 is here! If you are a new student joining us then do make sure you check out the [Welcome 2021 webpages](#) on Essentials. Here you will find all the information you need - events, the 2021 Welcome guide and more!

Welcome app

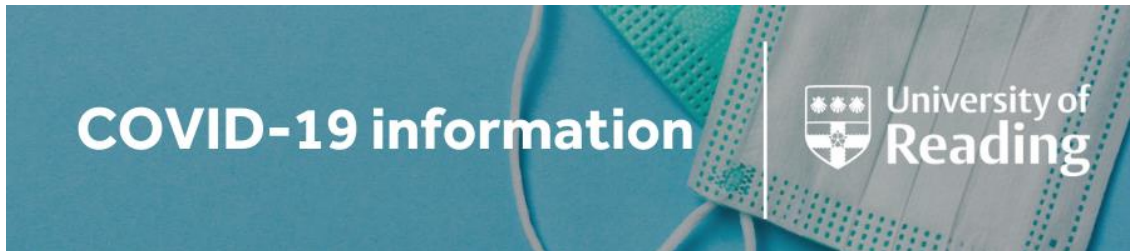
The [UoR Welcome app](#) is available to everyone, along with family and friends of new starters and returning students.

The app contains everything you need to plan the perfect Welcome period. With so much going on, the app helps you stay organised and informed during your first 2-3 weeks of student life.

- View all events and activities taking place during the Welcome period
- Create a bespoke Welcome programme based on activities organised by your school of study, and the support and services that are available to you as a student at Reading.
- Stay up to date with the latest news and updates sent straight to your mobile
- Quickly access and save your school information and introduction sessions from your Head of School or Department

Download the app from app stores now by searching UoR Welcome.

We wish you all the best if you are joining or returning to university in 2021.



COVID-19: What you need to know

- If you have any of the [main symptoms of COVID-19](#), self-isolate and [get a PCR test](#)
- Let us know if you test positive using [our online form](#)
- Have you had both doses of the vaccine? If not, [book an appointment](#) to receive yours on campus
- Take a lateral flow test twice a week – you can [pick up kits on campus](#) to do at home
- Remember to wear a face covering indoors and when you come in to contact with people you don't regularly spend time with

Make sure you've read our [Health & Safety guidance for students](#)

Keep up to date with the latest COVID-19 updates by visiting the [Essentials pages: COVID-19](#)

Vaccination bus on campus

Now it is even easier to get your first or second COVID-19 vaccine thanks to a dedicated facility coming to campus this September and October.

All new and returning students, including international students, will be able to receive their first or second dose of the **Pfizer vaccine** free of charge on the following dates between 10:00 and 18:00:

- **Monday 20 – Wednesday 22 September**
- **Sunday 26 September**
- **Monday 4 – Thursday 7 October**

The van will be returning to campus 8 weeks later to deliver follow-up doses, details of which will be confirmed later.

You can [book a vaccination appointment in advance on our booking system](#), however, a small number of doses will be available on a first-come, first-served basis on the day.

[Find out more](#)

[Book your appointment now](#)



Follow us



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We want to make student life as easy as possible so make sure you know about/are using these platforms to keep up to date with the latest information, advice, support, news, and events from the University:

[Essentials](#) – All the Essential information for University of Reading students

The Essentials webpages are for current University of Reading students. They are your guide to getting the most out of University, finding support, getting advice, and the answers to your questions.

Navigate the pages to find information on:

- Accommodation
- Careers
- Campus and the local area
- Extra-curricular opportunities
- Money advice
- International advice
- Support and wellbeing
- Studying and exams
- Student events
- Updates from the university on Covid-19

[Me@Reading](#) - Personalised news and events for students

As a University of Reading student, you have access to the **Me@Reading Student news portal**, delivering personalised news throughout your study years. Log in to find out what is happening and read the latest news and events for you.

Me@Reading Student is updated every day, so bookmark it and check it as much as possible to keep up to date with university life.

UoR Student app

Staying organised has never been easier with our UoR Student app. Our Student app has been designed so that you can easily find important information and news relevant to you and any services and support you may need during your time at university. Handy features on our app include:

- Your timetable
- A personalised newsfeed from the Me@Reading student portal
- An easy way to find and check your student details
- And much more!

Sound useful?

Download our [UoR Student app](#) now to stay informed, organised, and connected.

Join our Student Life community!

Don't forget to follow our Student Life [Instagram](#) and [Twitter](#) pages to stay up to date with content from our Student Engagement Ambassadors, Wellbeing advice, Careers news, student events and much more.

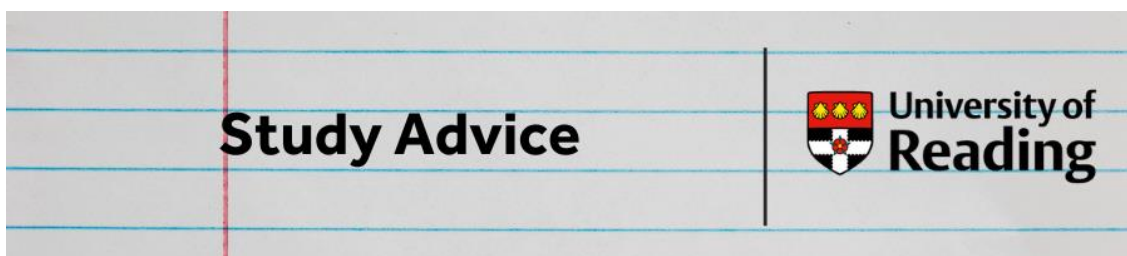
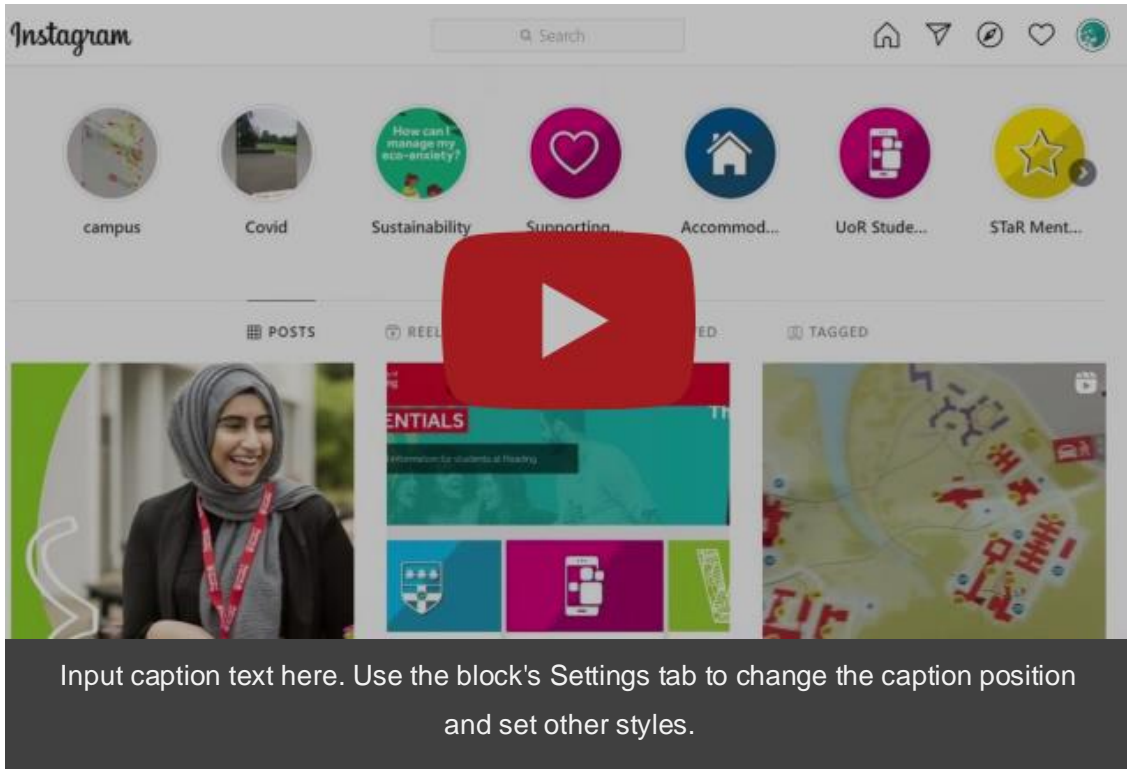
We cover a large range of topics on our social media, such as Black History month, Zero Waste week, making friends at university and many more. We also post important information, news, and events for students so you can stay up to date with what is happening in and around the university. If that sounds interesting, give us a follow, and become part of our Student Life community!

Find out more about our Student Life channels by reading our blog '[UoR Student Life Channels for new and returning students](#)'.

Bookmark, follow and subscribe:

- [UoR Student Life blog](#)
- [UoR Student app - download now](#)
- [Essentials](#)
- [Me@Reading](#)

- [Student Life Instagram](#)
- [Student Life Twitter](#)



Get Study Ready

Whether you are a returning student or new to the University of Reading, it's important you keep developing your academic skills. But with a long summer break, you may feel that your skills are a bit rusty. Do you need a quick

refresher on referencing, advice on academic writing, or a reminder of how to create an effective study timetable? Then check out our Study Advice short [Videos](#), to refresh those skills, or book yourself on to one of our weekly [webinars](#) running all autumn term on areas such as structuring essays, avoiding plagiarism, and critical thinking.

If you're a first-year student, make sure you've enrolled on [Study Smart](#), our online transition course designed specifically for you. Join 1000s of other new undergraduates who have already discovered the course, which covers the core academic skills you need to develop to be successful at Reading. We currently have student mentors online too to answer any questions that you may have. And, once enrolled, you'll retain access to all the resources for your entire time with us. Your Academic Tutor might ask to see your certificate of completion, so make sure you save it somewhere safe.

So, what are you waiting for? Start the term as you mean to go on and make this year a success with [Study Advice](#).

Attendance and engagement

Read more on the University's expectations and support offered, as well as your responsibilities for your attendance and engagement in your studies.

We want you to be successful in your studies and there are many opportunities and support available to help you whilst you are at the University.

[Attendance and engagement - supporting your studies](#)

Student Services



Student Services (based in the Carrington building) offers a wide range of expert teams to support you during your time at university. From money to mental health, careers to international advice, find out more about each service:

[Careers](#)

The Careers Team support you in gaining skills, experience and direction for your career ahead. They can help with part-time jobs, placements, graduate roles and lots more via workshops, events and 1:1 appointments.

[Campus Jobs](#)

Campus Jobs is your one-stop shop for all paid part-time work at the University, providing one-off work opportunities and regular shift work that is exclusive to Reading students.

[IT Advice](#)

Our IT Service Desk is available on the First Floor of the Library, to answer any queries you have about connecting to the internet, using software, printing and Office365. You can book an appointment via reading.ac.uk/booksd

[Disability Advisory Service](#)

The Disability Advisory Service (DAS) provides confidential information and advice for students with any disability, long term health condition, mental health condition, or specific learning difference (SpLD). DAS can work with you to enable you to participate fully in academic life.

International Student Advice

The International Student Advisory Team offers information and advice for international and EU students, providing professional and confidential support on things like Visa and Immigration advice, settling into the UK and enjoying your time here at Reading.

Student Financial Support Team

The Student Financial Support Team is here to offer help, advice and support on a wide range of financial issues. We also offer Blackbullion that has courses and tools on things like how to budget, credit scores, hardship and much more.

Support Centres

The Support Centres, Henley Helpdesk or ISLI Helpdesk is the first place you should go for help with any questions or issues. Dedicated Student Support Coordinators can help with Teaching and Learning related and non-academic issues, including coursework, timetabling, placements and welfare support.

Welfare and Wellbeing support

Our Student Welfare Team is here to help you with any personal difficulties you may experience during your time at the University, including homesickness, family/relationship difficulties, and advice on drugs and alcohol issues. Visit: reading.ac.uk/welfare-team We also 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.

Find out more on [Essentials](#) or come visit the reception in The [Carrington building](#).



Making the most of your Library

Welcome to all new and returning University of Reading Library users. We look forward to helping you make the most of our Library resources and services throughout the course of your studies.

Our Library Teams have been busy over the summer. Our Support Services Team have been bringing furniture out of storage; the Academic Liaison Librarians and the Collections Team have been getting [reading lists](#) ready and resources in place including creating video tutorials and other learning aids.

If you're new to Reading visit our [information for new students](#) guide which will answer any questions you may have about using our Library for the first time. Our [website](#) has detailed information about all our services and facilities.

Access to a stunning, newly refurbished Library building is one of the great things about coming to Reading but did you know, the Library is more than just a [place to study](#). We provide you with:

- access to thousands of digital resources that you can access anytime anywhere
- an extensive collection of print books, journals and other materials
- expert, professional staff to help you [find and use resources in your subject](#), and [develop the academic skills](#) you need to get your degree.

We look forward to helping you make the most of the Library and all it has to offer. Ask any questions at the Welcome Desk or via [email](#). Start exploring your Library online and in-person today!



**Looking after yourself
at university**



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Looking after yourself at university

It is so important that you look after yourself, your health and your wellbeing at university. The University has lots of important resources, advice, contacts and information that you can use to make sure you are looking after yourself during your time with us:

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

[Find out more](#) and use the [tool today](#).

[Looking After Yourself At University Booklet](#)

One of the most important aspects of university life is giving time and thought to looking after yourself. Here at Reading, we have many different Student Support teams and services on hand to help throughout the year. In this guide,

you will find tips to enable you to settle in at university.

[Life Tools](#)

The Life Tools programme is a series of free talks designed by experts to help you transition into university life and enhance your student experience. The programme allows you to be proactive and take control of your learning and your personal and professional development.

Take a look at the [Life Tools 2021/22 programme](#) to find out what topics are coming up.

Welfare and Wellbeing support

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.

Registering with a doctor/dentist in Reading

We strongly recommend that you register with a local doctor (GP) to ensure you can easily access medical care if you need it. [The University Medical Practice](#) and [University Dental Surgery](#) are both located close to our Whiteknights campus and you can find out more about registering online.

For information on other local doctor or dentist surgeries, please see the [NHS choices website](#).

COVID-19 vaccinations

All students, including international students, can get COVID-19 vaccinations [through the NHS](#).

Meningitis vaccinations

Students at university are at a higher risk of contracting meningitis, which can be a very serious illness. The best way to protect yourself is to make sure you have had the MenACWY vaccine. If you haven't received this vaccine, you should request this from your doctor as soon as possible.



In October, we will be celebrating Black History Month across all our Student Life channels. We will be continuing to run similar campaigns throughout the year as we believe it is important to celebrate everyone in our diverse student community. We have lots of different content planned, including content created by our Student Engagement Ambassadors, which we are excited to share with you.

If you are interested in getting involved with Black History Month on our channels, its not too late! We are looking for students who are interested in sharing any of their creative content (such as poetry, art, writing), achievements, or any other content that celebrates the Black community. Please email studentcomms@reading.ac.uk if you would like to get involved.

Student events



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Student events.

Stay up to date with the latest student events from across the University including:

- **Social events** - to meet, make new friends, and have a bit of fun
- **Academic events/educational** - to learn and expand your knowledge
- **Careers events** - to help you work towards your future
- **Life Tools events** - events to help you Learn - Develop - Succeed
- **Chill & Chat events** - low or no alcohol events
- and many more.

Events happening soon

- [RUSU Events | Various locations | Ongoing](#)
- [Dr. Bike - Palmer Quad | Palmer Quad | 22 September 12:00-14:00](#)
- [Life Tools | Settling in, getting to know others | Online | 30 September 13:00-14:00](#)

Bookmark the [events page](#) on Essentials to keep up to date.

Information round up



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Useful links

- [COVID-19 information and advice](#)
- [Welcome 2021](#)
- [UoR Student Life blog](#)
- [UoR Student app - download now](#)
- [Essentials](#)
- [Me@Reading](#)
- [Student Life Instagram](#)
- [Student Life Twitter](#)
- [Student IT guide](#)
- [Life Tools](#)

Events

- [Student events](#)
- [Welcome events](#)

Latest Blogs

- [Your guide to fitting in as a commuter student – Beth Collyer](#)
- [Returning to studies - Study Advice](#)
- [Vaccination bus coming to campus](#)
- [Returning to university life after a placement year – James Sweeney](#)
- [Social anxiety tips and resources by Emily in Student Wellbeing Services](#)
- [Student events during Welcome 2021](#)
- [Support for students who need to quarantine on arrival](#)

- [Making friends at University – Lara Brittain](#)
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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](#).

