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Essentials

Welcome to The University of Reading and your Student Life community! This is your termly newsletter which highlights some of the most important topics for students studying with us, things you need to know, and stories you might be interested in. Take a look over this email and get to know your services and essential information for you.

In this Student Life newsletter:

- **Welcome from the Vice-Chancellor, Robert Van de Noort, and Paddy Woodman, Director of Student Services**
- **Our campus, our community**
- **Your services – Student Services**
- **Money and the cost of living**
- **Consent Matters - Boundaries, respect, and positive intervention**
- **Study Smart and your library**
- **Careers and JobFest 2022**
- **UoR Student App - your official app!**
- **Student Life events - your student events programme**
- **Generation Delta: Preparing for Postgraduate Research Study (PGR) One-Day workshop**
- **University Mental Health Charter**
- **Learning Capture update**

- **What you might have missed...**

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](#)



Welcome from your Vice Chancellor, Robert Van de Noort



Welcome from the director of Student Services, Paddy Woodman

Hi! I'm Paddy, Director of Student Services. The Student Services teams are your support network at Reading. We have a huge range of resources and guidance to help you look after yourself and your wellbeing while at university on our [Essentials](#) web pages.

Alongside your [Academic Tutor](#), our [Support Centre](#) teams are here to help with things like your timetable, exams, modules, or coursework queries. You can drop into any Support Centre, contact them by using RISIS '[Ask a question](#)' or by phone.

We also run an extensive programme of [Life Tools webinars](#), to help you develop a wide range of personal skills, such as managing stress and responding to feedback.

Our [Student Welfare Team](#) is here to help with any personal problems that might be affecting your studies – such as homesickness, family troubles, or drug or alcohol issues. This team is complemented by our professional [Counselling team](#), who offer one-off or ongoing support for those who need it and help minimise the impact on your studies.

Overall, in Student Services we have staff with expertise in [financial advice](#), [visas and immigration](#), supporting international students and those with [disabilities and specific learning difficulties](#), we are all here for you, to make sure your time at Reading is as enjoyable and rewarding as possible.

I could go on, but instead, I'll leave you with the link to our [student web pages Essentials](#) to find out more.

I very much hope to see you soon. Good luck and enjoy the year!

[Your Student web pages Essentials](#)



Our campus, our community

Fostering values and behaviours that provide a safe environment where every student is encouraged to excel and succeed on their chosen path is our commitment from day one. We are committed to creating a safe, fun and respectful environment for all where we can all thrive and a community where we all look out for one another.

Looking after yourself and each other

Protecting your health and wellbeing is our priority. We are committed to ensuring that our campuses are inclusive, supportive and respectful places of life and study for our entire community.

[Our guide to health and wellbeing](#) is a great place to start, and don't miss out on the life-enhancing [Life Tools programme](#) of wellbeing workshops to equip you with practical advice on succeeding in life and your studies. You may feel inspired to undertake the certificate which includes sessions such as... *'Jumpstarting your brain'*, *'Performing under pressure'* and *'Bouncing back from setbacks'*.

[Our specialist teams](#) are on-hand to support you with all aspects of student life.

It's important that you are up to date with the [latest vaccinations](#) and the precautionary measures you can take to protect yourself from infectious diseases.

Also, make sure you [register with a local doctor and dentist](#) as soon as you arrive for any medical requirements during your course.

Whether you are living on campus for the first time, returning to Halls, living locally or remaining at home – you'll have access to the [full range of services and support](#).

As you enjoy getting to know [the local area](#), please remember to extend our inclusive values and behaviour to the wider community. We recommend [the MyWay app](#) for travelling safely, particularly in the evening.

Being a good neighbour is important and respect and support for your fellow students on and off campus is expected. We encourage you to report and support each other via our campus inclusion and safety campaign [Never OK](#).

Talking about sex and consent can be difficult, but it is so important that we all build a shared understanding of what consent is, how to respect boundaries and how to positively intervene in a situation. All students are expected to [complete the Consent Matters programme](#).

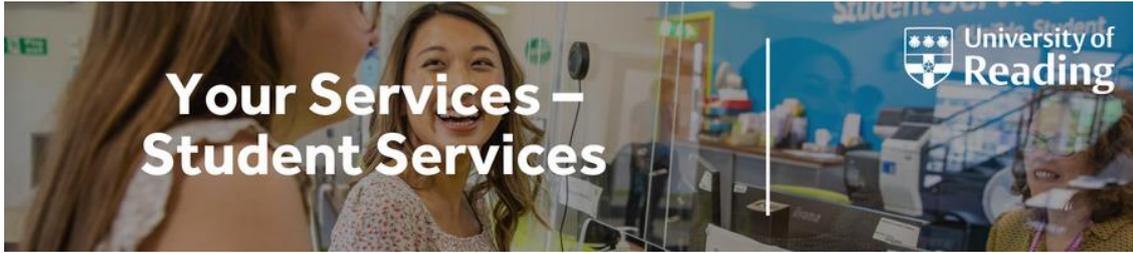
RUSU also prioritise your safety and wellbeing and continue to work hard to make sure RUSU and 3Sixty are safe spaces for you to enjoy. Read more on [the measures RUSU have put in place for your safety in 3Sixty](#).

What support is available?

Any student who is concerned about their welfare, or the welfare of another student as a result of a spiking incident, should contact The Student Welfare

Team: studentwelfare@reading.ac.uk **0118 378 4777**. If you have witnessed this or any other form of bullying, harassment or violence of any kind, or want to talk please visit our [NeverOK pages](#) on Essentials, or contact Student

Welfare: studentwelfare@reading.ac.uk.



Your services – Student Services

Student Services, based mainly in the Carrington Building, are your dedicated services, helping you thrive and succeed whilst at The University of Reading. These services consist of:

The Disability Advisory Service

disability@reading.ac.uk | 0118 378 4202 between Monday-Friday between 10:00 and 16:00

The Student Welfare team

studentwelfare@reading.ac.uk | 0118 378 4777 Monday-Friday between 10:00 and 16:00

The Counselling and Wellbeing Team

counselling@reading.ac.uk | 0118 378 4216 Monday-Friday between 09:00 - 16:00

The Student Financial Support Team

studentfunding@reading.ac.uk | 0118 378 5555 Monday-Friday between 09:30 - 17:00

The International Advice Team

Immigration or Home Office Compliance enquiries immigration@reading.ac.uk | general enquiries Int.Adv@reading.ac.uk | +44(0)118 378 8038

The Careers team

careers@reading.ac.uk | 0118 378 8359 Monday to Friday 09:00-17:00 except Wednesdays open 10:30 - 17:00

Campus Jobs

campusjobs@reading.ac.uk | 0118 378 4499

Accommodation

accommodationonline@reading.ac.uk | 0118 200 5011 Monday-Friday between 08:30-17:00

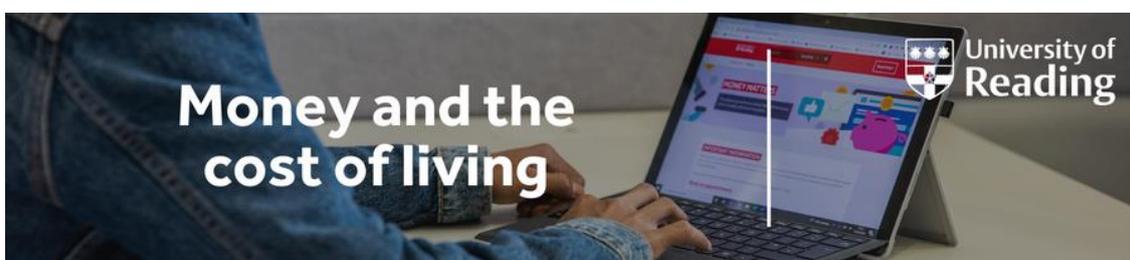
The best place to find out more is via the [student webpages Essentials](#), you can also visit Carrington in person via the [Student Services Reception](#). The reception desk is open for face-to-face enquiries Monday -Thursday 10:00-17:00, and Friday 10:00-16:30.

You also have access to [Support Centres](#) around each campus (There are five Support Centres across Whiteknights and London Road campuses), which will be able to help you with any queries you have throughout your time at the University.

[Ask us a Question](#) - If you have queries during your studies, we can signpost you to the right support via Ask us a Question. Teams in the Support Centres will either support you directly or signpost you to specialist advisory teams across the University, or to your school.

Make sure you make the most of your services whilst at university, they are here for you. We wish you the best during your studies!

[Ask us a question](#)



Money and the cost of living

Living with inflation and the rising cost of living

For months now, there has been an abundance of news about the continued rise in inflation, interest rates and the cost of living. It may appear that there is little that can be done about this on an individual level, but there are many opportunities to reduce costs and take advantage of student funding, offers, and discounts to make considerable financial savings.

On our dedicated [cost of living webpages](#), The Student Financial Advice Team have highlighted the most relevant support and practical suggestions for making your money go further.

[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 and face-to-face appointments are available Monday, Wednesday and Friday between 09:30-12:00.

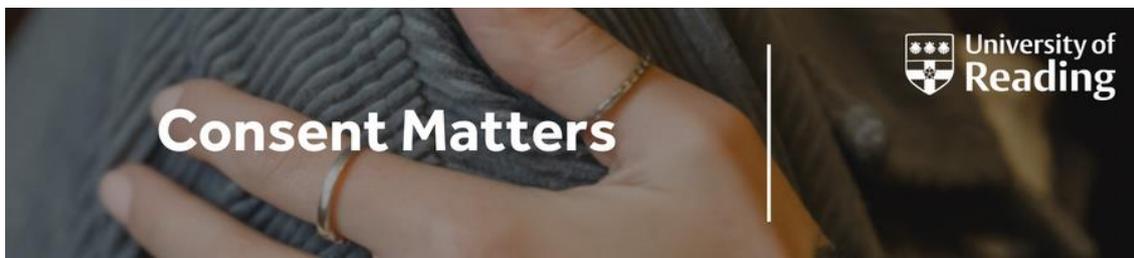
[Book an appointment](#)

You can also access free online support for managing your finances by using [Blackbullion](#) a free online platform full of practical financial education and additional sources of funding to help you:

- Develop your money skills and confidence
- Maximise your opportunities
- Start growing your financial wellbeing

[Create your free account now or sign in](#)

Living with inflation and the rising cost of living



Consent Matters

Boundaries, respect, and positive intervention

At Reading, we are committed to creating a safe, fun and respectful environment for all where we can all thrive and a community where we all look out for one another. Talking about sex and consent can be difficult, but it is so important that we all build a shared understanding of what consent is, how to respect boundaries and how to positively intervene in a situation.

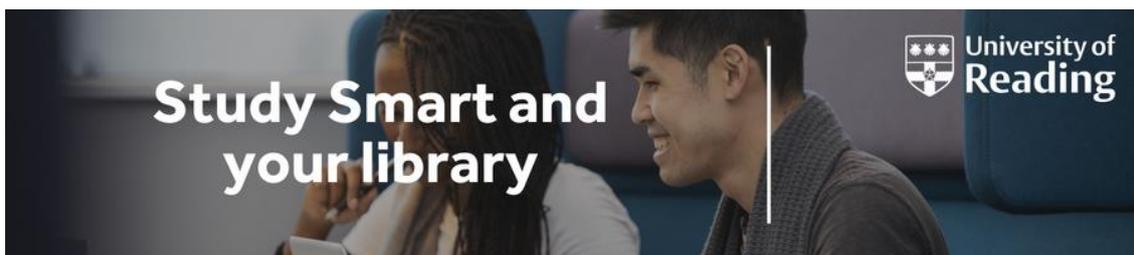
All students are expected to complete the Consent Matters programme consisting of three short modules. The course is all online, so you can work through the material privately and at your own pace.

The three modules cover:

- Module 1: Thinking about consent. Defining what consent is & why it is important. How to understand when consent has or has not been given.
- Module 2: Communication skills and relationships. Considering your boundaries and communicating those with your partner. How to recognise other peoples' boundaries.

- Module 3: Looking out for others. How and when to safely intervene if you see behaviours that make you uncomfortable or situations where consent has not been given.

[Register now: Consent Matters](#)



Study Smart and your library

As a new student, make sure you've enrolled on to [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. Once you've completed Study Smart, you'll get a certificate. Your Academic Tutor might ask to see your certificate of completion, so make sure you save it somewhere safe.

Your library

Welcome to all new students from your University Library. [Visit us](#) to explore our collections and study spaces, we're here to support your learning throughout your university journey.

Your [Academic Liaison Librarian](#) is your main point of contact with the Library – there's one for every subject offered at Reading. Check out our [guide for new students](#), it covers all the basics and has details of our Welcome activities including guided tours and our legendary Escape Room Challenge.

Get study ready

As a new undergraduate student, 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 on how to create an effective study timetable? Then check out our [Study Advice short](#)

[videos and guides](#), 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.

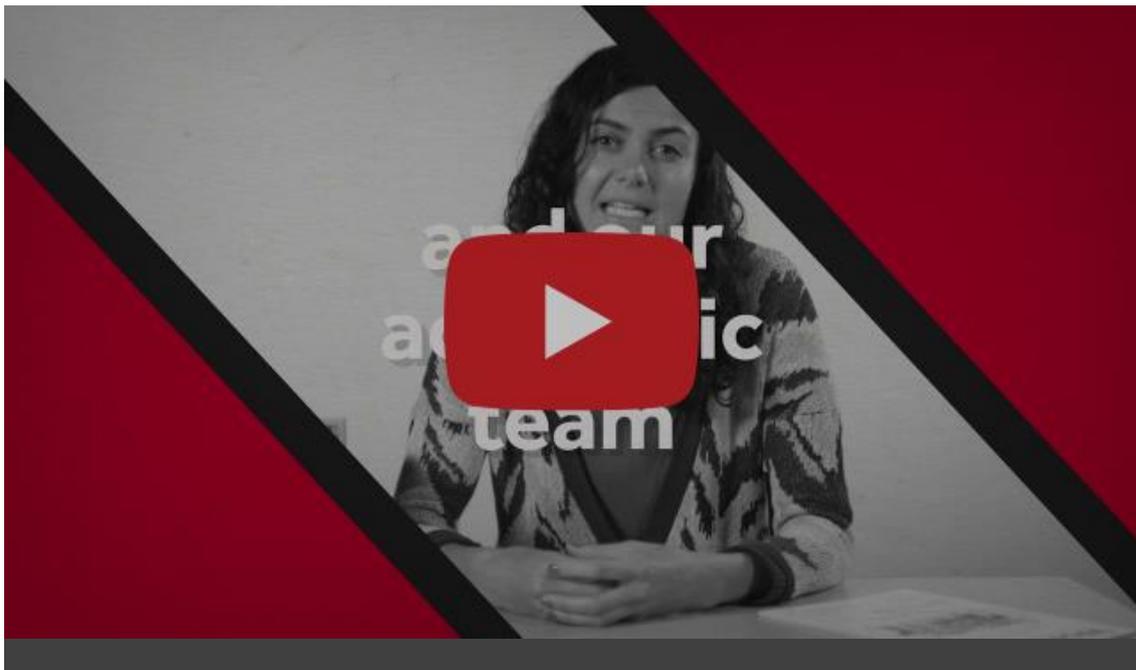
So, what are you waiting for? Start the term as you mean to go on and make this year a success with Study Advice.

Maths Support

Do you have maths as part of your course? Maths Support from the Library is provided through online resources, guides and video tutorials. Our [Maths Support guide](#) provides links to an extensive range of worksheets, e-resources and video tutorials which you can access at any time to practise and develop your mathematical and statistical skills.

Want to know more?

We look forward to helping you make the most of the Library and all it has to offer. Our [website](#) has detailed information about all our services and facilities but please feel free to come and ask any questions at the Welcome Desk or via [email](#). Start exploring your library online and in person today. We look forward to meeting you soon.



Your library web pages



Careers and JobFest 2022

Start your journey with your [careers service](#) today. The Careers team provide virtual and some in-person support for students. Careers reception, on the first floor of the Carrington building, is open during the hours below for any enquiries.

[Careers](#) are open Monday to Friday 09:00 - 17:00, except Wednesdays open 10:30-17:00. You can reach the team by emailing careers@reading.ac.uk or calling 0118 378 8359.

Careers and placement appointments

Appointments are delivered remotely, meaning you can access them wherever you are, and some are delivered in person at the Careers Centre. In these appointments, you can discuss any careers-related topics you're currently thinking about.

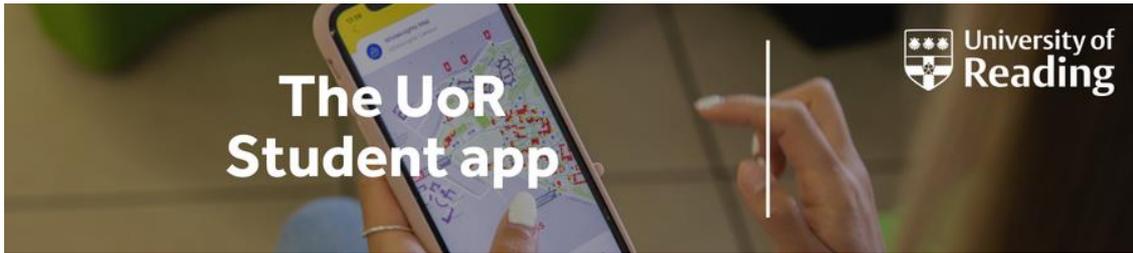
Workshops and Events

Careers have an extensive central events programme which ranges from developmental workshops to career advice sessions and recruitment events. Make sure you book your place via your [My Jobs Online](#) account.

[JobFest](#) | 28 September | 12:00-12:30 quiet time, 12:30-16:00 event fully open

Looking for part-time work and volunteering opportunities whilst you study at Reading? Careers are here to support you! Whether you find a part-time job, sign up for a mentor or learn more about volunteering, you're bound to find a way to develop your skills and interests at [JobFest](#).

JobFest - 28 September



The UoR Student app - The official University of Reading app

Our student app has been designed especially for you so you can find important information, news and updates during your time at university. Handy features on our app include:

- Your university timetable
- Your student details
- Campus maps
- A personalised newsfeed with interesting articles from across the University
- Easy links to your student inbox and Student Service teams
- And much more!

Sound useful? Download our UoR Student app now to stay informed, organised, and connected.

Find out more about our other channels on our blog: [UoR Student Life Channels for new and returning students](#).

The UoR Student app



Student Life Events

Want to stay updated on the latest events on campus this year?

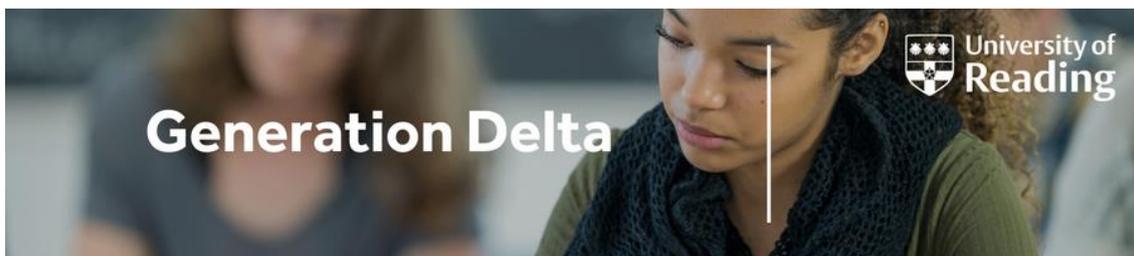
The Student Life Events page on Essentials is a place where you can find all the upcoming events that are happening across the University, including:

- Academic Support Events – events which help you learn and expand your knowledge and help you improve your grades.
- Networking Events – events that help you work towards your future career.
- Social Events – events where you can meet, make new friends, and have a bit of fun.
- Lifestyle Events - events which help you learn, develop, and succeed.
- And many more!

Some events that took place on campus last year included a petting farm at RUSU, a Holi celebration on campus, and multiple board games afternoons.

Don't miss out and bookmark [the Student Life Events page](#) now!

[Student Life Events](#)



Generation Delta: Preparing for Postgraduate Research Study (PGR) One-Day workshop

20 October, 9:00-17:00. [Register now.](#)

Join Generation Delta's one-day workshop for women who identify as Black, Asian and/or from minority ethnic communities. At the session, you will hear from professors who are part of the Black Female Professors Forum (BFPP) as well as current doctoral students and university staff involved in administering funding.

Remember to also check out our [Diversity and Inclusion web pages](#) on Essentials to discover what we're doing to improve representation, champion diversity and enhance support for underrepresented groups.

[Generation Delta Registration Form](#)



University Mental Health Charter

The University of Reading is proud to have joined The University Mental Health Charter Programme. This new framework was created by thousands of staff and students, led by Student Minds, to shape a future in which everyone in higher education can thrive. As a programme member, Reading is starting to work towards the Charter Award, which recognises universities that demonstrate excellent practice.

For support with your Mental Health whilst at The University of Reading, take a look at our [pages on Essentials](#).

University Mental Health Charter



Learning Capture update

We have recently launched our learning classroom capture platform, YuJa. Learning Classroom Capture allows lecturers to record a teaching session such as a lecture or seminar. Recordings can help you to revisit content and check over any difficult areas at your own pace. Your School will be in touch by email with information about the approach in your school. More information on Learning Capture is available on [Essentials](#).

The [Learning Capture policy](#) outlines the University's approach to, and expectations for the recording of University teaching and learning activities by staff (Learning Capture), the recording of University teaching and learning activities by students, and the use of such recordings by students.

What you might have missed...



[UoR Student Life blog](#)

- [Welcome/welcome back to The University of Reading](#)
- [Welcome round-up](#)
- [Why you should attend Welcome](#)
- [Common Buildings on Whiteknights Campus – Florencia Botta](#)
- [Making friends at university – Lara Brittain](#)

UoR Student Life Events

A place to find upcoming student events from across the University, including diversity, academic, creative, low alcohol, international, lifestyle, networking, and social events. [See what's on.](#)

Welcome 2022

Find everything you need for a great Welcome 2022 on the [UoR Welcome app](#) and [Welcome web pages](#).

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



Instagram



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Essentials
