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

- **Tackling the rising cost of living: Inflation**
- **Meet our Inclusion Consultants**
- **Student Pride week / IDAHOBIT**
- **Health and Wellbeing**
- **Master's students – what you say speaks volumes. Take part in the Postgraduate Taught Experience Survey.**
- **Generation Delta: Nurturing the next generation of BAME female professors**
- **Starting your dissertation? Follow our top 5 study tips**
- **Campus Jobs opportunities**
- **RUSU updates**
- **Graduate Recruitment and Internship Festival**
- **What is Thrive?**
- **Library updates**

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](#)



Tackling the rising cost of living: Inflation



University of
Reading

In our recent blog we continue our series of content for students on the impact of the cost of living rising in the UK.

With the impact of inflation on daily life, the cost of living will remain an important issue for the rest of this year.

Increases in all aspects of living may impact the quality of life for Reading students. We continue the conversation and advice to alleviate the impact of inflation increases and raise awareness of the support available.

[Read the article: Tackling the rising cost of living: Inflation](#)



Meet our Inclusion Consultants



University of
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We would like to introduce you to our recent team of Inclusion Consultants! A group of 18 students who consult staff members and academics on ways to be more accessible and inclusive with underrepresented groups. All of our consultants come from different backgrounds and are undertaking both undergraduate and postgraduate courses. They

have consulted on areas such as Study Advice, Life Tools, student awards, Welcome week, inclusive practices in teaching, praying facilities etc.

The aim of this scheme is to support underrepresented groups to achieve their full potential and thrive throughout their entire journey at the university. By providing advice and recommendations, we are giving a broader and better understanding of what some students are missing in their student experience and what could be changed to improve it; it also helps increase their sense of belonging and their student voice.

If you're interested in what our consultants have done and would like to know more in detail, you can visit our [Inclusion Consultants](#) page on Essentials, or contact the Student Outcomes Manager for more information on how to be involved in the next academic year m.l.b.haine@reading.ac.uk.

[Meet our Inclusion Consultants](#)



At The University, we have just celebrated both Student Pride week and The International Day Against Homophobia (IDAHOBIT).

RUSU hosted lots of great events which we came along to – you can view these on our [Student Life Instagram page](#).

Find out more about both Student Pride Week and IDAHOBIT and why they matter to us.

[Student Pride Week](#)
[IDAHOBIT](#)
[Student Life Events](#)

[UoR Student Life: The Official Instagram for current students](#)



We are always looking to update our Essentials webpages to give you the best information and advice. We have been working on updating two of our Guidance and Support pages which you can now view on Essentials:

- [Monkeypox](#) is a rare infectious disease, but there are a number of cases in the UK. That number is rising. Learn more about Monkeypox signs and symptoms
- [Mental Health Awareness](#) with resources and support for you.
- [Meningitis](#) can be very serious if not treated quickly. Know the signs and symptoms of meningitis and septicaemia.

If you have any concerns about your health or wellbeing please get in contact with our [Student Welfare Team](#) who are able to advise and support you on a wide range of personal and well-being issues that may impact your studies and day-to-day life.

You can also make use of our confidential [Student Wellness Check](#). An online self-assessment tool which will give you a list of appropriate resources tailored to you and your needs.

[Essentials: Guidance and support](#)

Master's Students- What you say speaks
volumes
**Take part in the Postgraduate
Taught Experience Survey**



The national, independent Postgraduate Taught Experience Survey (PTES) opens on the 16 May for eligible PGT students and is open for 5 weeks.

It gives you the chance to let us know what you think of your course and your experiences with us at Reading.

Your feedback will be used to help us learn more about where we can improve and make change, as well as find out what we're doing well. University staff take your opinions seriously and analyse the results in detail to ensure it is used to inform positive changes.

We know it's a busy time of year, but your opinions really can influence change.

To log in use:

Username: Your Student ID/Campus Card number (8 digit number – you can find this on RISIS if you're not sure)

Password: ReadingPTES2022

[Take 15 minutes to complete the survey online now.](#)

Thanks for sharing your thoughts with us!

[Complete the survey](#)

**Generation Delta - Nurturing the
next generation of BAME professors**



We're working with six other universities to improve Black, Asian and minority ethnic (BAME) female students' experience to lay the foundations for an increase in the number of BAME female professors in universities across England, addressing access, retention and careers in academia. The Generation Delta project is being led by six BAME female professors and will focus on institutional and individual barriers experienced by BAME women at different stages of postgraduate research. But the first step to achieving this aim is to understand all students' experiences across these six universities.

Your feedback is immensely valuable to this important project. Complete the Generation Delta survey by Monday 20 June: [Generation Delta Student Baseline Survey](#).

If you have any questions about this survey please contact Uma Kambhampati at: (u.s.kambhampati@reading.ac.uk).

[Generation Delta Student Baseline Survey 2022](#)



Study Advice gives us their top tips on starting your master's dissertation!

You may have just finished your exams but now you have to turn your attention to your dissertation. Where do you begin and how can you ensure you stay on track?

[View Study Advice tips](#)

[Read more: Starting your dissertation? Follow our top 5 study tips](#)

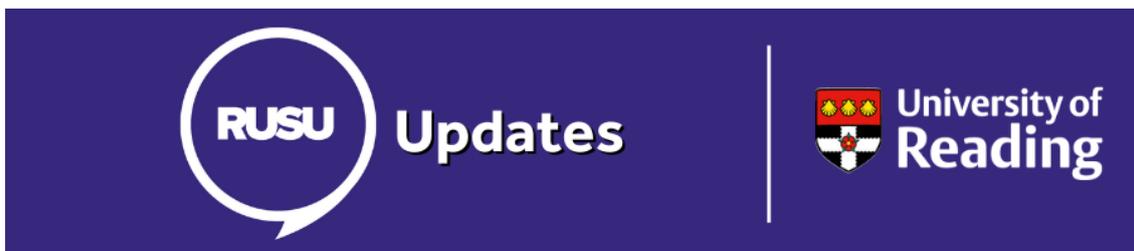


Interested in working at the upcoming Open Days? Campus Jobs is looking for Open Day Guides to assist the central Open Day team in providing tours, answering questions from prospective students, and helping the day to run smoothly.

If you are interested, head over to campusjobs.reading.ac.uk and log in with your student details before 31 May 2022 to apply!

If you are looking to stay in Reading over the summer, we are also looking for Clearing Call Centre Ambassadors and Halls General Assistants. There is more information about this on our website!

[Head to Campus Jobs to apply](#)



Fancy winning £300?! Be Honest - What do you think of RUSU?

Our next big student survey* is live and this time it's all about our venue.

[Take the survey](#)

It only takes 10-15 minutes and you will have the opportunity to enter a prize draw with a top prize of £300 and runner-up prizes of £100- £50! All of your answers will help us to know what's important to you and help us to improve and make changes for the future. Thank you!

*The survey is run by Red Brick Research, an independent research agency, on behalf of Reading University's Students' Union. Your responses are anonymous. If you have any problems accessing the survey, please email info@redbrickresearch.co.uk.

SUMMER BALL | Saturday 11 June

Have you got your summer ball tickets yet?

Join us for live music - including Jonas Blue, Circa Waves, Wes Nelson & Lost Girl - free fairground rides, delicious food and drink, & more, all until 6 am!

[Get your tickets](#)

For tickets to other upcoming events, including societies awards and the grad ball, head to our [Eventbrite page](#).

LOOKING FOR A JOB? JOIN OUR WELCOME TEAM!

Do you love making sure new people feel really welcome? Are you great at being an ambassador and helping students have the best time? Did you live in a University Hall last academic year (21/22)?

If the answer to all those questions is 'YES!' then we'd love you to think about joining our team.

For more information, and to apply, [head to our student jobs website](#).

We're also recruiting new student trustees for our board at RUSU. It's a great opportunity to get some experience in the charity sector. For more info, [head to our website](#).

[Get your Summer Ball tickets](#)



Graduate Recruitment and Internship Festival

8 June 2022, 3Sixty

14:00-14:30 – quiet time

14:30-16:00 – event fully open

[Add to calendar](#)

- Meet employers looking to fill **graduate, internship and placement roles**.
- Get your CV checked with our Careers Consultants.
- Get your free professional photo to use on your LinkedIn profile!

Take a look at the details of 30+ exhibitors and their opportunities on the [Career Fair Plus app](#).

Further help

Not sure where to start? Drop us an email, careers@reading.ac.uk or call us on 0118 378 8359.

[Find out more about GRIF](#)



How to gain early access to a Thrive career mentor as a first-year undergraduate

We are inviting all **first-year undergraduates** to [register their interest in the Thrive Mentoring Scheme](#) ahead of their second year.

Thrive Mentoring allows you to be partnered with a professional who works in an area of the industry you're interested in, they can support you practically with your CV and provide other career-related advice as well as offer you a chance to ask questions and network with your mentor.

If you would like the chance to let us know your preferences about the type of professional you would like to be matched with, you can sign up as a Thrive Earlybird.

Registering as an Earlybird here will mean you have access to:

- First look at available mentors ahead of other students who are not early birds.
- Meet the Mentoring Team and ask questions you might have, as well as the possibility of Earlybird-only events and insights into mentors being recruited onto the programme.
- Early access to the compulsory Mentee Preparation Sessions (that count towards your RED Award) – attend one over the summer and be ready to be matched with your mentor as soon as you start your second year.

Our [Thrive website](#) has more information, including 'What our students say' and all the resources you'll have access to.

Data shows that students who take part in Thrive are 32% more likely to secure a job by their final year than students who don't!

You are welcome to email the team on mentoring@reading.ac.uk with any queries and we look forward to meeting our Earlybirds.

[Read more about Thrive](#)



At the start of **spring term**, we shared some useful tips and reminders for making the most of the [Library](#). Now that we're well into exam season, we thought it might be a good time to share some more.

Opening hours

We'll be open 24/6+ until Friday 10 June when we'll close at midnight. We'll open again at 8:30 on Monday 13 June with our Summer vacation hours.

That means you still have lots of time to make the most of the Library, including the **Queen's Jubilee [bank holiday dates](#) (Thursday 2 & Friday 3 June) when we will be open 24hrs.**

See the website for more information on [opening hours](#).

SCONUL Access

The [SCONUL Access](#) scheme resumed in November 2021, which means that University libraries throughout the UK are available for use. Access will depend on your mode of study and other Universities' terms and conditions. Check out our [SCONUL Access](#) information if you're interested and [ask us](#) if you need help.

Training and workshops

Through exam season, it's worth topping up on your knowledge of how to get the most out of your studies. Visit our LibGuide on [training and events](#) for lots of ideas and resources to improve your study time.

Masters Dissertation Fair

Have you heard about the Master's Dissertation Fair? This popular fair has run during the last week of the summer term for the past 2 years. This year it will run from Monday 6 June – to Friday 10 June.

Look out for our posters and promotions if you are a postgraduate, or if you are interested in postgraduate study, visit the [Master's Dissertation Fair](#) webinars and workshops to find out all about the extra support that Librarians and Study Advisers provide.

And finally...

Remember to use the Library with care and consideration for others. Please visit

our [Code of Conduct](#) to find out about expected behaviours in the Library and if you see anything that isn't ok, please report it to staff.

[Master's Dissertation Fair webinars and workshops](#)



[Student Life Blogs](#)

[Student Life Events](#)

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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