

## STUDENT LIFE Mid-term newsletter



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Welcome to your mid-term Student Life newsletter. We hope you are doing well and looking forward to summer now restrictions are lifting.

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

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## STAY POSITIVE THAT YOU'RE NEGATIVE



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### Collection points open for Regular asymptomatic lateral flow tests

In line with government guidance for **everyone in England to take regular asymptomatic tests**, we have set up collection points for students and staff to make testing as easy and straightforward as possible.

You can collect a pack of seven test kits from **Park Eat** or the **Library Café**, Mondays to Fridays between 10:00 and 16:00.

When you pick up a pack of test kits and scan your Campus Card, you will also be automatically entered into a weekly free prize draw to **win a £10 voucher** to spend at Park Eat, the Dairy, or Library Café! Terms and conditions apply, as outlined [on our webpage](#). Fifteen winners will be chosen each week between Monday 24 May and Friday 18 June.

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**WHAT ARE YOU LOOKING FORWARD TO?**



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We've been asking students, colleagues and alumni to share what they're most looking forward to once lockdown restrictions are eased.

Final year Biomedical Engineering student [Sree Ummanolla](#) is most looking forward to catching up with her friends properly, while [Eloise Barnes](#), second-year Business Management, is looking forward to giving and receiving hugs.

Now, more than ever, it is important that we carry on following the safety measures in place, such as wearing face coverings, maintaining social distance and getting tested regularly, to ensure that these dreams will soon become a reality.

For information on what the easing of restrictions means for you as a student, please read [our latest email](#) (12 May) and see our [social contact roadmap](#) for

an overview.

What are you looking forward to? Submit your own video to [studentcomms@reading.ac.uk](mailto:studentcomms@reading.ac.uk).

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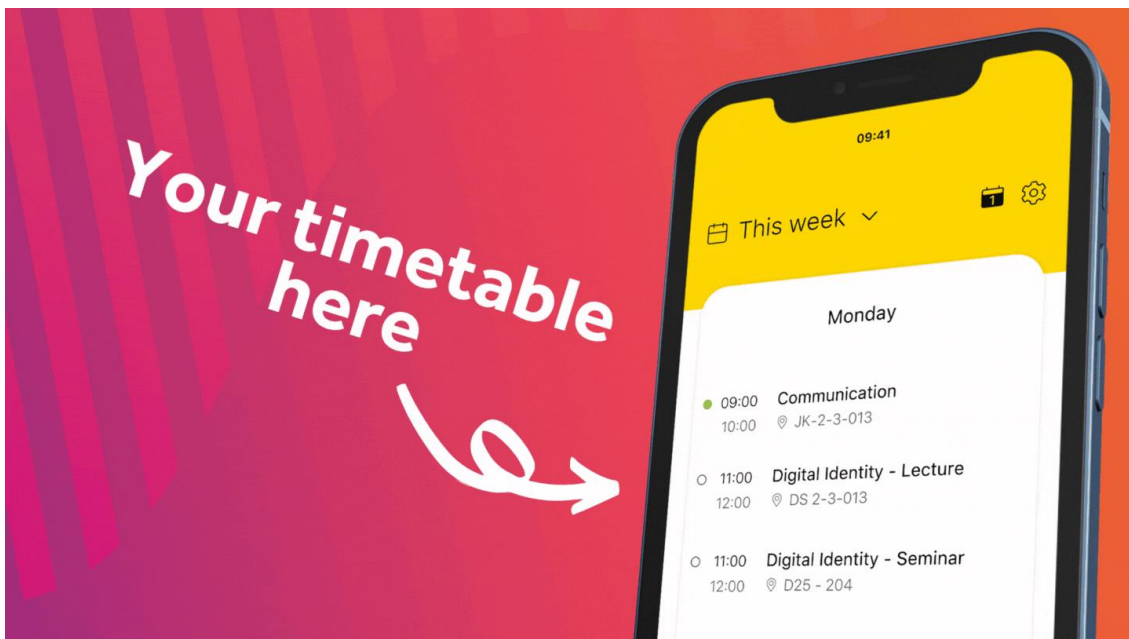
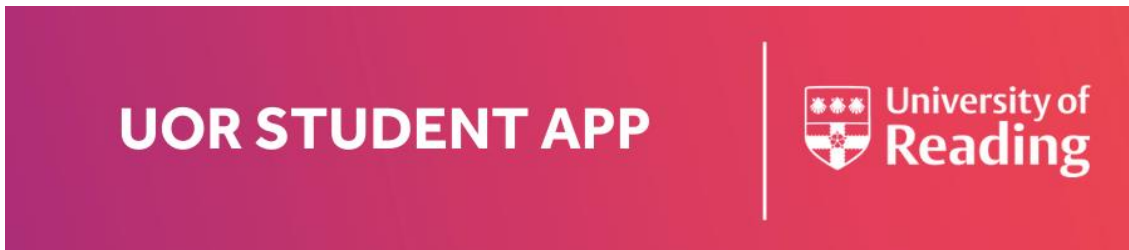
The University of Reading's [Race Equality Review](#), published Monday 24th May, details 20 recommendations to ensure fairer and more equal treatment for all staff and students.

Professor Robert Van de Noort, Vice-Chancellor of the University of Reading, who commissioned the review, said: "This is an important report for a University that has acknowledged racism affecting members of our community, and has committed itself to do something about it.

"Racism continues to blight the life experiences of many Black, Asian and minority ethnic people. We can and we must do whatever it takes to ensure that race is not an obstacle to our students and our colleagues achieving their best.

"As an institution we are committed to reducing inequality, and taking action to reduce racial inequality within the University is a vital part of our mission."

[Read the full blog on Student Services News.](#)



### Checking your timetable more than usual lately?

The UoR Student app makes it really easy to see the highlights of your forthcoming timetabled activities.

View the next two activities on your dashboard, and an overview of your complete week in the timetable feature.

The app makes accessing all the essential information you need for student life at Reading as easy as possible. Available to all current students, the app is free to download on your smart device.

[Download now](#) and login using your University username and password.

[Download the UoR Student app](#)



## Careers: GRIF is back for 2021!

We are pleased to announce that the [Virtual Graduate Recruitment and Internship Festival](#) will take place **9 -11 June**, featuring organisations with live graduate, internship and placement vacancies.

Open to all years, GRIF is a great place to start looking at opportunities, education routes or graduate careers, whilst networking with your potential future employer. Not only can you attend panel webinars delivered by a range of employers with live vacancies, but we believe you deserve those valuable one-to-one conversations. That's why you can book a 10 minute 1:1 Employer Chat (telephone/video appointment) with your favourites for Friday 11 June, via the [Career Fair Plus app](#).

Our friendly employers are keen to talk to you, so take this opportunity to give yourself the edge and discover more about the organisation, job role and how to make a great application.

There is also plenty of time to [book an appointment](#) with one of our Careers Consultants to check over your CV and ensure you are ready to show your full potential on the day.

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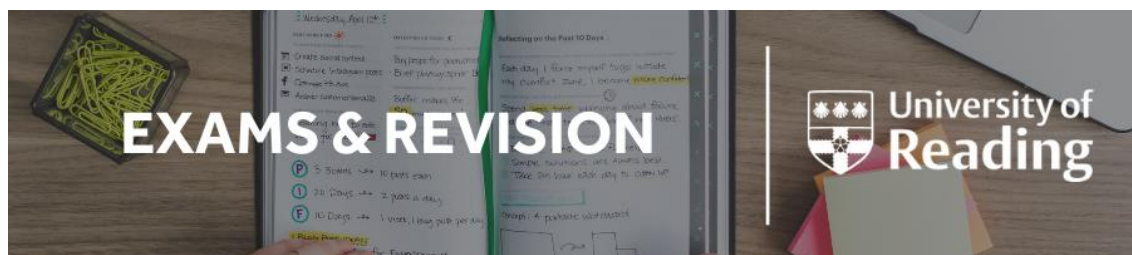
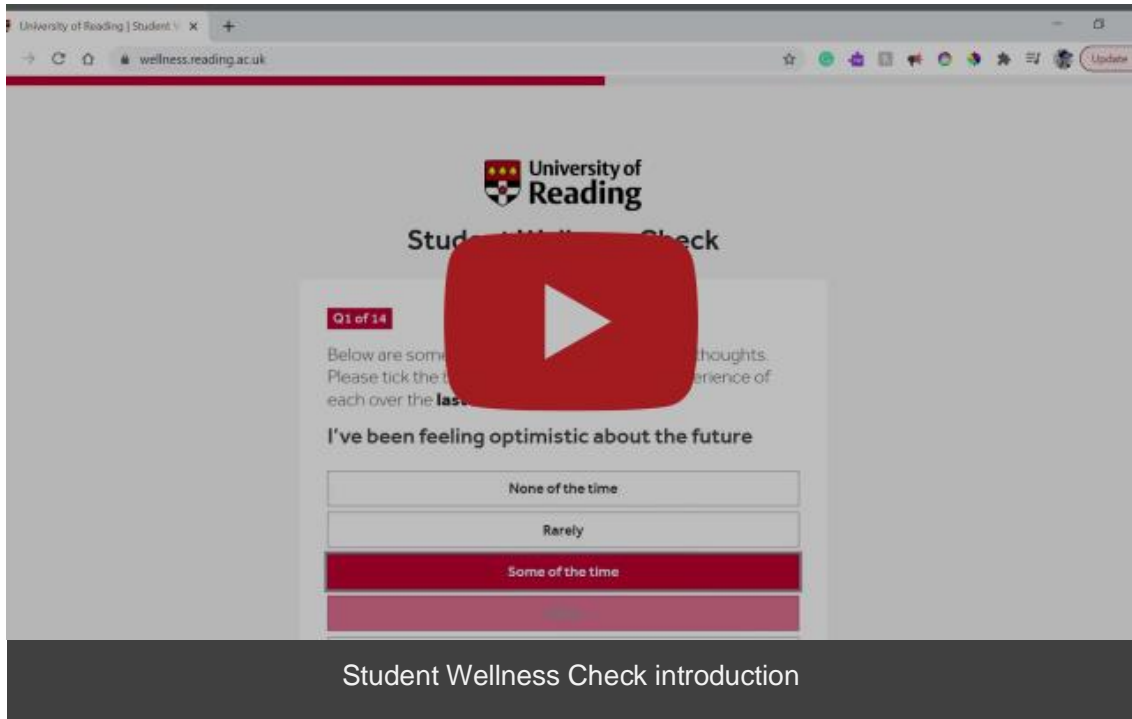


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The [Student Wellness Check](#) is an online tool, similar to the other NHS self-assessment tools that you may have seen before. It asks you to complete a series of questions, answering how you are feeling. From your answers, the check will give you 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 video below shows the Student Wellness Check in action.

Take a look at the [Student Wellness Check](#), visit [our blog](#) to find out more, and bookmark for the future.



If you are currently taking on exams you can find all the information you need over on 'Life at the University of Reading' webpages. This includes guidance for summer exams, information on take-home and in-person exams, support, Q&As and procedures:

- [Guidance for summer exams](#)
- [Take home online exams](#)
- [In-person exams](#)
- [Exams and assessments in spring/summer 2021](#)

Our [Study Advice team](#) have been giving us their top tips for revision on our [Instagram 'Student Life'](#). Here are the ones posted so far, for all the rest make sure you check out our Instagram on Wednesdays.

### **Tip 1 - Can't get started with revision?**

Convince yourself to work for just five minutes. Once you've started you may be able to keep going. If not, at least you have achieved five minutes of work.

More advice on getting started on your [revision on our website](#).

### **Tip 2 - Don't know where to begin?**

Break your modules down into topic areas. Prioritise the areas for revision based upon past papers, what you know and areas of importance. You can't revise everything so cover fewer topics in more depth. Start with what you already know and work out what you need to understand. For more advice on studying for exams watch our [video on revising for exams](#).

### **Tip 3 - How to make the most of the time you have left to revise**

Revise actively and use past papers to practise applying your knowledge. Whilst your exams will probably take a different form to previous years, you can still make effective use of [past papers](#) to test your understanding and application of knowledge. Above all, don't waste time re-writing out your notes or just reading through content; these are passive techniques and are unlikely to help.

Good luck to everyone who has, and still is taking on exams!

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**INFORMATION ROUND UP**





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## Important news and information

- [Life at the University of Reading](#) – the latest updates about student life on Campus
- [Collection points open for regular asymptomatic lateral flow tests](#)
- [Support Services and Tools at the University of Reading for you](#)
- [Complete this year's Postgraduate Taught Experience Survey](#)
- [Catering changes across campus](#)
- [RUSU community mural - submit your entry](#)
- [Chaplaincy and Faith and Wellbeing Support](#)
- [Blackbullion COVID Scams Fact Sheet](#)

## Opportunities

- [RUSU: become a Student Trustee](#) - We are looking for enthusiastic, responsible and reliable students to fill the role of Student Trustee and join our board of trustees in June 2021 for a period of one year.
- [RUSU: become a Student Voice Chair](#) - We are looking for enthusiastic, reliable and approachable students to fill our Student Voice Chair for the academic year 2021/22.

## Events

- [Get Together student events diary](#)
  - [Careers events](#)
  - [RUSU events](#)
  - [Dr Bike is back on campus.](#)
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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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