

YOUR SUMMER NEWSLETTER



Here is your start of term newsletter! We hope you're all staying safe and healthy. Stay up to date with what's going on by regularly checking the [Me@Reading](#) portal!

EXAMS



Summer term always has a strong focus on assessment whether, exams, final pieces of coursework or dissertations/project work. Although almost everything else in our worlds has changed, this has not. However this year we have made a lot of changes so we thought it helpful to reiterate the universities approach to exams and end of year assessments.

All students are expected to undertake their remaining assessments (whether exams, coursework, dissertations etc.). If you are unable to do so you should let us know through the CIP process. A mark 'saftey net' has been set up **to ensure your mark for each module will be no lower than the average you had achieved through the coursework and other assessment submitted before the end of the Spring term, 27 March 2020.**

Please familiarise yourself with how your exams will commence through our

[online pages](#) and do make use of the practice site to check your internet connected and practice downloading uploading your exam paper.

Good luck!



As a reminder, module selection is now open. Please ensure you have selected your modules for the following academic year if required. Module selection will run until **23:59 on Thursday 30 April 2020**. Don't forget if you are studying full time then you must ensure that you are registered in total for 120 credits worth of modules.

When choosing optional modules, please note that some modules have limited spaces and timetabling constraints therefore selecting a module does not necessarily guarantee you a place.

Please contact the Module Selection Team on moduleselection@reading.ac.uk if you have any issues.

REVISION



Revision is essential in making sure you are in the best position to take on exams, however, it is not always easy and the current situation may make it more challenging. Hopefully, though, having revision and preparation to do for end of year assessments will help provide you with some natural goals and will help you focus and structure your time during this lockdown period in a way that has a direct and positive impact on your future. See the advice listed below in helping you to prepare for exams.

The Study Advice team recently published [study tips](#) to help students preparing for take-home exams. You can contact the Study Advice team or visit the [website](#) for further information, [guides](#) and [videos](#).

[Life Tools](#) are offering a programme of webinars, which you can enrol on via [Blackboard](#), including 'Preparing for exams' on the 29th April. The Life Tools blog recently posted an [article](#) on stress, for helping you to manage and restore balance.

The [Counselling and Wellbeing](#) team have resources to help in [overcoming exam anxiety](#) under the [A-Z online guides](#) if you are struggling full details of these services can be found [online](#).

For further guidance on exams the summer, please see the Essentials [Exams & Assessment](#) page and via the [Student Service Reception](#).



MAKE THE MOST OF
YOUR SUMMER



As companies across all sectors adapt to new ways of working, look out for virtual or remote internship opportunities. Our Reading Internship Scheme offers these exclusively to UoR students, so check our [website](#) regularly for updates.

Remote working will be a valuable skill for the future, so here are some [top tips](#) on how to do it well! If you can't find an opportunity that meets your needs or interests, why not [create your own](#)? This could involve researching or documenting on a blog or vlog, supporting your local community, or making and presenting creative work. As well as the satisfaction of personal development, potential employers will be impressed by your proactivity!

As a current student you have free access to a wealth of online learning through [LinkedIn Learning](#). With so much to choose from, the Careers team have [recommended three courses](#) to get you started in developing skills that will be valuable whatever career path you take. Online learning can also count towards your [RED Award](#), which you can now complete remotely. Final or penultimate year UG student? [Register for CareerSmart](#) – our fantastic online course to give you a head start in securing that first graduate role.

Summer is a great time for research, reflection and exploration so whatever stage you're at, you can benefit from a chat with one of our friendly and knowledgeable careers consultants. Book directly online, or email careers@reading.ac.uk.



The university is here to support you and your wellbeing; we have several online services that can help:

Our dedicated network of specialist academic and pastoral support colleagues are committed to continuing to provide information and advice. You can contact support teams across the university by visiting the [Support and wellbeing](#) pages on the Essentials website.

[Big White Wall](#) is a free online support community which you can access 24 hours a day, 7 days a week. If you are struggling to cope, feel down or just want to talk with others. You can find out more and sign up [here](#). The Counselling & Wellbeing team are also on hand for Video or Telephone Sessions, Register with them [here](#).

Support our Students scheme gives all students the opportunity to be matched with a fellow student or a staff member for online support. Whether that's a chat over email, a cup of tea over video chat or help finding the answers to some of your queries or worries.

If you're feeling isolated, you can fill in [this form](#) to tell us what kind of support you're looking for.

Our [Life Tools](#) programme is designed by experts to enhance your student experience and help you manage stress during this unusual time. It also allows you to take control of your personal development and strengthen your skills to

achieve your academic potential and prepare for life beyond university. Life Tools is now online via webinars to enrol click on the [Life Tools Blackboard course](#). To find out what talks are coming up, visit the [Life Tools webpage](#).

Public Health England has launched a new campaign, 'Now more than ever, Every Mind Matters' to support and help us manage our mental wellbeing during this difficult time. To access tips and information on looking after your wellbeing and mental health visit [Every Mind Matters](#).

Stay up to date with [Student Services News](#), [Student Life](#), [Twitter](#), RUSU's Community [Facebook page](#) and [dedicated webpage](#) for more wellbeing links and articles.



Staying connected with the university, family, and friends could not be more important given the current circumstances. Make sure you get the support you need, and keep talking – to friends, family, classmates, and your tutors. We are here to help you stay connected too:

While teams within Student Services are now working remotely, you can still access all our services – details of our support arrangements are [here](#).

Stay up to date with news and information from the university and your fellow students by following the [University of Reading Student Life twitter account](#), log-in to [Me@Reading](#) for the latest news, or visit our blogs – [Student Life](#),

updated by current UoR Students, or [Student Services News](#), packed with tips and advice on adjusting to our 'new normal.'

RUSU recently launched a [Facebook Community Page](#) which now has nearly 1,000 members, and is regularly updated with ideas, tips, updates and information and for all students to come together and support each other.

The [Support our Students scheme](#) gives all students the opportunity to be matched with a fellow student or a staff member for online support. Whether that's a chat over email, a cup of tea over video chat or help finding the answers to some of your queries or worries.



Are you looking for current volunteering opportunities to spend some of your spare time? If so, we've got you covered.

The Careers and Employability team within Student Services have put together a list to help you find the right opportunity for you, find out more by heading to [the University of Reading Careers blog](#).

Currently the NHS volunteer responder scheme has been paused due to the overwhelming response from the public, but you can read up on general information for [volunteering with the NHS here](#).

If you've got an interest in making laundry bags, headbands and scrubs for the NHS, care homes, GP surgeries, you can be part of the '[For the love of scrubs](#)' movement on Facebook.

