

# STUDENT ADVICE & WELLBEING SERVICES SUPPORT PROGRAMME

Supporting you to make the most of your student experience  
**Academic Year 2018/19**



Learn a new skill Meet new people Share your problems  
Coping with change Help with homesickness Try something new  
Discover more about life in Liverpool Take a breath Connect

# Workshops I'm interested in going to...

Make a note of the events and workshops you'd like to attend:

Name of activity	Date and time	Where	Booking made ✓
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LJMU's Student Advice and Wellbeing Services are here to help. Throughout the year our Services will be running a range of workshops, projects and activities that are designed to improve your wellbeing and enable you to have a better student experience.

The role of the Student Advice and Wellbeing Services is to provide you with advice, support and information on:

- money and funding advice
- disability
- issues affecting international students
- study skills and maths support
- academic advice
- student opportunities
- accommodation
- health, wellbeing and counselling
- support for care leavers, students estranged from their families and young adult carers

Our Service's Programme of workshops and activities are designed to introduce you to new ways of looking after your wellbeing and to equip you with the skills you need to deal with the challenges and demands of student life. Our workshops are facilitated by staff from our different teams within Student Advice and Wellbeing.

## Help for you on campus...

Your Student Engagement Officers are located on each campus. They are your first point of call for confidential support with any issues that are affecting your studies and/or your mental health and wellbeing. You can go to one of the daily drop-ins or book an appointment. More information can be found on their website:

**[www.ljmu.ac.uk/studentengagement](http://www.ljmu.ac.uk/studentengagement)**

If you have complex mental health needs then you should speak to your Student Engagement Officer about accessing support from our Mental Health Advisor. We also recommend that you contact the Disability Team to discuss support that is available for you: **[disability@ljmu.ac.uk](mailto:disability@ljmu.ac.uk)**.

If you want to explore personal or emotional problems that you are experiencing, you should speak to your Student Engagement Officer about accessing the Counselling Service.

**Student Advice and Wellbeing Services are here to help, so please just ask us!**

If you don't know which team to contact ring **0151 231 3153/54** or email **[studentengagement@ljmu.ac.uk](mailto:studentengagement@ljmu.ac.uk)** and a member of the team will assist you.

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**Student Advice and Wellbeing Services**  
**Aquinas Building Maryland**  
**Street, Liverpool, L1 9DE**

**[ljmu.ac.uk/studentsupport](http://ljmu.ac.uk/studentsupport)**  
**0151 231 3153/54**  
**@ljmusaw**

# Health Support @LJMU

Throughout the year we will have health agencies such as The Beat Walk-In Centre Sexual Health services (covering Abacus, Armistead, Love is Infectious and SAFE Place) and Young Addaction to provide information to students about support available in Liverpool.

Follow @LJMUsw for updates on when they will be on campus throughout the year.

## Useful information

- Register with a doctor and a dentist while you are studying in Liverpool. Don't wait until you are ill or suffering with toothache. To find a GP or dentist visit: **[www.nhs.uk](http://www.nhs.uk)**
- Regular exercise not only keeps you physically fit but can help de-stress and boost your feelings of wellbeing. Register for FREE gym membership while you are a student at LJMU. Visit: **[www.ljmu.ac.uk/discover/your-student-experience/student-opportunities](http://www.ljmu.ac.uk/discover/your-student-experience/student-opportunities)**
- If you need mental health support wherever you are in the U.K visit Hub of Hope or download the app: **[www.hubofhope.co.uk](http://www.hubofhope.co.uk)**
- If you feel you are in a mental health crisis and can't get timely access to suitable support then visit The Liverpool Light service which is a preventative out-of-hours mental health crisis service, open from 6pm – 12am, 7 days a week. It has been set up to provide a safe place for people who are experiencing or at risk of a mental health crisis. For more info visit: **[www.liverpool-light.org.uk](http://www.liverpool-light.org.uk)**
- If you want to know how to talk to someone who may be feeling suicidal - it could be a friend, family member, or stranger - then try this free online 20 minute training 'See Say Signpost'. You will gain understanding in how to see the signs, talk to someone in the right way and understand where to signpost them for help **[www.zerosuicidealliance.com](http://www.zerosuicidealliance.com)**

# Student Engagement Workshops

Your Student Engagement Officers are located on each campus. They are your first point of call for confidential support with any issues that are affecting your studies and/or your mental health and wellbeing. You can go to one of the daily drop-ins or book an appointment. More information can be found on their website: [www.ljmu.ac.uk/studentengagement](http://www.ljmu.ac.uk/studentengagement)

Name of activity	Description	Date and time	Where	Booking details and contact info
<p><b>Managing Anxiety</b></p>	<p>This session aims to help your understanding of the physical and psychological aspects of anxiety, identifying triggers and lifestyle pressures. The sessions will explain panic attacks, and consider negative versus positive self-management strategies to provide you with techniques to help you learn to manage anxiety more effectively.</p>	<p><b>Tuesday 13th November</b> 4-5pm</p> <p><b>Thursday 6th December</b> 4-5pm</p> <p><b>Tuesday 5th February</b> 4-5pm</p>	<p>Meet at the Aquinas Building reception</p>	<p><b>Contact:</b> <a href="mailto:studentengagement@ljmu.ac.uk">studentengagement@ljmu.ac.uk</a> for more information and to book your place.</p>
	<p>You can participate as much or as little as you want to.</p>	<p><b>Thursday 18th October</b> 4-5pm</p> <p><b>Wednesday 21st November</b> 4-5pm</p> <p><b>Wednesday 12th December</b> 4-5pm</p> <p><b>Thursday 7th February</b> 4-5pm</p>	<p>Meet at the Student Engagement and Advice Hub at Byrom Street</p>	

Name of activity	Description	Date and time	Where	Booking details and contact info
<b>How to do Uni</b>	This session will provide you with tips on how to make the most of your time at University, how to cope with feeling homesick and how you can improve your ability to bounce back when things don't go quite right.	<b>Monday 15th October</b> 4-5pm	Meet at the Student Engagement and Advice Hub at Byrom Street	<b>Contact:</b> <b>studentengagement@ljmu.ac.uk</b> for more information and to book your place.
<b>Ways to Wellbeing</b>	Positive wellbeing is integral to both our physical and mental health. Balancing university life with everything else often results in us not spending as much time looking after our general wellbeing, as we would like. This session will provide quick and easy tips to achieving a good, positive wellbeing, whilst also managing our studies and other responsibilities.	<b>Tuesday 30th October</b> 4-5pm	Meet at the Aquinas Building reception	<b>Contact:</b> <b>studentengagement@ljmu.ac.uk</b> for more information and to book your place.
		<b>Tuesday 6th November</b> 4-5pm	Meet at the Student Engagement and Advice Hub at Byrom Street	

## Student Advice & Wellbeing Services Support Programme

Name of activity	Description	Date and time	Where	Booking details and contact info		
Exam Stress	For most students, exams are an inevitable part of the University experience. This workshop will cover coping strategies and techniques to manage some of the stresses and anxieties associated with exams and optimise your potential to succeed.	<b>Tuesday 8th January</b> 4-5pm  <b>Monday 29th April</b> 4-5pm	Meet at the Aquinas Building reception	<b>Contact:</b> <a href="mailto:studentengagement@ljmu.ac.uk">studentengagement@ljmu.ac.uk</a> for more information and to book your place.		
		<b>Thursday 10th January</b> 4-5pm  <b>Thursday 2nd May</b> 4-5pm	Meet at the Student Engagement and Advice Hub at Byrom Street			
		What's next for you?	Where did the last 3 years go? This workshop will prepare you for leaving university and taking the next step. It will also help you understand your options and give you advice to support a good transition.		<b>Tuesday 9th April</b> 4-5pm	Meet at the Aquinas Building reception
					<b>Thursday 11th April</b> 4-5pm	Meet at the Student Engagement and Advice Hub at Byrom Street

# Counselling Service Workshops

The Counselling Service provides free counselling for Liverpool John Moores University students.


The Counselling Service is here to help you to look at problems of a personal and emotional nature that may be interfering with your ability to study.

For more info visit: [www.ljmu.ac.uk/healthandwellbeing](http://www.ljmu.ac.uk/healthandwellbeing)


Name of activity	Description	Date and time	Where	Booking details and contact info
<p><b>PhD Student Group</b></p>	<p>Being a PhD student can be extremely demanding and stressful. Very often you are working alone, managing your own timetable and working hours. The LJMU PhD Student Group meets monthly and provides a chance to get together with other PhD students also studying at LJMU.</p>	<p><b>First Tuesday of each month</b> 5.30-7pm</p> <p><b>RUNNING THROUGHOUT THE YEAR</b></p>	<p>Student Advice and Wellbeing Services, Aquinas Building, Maryland Street, L1 9DE</p>	<p>For further information please email: <b>Counselling@ljmu.ac.uk</b></p> <p>No need to book, just come along</p>
<p><b>An Introduction to Mindfulness</b></p>	<p><b>An Introduction to Mindfulness - Introducing various Mindfulness Practices</b> - participants who come along to the Introduction to Mindfulness may decide to attend a 4 week course which also covers the theory of Mindfulness and involves group discussions.</p>	<p><b>Thursday 8th November</b> 5.30-7pm</p> <p><b>Tuesday 15th January</b> 5.30-7pm</p> <p><b>Tuesday 19th February</b> 5.30-7pm</p> <p><b>Tuesday 5th March</b> 5.30-7pm</p>	<p>Student Advice and Wellbeing Services, Reception Area, Aquinas Building, Maryland Street, L1 9DE</p>	<p>For further information please email: <b>Counselling@ljmu.ac.uk</b></p> <p>No need to book, just come along to any introduction(s)</p>



## Student Advice & Wellbeing Services Support Programme



Name of activity	Description	Date and time	Where	Booking details and contact info
<p><b>Mindfulness 4 week Course</b></p>	<p>Mindfulness 4 week course, covering both the theory and practise of Mindfulness. Participants will be given Mindfulness exercises to practise in between sessions and the opportunity to explore their experience in the group.</p> <p>If practised consistently, Mindfulness has been proven to help with stress/anxiety, promoting overall wellbeing and improving concentration.</p>	<p><b>Tuesday 23rd October</b>  <b>Tuesday 30th October</b>  <b>Tuesday 6th November</b>  <b>Tuesday 13th November</b>  <b>Tuesday 22nd January</b>  <b>Tuesday 29th January</b>  <b>Tuesday 5th February</b>  <b>Tuesday 12th February</b></p> <p>All sessions 5.30-7pm</p>	<p>Student Advice and Wellbeing Services, Reception Area, Aquinas Building, Maryland Street, L1 9DE</p>	<p>For further information please email:  <b>Counselling@ljmu.ac.uk</b></p> <p>This will be a 'closed' group and therefore not suitable for individual sessions - a 4 week block booking is essential.</p> 
<p><b>Make your mark at the Drawing Zone</b></p>	<p>Doodlers or scribblers welcome. An opportunity to relax and lose yourself in inspirational music and draw. Self-expression through drawing can be beneficial to our wellbeing. The music has been especially selected to create an immersive and contemplative atmosphere for your creativity. This is strictly no-rules drawing so don't worry if you don't think you can draw. It's all about the doing rather than the result!</p>	<p><b>Wednesday 13th March 12-2pm</b></p>	<p>John Foster Student Social Zone</p>	<p>For further information please email:  <b>Counselling@ljmu.ac.uk</b></p>

## Student Advice & Wellbeing Services Support Programme

Name of activity	Description	Date and time	Where	Booking details and contact info
<b>Procrastination &amp; Fear of Failure</b>	Procrastination is a difficult issue for many students - putting off until tomorrow what you could do today. This workshop will give participants insights into why they procrastinate, and how they procrastinate. Procrastination can be linked to Fear of Failure. Learn some techniques and strategies to overcome your fears.	<b>Thursday 1st November</b> <b>Friday 1st March</b> <b>Friday 12th April</b> All sessions 10-11.30am	Room 314, Redmonds Building, Brownlow Hill, L3 5UG.	For further information please email: <b>Counselling@ljmu.ac.uk</b>  Maximum of 10 
<b>It Won't Happen To Me (Student Safety)</b>	Liverpool is a vibrant city steeped in history. It is a popular tourist destination attracting millions of visitors each year. As a student you will get to experience all that is good about the city. As with all major cities Liverpool can have "City" issues. If you would like some advice on how to make your time here enjoyable and safe, come along to this group and we'll give you some tips.	<b>Tuesday 16th October</b> 5.30-7pm <b>Tuesday 5th February</b> 5.30-7pm	Student Advice and Wellbeing Services, Reception Area, Aquinas Building, Maryland Street, L1 9DE	For further information please email: <b>Counselling@ljmu.ac.uk</b>  No need to book just come along
<b>Presentation anxiety</b>	Many students are required to do presentations during the course of their academic study at university. Sometimes in groups and sometimes alone, presentations can sometimes be a challenge. This workshop will look at the fears and concerns behind presenting to an audience and ways to approach presentations in a more positive manner.	<b>Wednesday 7th November</b> 5.30-6.30pm	Room 314, Redmonds Building, Brownlow Hill, L3 5UG.	For further information please email: <b>Counselling@ljmu.ac.uk</b>  No need to book just come along

# Specialist Study Skills Workshops


If you are finding the transition to university study a bit difficult, or if you have a Specific Learning Difficulty (SpLD), disability or medical condition you may need a little extra help with your studies. We have a range of workshops that can help and run to one-to-one sessions with Specialist Study Skills Tutors. To find out more email: [studysupport@ljmu.ac.uk](mailto:studysupport@ljmu.ac.uk)

Name of activity	Description	Date and time	Where	Booking details and contact info
<b>Building Academic Confidence</b>	Develop your sense of belonging in the academic world and get rid of 'imposter syndrome'. Own the fact that you're now a student and this is your new world! Topics to include: how to prepare for teaching sessions, what university tutors expect from you, speaking up in tutorials and where to go to ask questions.	<b>Friday 12th October 1-2pm</b>	Byrom Street, Room 313  Aldham Robarts Library Digital Classroom, Lower Ground Floor	Email: <b>studyguidance@ljmu.ac.uk</b> Aimed at new students.  
<b>Returning to Study</b>	This 'introduction to university' workshop is for anyone who has no recent experience of being in the world of education. We will show you the ropes: the basics of how university works, what is expected from you as a student, and who can help with different queries you may have. This will also be a chance to meet up with other students in similar situations and share your hopes and fears.	<b>Wednesday 17th October 12-1pm</b>  <b>Friday 19th October 1-2pm</b>	Byrom Street, Room 313  Aldham Robarts Library Digital Classroom, Lower Ground Floor	Email: <b>studyguidance@ljmu.ac.uk</b> Aimed at students who have been out of education for some time.  

Name of activity	Description	Date and time	Where	Booking details and contact info
<p><b>Academic Perfectionism: how to give it up and get the work in!</b></p>	<p>Feel the fear of handing in work and do it anyway! This session will focus on techniques you can use to overcome common problems such as getting started, putting pen to paper and feeling ready to let go of a piece of work.</p>	<p><b>Wednesday 24th October</b> 12-1pm</p> <p><b>Friday 26th October</b> 1-2pm</p>	<p>Byrom Street, Room 313</p> <p>Aldham Robarts Library Digital Classroom, Lower Ground Floor</p>	<p>Email: <b>studyguidance@ljmu.ac.uk</b> Aimed at new students</p> 
<p><b>The Secret Session: Start Semester 2 in a Positive Way</b></p>	<p>Come along to review what went right in Semester 1 and discuss strategies to approach a new semester confidently and highly motivated.</p> <p>This workshop will introduce you to some different approaches to learning. You will discuss why it is important to recognize your approach and you will consider how having an insight into the way you process information can help you with your studies. You will leave with useful strategies for completing academic tasks such as reading, writing, revision and attending lectures and seminars.</p>	<p><b>Wednesday 23rd January</b> 12-1pm</p> <p><b>Friday 25th January</b> 12-1pm</p>	<p>City Mount Pleasant</p>	<p>Email: <b>studyguidance@ljmu.ac.uk</b> Everyone welcome</p> 

Name of activity	Description	Date and time	Where	Booking details and contact info
<p><b>Challenging Unhelpful Thinking and Studying Habits</b></p>	<p>This session aims to develop a basic understanding of the interplay between thoughts, feelings and behavior. This interactive seminar helps you to identify how some patterns of thinking are unhelpful and lead to emotions and actions that are not in our best interests whilst experimenting and sampling alternative more helpful responses and how to practise these.</p>	<p><b>Wednesday 30th January</b> 12-1pm</p> <p><b>Friday 1st February</b> 12-1pm</p>	<p>City Mount Pleasant</p>	<p>Email: <b>studyguidance@ljmu.ac.uk</b> Everyone welcome</p> 
<p><b>Presentations and Managing Group Work: Build your confidence</b></p>	<p>This session will focus on the delivery of presentations. In this workshop, you will have the opportunity to develop your delivery skills by reflecting on what makes you nervous about presenting. You will spend time working with others to discuss strategies to assist you with overcoming your nerves. You will make an action plan and get the chance to put new techniques into practice by delivering a short, informal presentation to members of a small group.</p>	<p><b>Wednesday 27th February</b> 12-1pm</p> <p><b>Friday 1st March</b> 12-1pm</p>	<p>City Mount Pleasant</p>	<p>Email: <b>studyguidance@ljmu.ac.uk</b> Everyone welcome</p> 

Name of activity	Description	Date and time	Where	Booking details and contact info
<p><b>Reflect on your performance: Responding to Feedback</b></p>	<p>Reflecting on your performance after completing important tasks can help you to take charge of your own personal development and make positive improvements for the future. At this workshop you will develop strategies for dealing with disappointment, learn how to identify your strengths and weaknesses and make an effective action plan.</p>	<p><b>Wednesday 6th February</b> 12-1pm</p> <p><b>Friday 8th February</b> 12-1pm</p>	<p>City Mount Pleasant</p>	<p>Email: <b>studyguidance@ljmu.ac.uk</b> Everyone welcome</p> 
<p><b>Manage your time: make the most of it!</b></p>	<p>In this workshop you will evaluate how you currently manage your time and identify areas for improvement. You will learn how to prioritize different commitments and understand the need to reprioritize when necessary. You will work with others to discuss common challenges faced when trying to manage your time and will have the opportunity to work on developing an approach to time management that suits your needs and preferences.</p>	<p><b>Wednesday 20th February</b> 12-1pm</p> <p><b>Friday 22nd February</b> 12-1pm</p>	<p>City Mount Pleasant</p>	<p>Email: <b>studyguidance@ljmu.ac.uk</b> Everyone welcome</p> 

Name of activity	Description	Date and time	Where	Booking details and contact info
<p><b>Conquering Exam Nerves</b></p>	<p>This workshop will focus on the skills and techniques needed to prepare for and write in exam conditions. During this workshop you will identify the similarities and differences between writing for assignments and writing in exams in order to generate a strategy for approaching exam questions. You will work with others to break down exam questions using techniques that will enable you to plan and structure your answers with success. You will also discuss methods to help you to manage exam stress, work within time constraints, which will boost your confidence when taking exams.</p>	<p><b>Wednesday</b> <b>10th April</b> 12-1pm</p> <p><b>Friday</b> <b>12th April</b> 12-1pm</p>	<p>City Mount Pleasant</p>	<p>Email: <b>studyguidance@ljmu.ac.uk</b> Everyone welcome</p> 

# Money Advice

## Can I talk to someone about my money and budgeting?

The Money Advice Team offers free advice about all things money related including 1-to-1 budgeting sessions. We can also check you are receiving your full entitlement of student funding and/or welfare benefits, discuss ways to make your money go further, ways to save money and suggest other sources of income.

Come and talk to us in confidence.

**Moneyadvice@ljmu.ac.uk**

**0151 231 3153/3154**

 **@LJMUFunds**



## Have you tried Blackbullion?

Blackbullion is our new and free online money management system, which will help you take control of your money and improve your money management skills.

By using Blackbullion, you can develop your skills and get advice on how to make a budget and how to handle your money efficiently, leaving you with more time and money for enjoying University.

### How can I use Blackbullion?

1. Go to [www.blackbullion.com](http://www.blackbullion.com)
2. Click 'Register now' in top right corner
3. Enter your LJMU student email address and create an account.

# Money Advice Workshops

Name of activity	Description	Date and time	Where	Booking details and contact info
How to Survive on a Student Budget	Learning to manage your money is like any other life skill; it takes time and a bit of practice. This session will give you the confidence to draw up a realistic budget, help you understand where things can go wrong and what to do about it if they do. Come along and take the first steps towards taking control of your finances so you can focus on your studies.	<b>Wednesdays</b> 4pm-5pm	Redmonds Building 437	Email: <b>Moneyadvice@ljmu.ac.uk</b> Telephone: <b>0151 231 3153 / 3154</b>





# GET TO KNOW LIVERPOOL AND ENJOY EXCLUSIVE OFFERS FOR LJMU STUDENTS WITH THE STUDENT OPPORTUNITIES TEAM

## EXCLUSIVE OFFERS

We all know that exercise, and trying new things can be really beneficial to your wellbeing. Did you know that as an LJMU student you can benefit from exclusive opportunities to get free or discounted access to some of the city's finest cultural and sporting venues and experiences?

**On some of the upcoming FREE events you can:**

- watch the latest films
- take a city tour
- see performances at Liverpool's top theatres
- get active doing a fitness sessions
- see the best views of the city
- visit to Liverpool's famous museums and art galleries... plus plenty more!

Don't forget as an LJMU student, you are entitled to apply for free off-peak membership for Lifestyles Fitness Centres across Liverpool. Discounted peak-rate membership is also available.

## CITY SOCIALS

City Socials are about getting together with other students to find out more about Liverpool, to make the most of your time here and to get properly immersed in city life.

**They take place every week and you can meet the Student Opportunities Team and other students before for refreshments.** Check our social media or contact us for the full list of events along with further details and to book a place.

So whether you are new to the city or want to know more about it, join the Student Opportunities Team to have the best possible student experience in Liverpool!



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To find out more, contact us:

**0151 231 3714 • [studentopportunities@ljmu.ac.uk](mailto:studentopportunities@ljmu.ac.uk)**  
**[ljmu.ac.uk/discover/your-student-experience/student-opportunities](https://ljmu.ac.uk/discover/your-student-experience/student-opportunities)**

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Follow us on the following social media pages to keep up to date with your latest offers and events:



**@LJMUStudentOpps**  
**#SOCitySocial**

# Coming Soon...

## National Student Money Week

**During February 2019**

Take control of your money – don't let your money control you. It is a fact that all of us worry about money sometimes. If like many people you think it is too hard to work out your budget or that there is no point then think again. Taking some small steps now can reap huge rewards both in the short and longer term.

In February LJMU will take part in National Student Money Week. The aims of the week are to highlight to students across the UK that everyone can take control of their money and that there is help and advice available if you need it.

Throughout the week LJMU's Student Advice and Wellbeing Team will be out and about across campus talking about managing your money. Come and talk to us, it will be time well spent.

For further info contact:

[moneyadvice@ljmu.ac.uk](mailto:moneyadvice@ljmu.ac.uk)

0151 231 3153/3154

[www.ljmu.ac.uk/discover/fees-and-finance](http://www.ljmu.ac.uk/discover/fees-and-finance)

 @LJMUFunds

## LJMU Wellbeing Week

National Uni Mental Health Day: **7th March 2019**

LJMU Wellbeing Week: **11th - 15th of March 2019**

LJMU Wellbeing Week follows the national event 'University Mental Health Day' [www.unimentalhealthday.co.uk](http://www.unimentalhealthday.co.uk).

We all know that University life is a busy one and it is important for us all to take time to focus on our wellbeing to ensure we stay positive in mind and body. LJMU Wellbeing Week aims to provide the LJMU Student and Staff community with the opportunity to do just that.

Everyday we will be offering a range of FREE activities for staff and students to celebrate wellbeing and promote positive mental health. Expect disco kitchens, mocktail bars, mindful doodling, hula hooping, book swaps, craftivism and much, much more!

For further info contact:

Bernadette McGrath

Project and Partnerships Manager:

[b.mcgrath@ljmu.ac.uk](mailto:b.mcgrath@ljmu.ac.uk) or 0151 231 3445

 @LJMUaw

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**Get the Knowledge:** Take your studies to the next level

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# Directed Study Week



Directed Study Week offers a programme of workshops, webinars and drop-in sessions to give you the skills to succeed at university. It takes place in **November** and **February** of each academic year. To find out more, visit:

[ljmu.ac.uk/directedstudyweek](http://ljmu.ac.uk/directedstudyweek)

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# Health and Wellbeing Workshops & Activities @LJMU

What's on at a glance...

## Student Engagement Workshops:

Name of activity	Date	Time
How to do Uni	<b>Mon 15th Oct</b>	4-5pm
Managing Anxiety	<b>Thur 18th Oct</b> <b>Tues 13th Nov</b> <b>Thurs 22nd Nov</b> <b>Thurs 6th Dec</b> <b>Wed 12th Dec</b> <b>Tues 30th Oct</b> <b>Tues 5th Feb 2019</b> <b>Thur 7th Feb 2019</b>	4-5pm
Ways to Wellbeing	<b>Tues 30th Oct</b> <b>Tues 6th Nov</b>	4-5pm
Exam Stress	<b>Tues 8th Jan 2019</b> <b>Thur 10th Jan 2019</b> <b>Mon 29th Apr 2019</b> <b>Thur 2nd May 2019</b>	4-5pm
What's next for you?	<b>Tues 9th Apr 2019</b> <b>Thur 11th Apr 2019</b>	4-5pm

## Money:

Name of activity	Date	Time
How to manage on a student budget	<b>Wednesdays during term time</b>	4-5pm

## Counselling Service Workshops:

Name of activity	Date	Time
PhD Student Group	<b>First Tues of each month</b>	5.30-7pm
An Introduction to Mindfulness	<b>Thurs 8th Nov</b> <b>Tues 15th Jan 2019</b> <b>Tues 19th Feb 2019</b> <b>Tues 5th March 2019</b>	5.30-7pm
Mindfulness 4 week Course	<b>Tues 23rd Oct</b> <b>Tues 30th Oct</b> <b>Tues 6th Nov</b> <b>Tues 13th Nov</b> <b>Tues 22nd Jan 2019</b> <b>Tues 29th Jan 2019</b> <b>Tues 5th Feb 2019</b> <b>Tues 12th Feb 2019</b>	5.30-7pm
Make your mark at the Drawing Zone	<b>Wed 13th Mar 2019</b>	12-2pm
Procrastination & Fear of Failure	<b>Thur 1st Nov</b> <b>Fri 1st Mar 2019</b> <b>Fri 12th Apr 2019</b>	10-11.30am
It Won't Happen To Me (Student Safety)	<b>Tues 16th Oct</b> <b>Tues 5th Feb 2019</b>	5.30-7pm
Presentation anxiety	<b>Wed 7th Nov</b>	5.30-6.30pm

## Specialist Study Skills:

Name of activity	Date	Time
Returning to Study	<b>Wed 17th Oct</b> <b>Fri 19th Oct</b>	12-1pm 1-2pm
Academic Perfectionism: how to give it up and get the work in!	<b>Wed 24th Oct</b> <b>Fri 26th Oct</b>	12-1pm 1-2pm
The Secret Session: Start Semester 2 in a Positive Way	<b>Wed 23rd Jan 2019</b> <b>Fri 25th Jan 2019</b>	12-1pm
Challenging Unhelpful Thinking and Studying Habits	<b>Wed 30th Jan 2019</b> <b>Fri 1st Feb 2019</b>	12-1pm
Presentations and Managing Group Work: Build your confidence	<b>Wed 27th Feb 2019</b> <b>Fri 1st Mar 2019</b>	12-1pm
Reflect on your performance: Responding to Feedback	<b>Wed 6th Feb 2019</b> <b>Fri 8th Feb 2019</b>	12-1pm
Manage your time: make the most of it!	<b>Wed 20th Feb 2019</b> <b>Fri 22nd Feb 2019</b>	12-1pm
Conquering Exam Nerves	<b>Wed 10th Apr 2019</b> <b>Fri 12th Apr 2019</b>	12-1pm

need help?  
**just ask**

Student Advice and Wellbeing Services offer a wide range of service to help students make the most of their University experience.

**For more info just ask:** Student Advice and Wellbeing Services:  
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