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December edition

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## The autumn term is coming to an end

The first term officially comes to an end this Friday, and many students will breathe a sigh of relief as they submit that final piece of coursework and start heading home for the holidays.

It's been a busy one, with new students settling in to life at University and returning students picking up where they left off. Alongside their studies there's been plenty to get stuck in to, from meeting 180 employers at our Meet the Employers Fair in October to seeing where in the world they could jet off to at our Go Global Showcase last month.

We think you'll agree that our students have earned a well deserved break!

## Winter wellbeing

The change of pace and lack of structure as the term ends can be difficult for some students, whether they're heading home for the holidays or staying in Bristol.

We've been sharing some of our top winter wellbeing tips with our students to give them some practical advice to help keep the winter blues at bay.

[Read our winter wellbeing tips](#)

## Balancing revision with relaxation

Not all students will have January exams, but if your student does they might want to spend some time revising over the Christmas holidays.

Try to encourage them to find a happy balance between relaxation and revision - we have lots of tried and tested advice on [how to prepare for assessments](#). If they are becoming increasingly worried about their exams, they may find some of our wellbeing [self-help resources](#) useful, or our [SAM anxiety app](#).

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## Christmas at UWE Bristol

The University and most of its services will be officially closed for Christmas from **16:30 on Friday 21 December**. We will re-open at **08:30 on Thursday 3 January 2019**.

Some areas of the University will remain accessible for students who are staying on campus or in Bristol, such as the libraries at Frenchay, Glenside and Bower Ashton. Security and Accommodation staff will be available every day.

We're also running daily social events for students staying on campus or in Bristol during the vacation period.

See the support available over Christmas

## Coming back to UWE Bristol

Sometimes we find that students find it hard to come back to university after being home for a few weeks over Christmas. A combination of home comforts, a break from lectures and the thought of January exams can make staying at home sound quite tempting!

Usually once a student is back on campus with their course friends and housemates this feeling goes away. However if your student does feel that they can't return to their studies at this time, we'd encourage them to book an appointment with one of our [Student Support Advisers](#) (this appointment can be face-to-face or over the phone). They can talk about the different options available to them (such as taking time out), or put them in touch with one of our other support services.

## What's coming up in January?

The January exam period runs from **Monday 7 January - Friday 18 January 2019**. Once that's out of the way we start teaching again from **Monday 21 January**. Students can expect their results towards the end of February.

There'll be some new faces on campus, as a new group of students begin their courses in January and February. We'll be sharing our words of wisdom with them through our [student newspaper](#), and they'll be able to get stuck in with The Students' Union's [sports clubs](#) and [societies](#).

For new international and EU students we'll also be running our [International Student Orientation](#) programme, where students can make new friends and get to know Bristol.

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Students who are looking for a new home for the next academic year can attend The Students' Union [Accommodation Fair](#) on **Thursday 24 January** - a great opportunity to meet accommodation providers and ask questions on things like contracts and tenants' rights.

## General information and reminders

### How to use this information

These emails will give you a general overview of some of the key activities taking place for students at this time of year. Use the information to start a conversation and support them - but don't be pushy! Let them take the lead - part of university life is learning to make it on your own.

### If you have urgent concerns about a student's welfare

Please call **+44 (0)7788 725507** (Monday - Thursday 08:30 - 17:00, Friday 08:30 - 16:30). During weekends and evenings please call **+44 (0)7814 791212**.

### For general queries

If you or your student have any general queries about support services, events or anything else at UWE Bristol, call our [Information Points](#) on **+44 (0)117 32 85678** or email [infopoint@uwe.ac.uk](mailto:infopoint@uwe.ac.uk). A range of information is available on our [students' webpage](#).

### Sharing a student's information

Unless a student has given their consent for us to share their personal information, we can't disclose any specific information about their circumstances. Your data is not linked to a specific student.

## Next edition

You'll next hear from us on **Wednesday 30 January 2019**. If you have any questions before then just hit reply. We hope you have a brilliant Christmas and New Year!

### Quick links

- » [Parents and supporters](#)
- » [Support services](#)
- » [Academic advice](#)
- » [Wellbeing support](#)

### Contact us

Information Points

Email: [infopoint@uwe.ac.uk](mailto:infopoint@uwe.ac.uk)

Tel: +44 (0)117 32 85678

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