Please note: This is a copy of the e-mail. There will be minor spacing/layout issues that have arisen from the content being copied into Word. These aren't in the final communications. It is intended only as a guide for your information.



Exam guidance

The January exam period is here and for those of you who have exams, we hope it's going well so far.

If you haven't had any exams yet, remember to double check your exam times and locations in <u>myUWE</u>. Take a look at our <u>exam guidance</u> so you know what to expect, and don't forget to bring your **UWE ID card** with you. You'll need to display it on your desk as proof of identity.

Good luck for the rest of the exam period!

Take care of yourself during exams

We know that the exam period can be an anxious time, but take time to care for your wellbeing. Regular breaks from revision can help you feel refreshed and improve your concentration.

The <u>Wellbeing Service</u> have <u>self-help</u> <u>resources</u> on a variety of topics (including exam anxiety and stress) that you might find useful.

If things are getting a bit much and you need someone to talk to, <u>register for an</u> <u>appointment</u> with the Wellbeing Service online. For urgent concerns, please call **0117 32 86268**.

Support at the Exhibition and Conference Centre

Student Support Advisers will be available in the **Yssel room** at the Exhibition and Conference Centre every day during the exam period to answer any questions or concerns you have.

You can drop in for immediate advice between **08:45 - 12:45** and **13:15 - 16:15**. Just follow the signs to the Student Advice Drop-In, or ask an invigilator or member of staff for directions.

Appointments with Student Support Advisers will also be available as usual. Book via any Information Point on **0117 32 85678**.

Extenuating Circumstances

If you think you may be unable to attend an exam due to illness, injury or significant personal difficulties, you should contact a <u>Student Support Adviser</u> (via any <u>Information Point</u>) as soon as possible.

They will be able to explain the options available to you, including the Extenuating Circumstances application process.

Detailed information about how the Extenuating Circumstances process can help you, eligibility, deadlines and how to apply are available on the <u>Extenuating</u> <u>Circumstances</u> webpage.

Choosing or changing modules

If you're starting a new programme or progressing in to your next year of study in January 2016, you need to <u>choose your optional modules</u> for this term. You may have already done this, but if you haven't, please use the <u>online module allocator</u> in myUWE by **16:00 on Friday 29 January**. If your next period of study does not include optional modules, you do not have to do anything.

If you have already chosen optional modules for this term but now wish to change them, you will be able to request a change between **12:00 on Monday 18 January – 16:00 on Friday 29 January** by using the <u>online module allocator</u> in myUWE. You cannot change compulsory modules.

More information about <u>choosing optional modules</u> and <u>changing optional modules</u> is available online. If you have any questions, please book an appointment with a Student Support Adviser via any <u>Information Point</u>.



British Council opportunities to work or study abroad

Since 2013 over 100 UWE Bristol students have taken part in British Council projects, giving them the chance to work and study abroad.

Now it's your chance! There are short term and long term opportunities all over the world. Some applications are open already, and other opportunities open later this month.

Don't let money worries stop you – many opportunities are either fully or partially funded by the British Council. You may also be eligible for the <u>UWE Go Global Bursary</u>, which provides up to £1000 of additional funding.

Find out more >>

The UWE Charter >>

Your exams and assessments

We're committed to ensuring that your assessments are fair and your results are published on time. We've also got a range of <u>support services</u> ready to offer advice if you need it. Visit the <u>UWE</u> <u>Charter</u> to find out more.

Follow us



Information Points can help answer your questions >>

Talk to us

The Student Communications Team wants to hear from you. If you have any feedback on our current communication channels or how you think they could be improved, please <u>contact us</u>.

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Dynamic content

Frenchay Campus:

Car parking from 1 February 2016

During January, continue to go to Car Park 20. If there is no parking available, you'll be directed to another car park.

From Monday 1 February, Car Park 20 will be closed, but don't worry! We've been able to arrange other car parking around Frenchay Campus for annual permit and permission to park permit holders. These spaces are on campus, paved and marked out. We'll have people out directing you to the right place, just look for the hi-vis in February!

Permit holders, you will receive an e-mail before 1 February with all of your parking options. Please continue to check your UWE e-mail.

Visitor parking: With the extra spaces Car Park 20 gave us, we were able to offer a £5 'visitor' option that didn't require a permit. We must now give priority to students who are entitled to park on Frenchay Campus. Therefore, there will no longer be an option to park on Frenchay Campus if you don't display a valid permit.

Getting a permit: If you already have a permit, you don't need to do anything. If you are eligible for a permit (annual or permission to park) that will entitle you to park at Frenchay Campus, but haven't applied for one, please apply with the Car Parking Office before 1 February. Remember, there is an exclusion zone in effect. More details on how to apply for a permit, the exclusion zone and T&Cs are available on the <u>car parking web pages</u>.

Smoke-free zones now in place on Frenchay Campus

As part of UWE's continuing commitment to providing a healthy and safe environment for all students, and in line with our Smokefree policy, <u>large parts of Frenchay Campus are now smoke-free</u>.

You will not be able to smoke in any of the main external areas of campus, which includes courtyards such as outside the Main Information Point and outside the library by the Community Hub. A <u>map of the smokefree zones</u> is available online.

If you are found smoking in these areas, you will be asked to move on and leave the smokefree space.

This restriction won't apply to e-cigarettes (but you still can't use them indoors, in line with our current policy).

Emotional resilience workshop

University can be the first time we face challenges without our normal support network. This combined with our commitment to study can sometimes become difficult for some of us.

We're running an <u>emotional resilience workshop</u> on **Wednesday 20 January**, designed to help you cope when you're feeling overwhelmed.

Can't make the workshop? Want to find out more about emotional resilience? Take a look at some <u>emotional resilience information</u> online.

Glenside and Gloucester:

New students at Glenside and Gloucester

You may see some new faces around Glenside and Gloucester this term, as we have some new students starting their Nursing and Midwifery courses. If you see anyone lost on campus, make them feel welcome by pointing them in the right direction!

Frenchay, Glenside and City Campus:



Feeling unwell? Registered with the <u>UWE</u> <u>Health Centre</u>?

Use their <u>new online service</u> to get immediate self-help advice, or complete an online form with details about your condition and the UWE Health Centre will call you back.

They will be able to give you advice, tell you whether you need to come in for an appointment or offer you a prescription.



Between **Monday 4 January - Sunday 14 February** you can sign up for an Active Card or Gym Only six month membership at the <u>Centre for Sport</u>.

With two recently refurbished gyms on Frenchay Campus, exercise classes, racquet sports, climbing wall and much more, find a membership deal to suit you.

Find out more and join today >>

Level 1:

What Uni? Student Choice Awards 2016

Show your support for UWE Bristol and help future students by <u>writing a review of your</u> <u>university experiences</u> for the What Uni? Student Choice Awards 2016. By taking part, you could be in with a chance of winning a **Kindle Fire**!

Science students:

Science Futures Fair

Wednesday 20 January, 13:00 - 18:00, Frenchay Campus

Thinking about what you want to do after university? Drop in to our <u>Science Futures Fair</u> to hear from local scientists working in a range of industries.

You'll be able to meet employers and postgraduate course providers, find out about placement opportunities and hear from recent UWE graduates about what they do and how they got there.

No need to book or attend the whole programme – just come along to the parts you're interested in.

Level 2 and 3:



Could you be the next Undergraduate of the Year?

The <u>TARGETjobs Undergraduate of the Year Awards</u> celebrate the UK's best undergraduates – from future business leaders to subject specialists. With the opportunity to win work experience with some of the world's top employers, it's a great opportunity to network with prominent graduate recruiters and demonstrate how employable you are.

UWE students have <u>won</u> and been <u>shortlisted</u> for awards in the past, and have highlighted it as a valuable opportunity to prepare for placement and graduate job applications.

Interested? Come along to our workshop, <u>TARGETjobs Undergraduate of the Year Awards:</u> <u>hints and tips for success</u> on **Wednesday 20 January**.

Mike Bristowe, a current UWE student who was shortlisted last year, will talk to you about his experience, and UWE Careers will provide hints and tips for a successful application. The closing date for entries is **Thursday 28 January**.