

Useful Resources at Queen Mary

Advice and Counselling Service

If you are having personal or financial issues, the Advice and Counselling Service is available to support you.
www.welfare.qmul.ac.uk

Extenuating Circumstances guide

Information on what to do if you cannot meet deadlines or take exams.
www.welfare.qmul.ac.uk/guides/extenuating-circumstances/

Faith at Queen Mary & Queen Mary Students' Union

Queen Mary and Queen Mary Students' Union have a number of prayer and contemplation rooms that you can use. Check the website for further details.
www.faith.qmul.ac.uk

Frequently Asked Exam Questions

Take a look at this ARCS page for answers to questions about exam timetables, preparing for your exams and other common queries.
www.arcs.qmul.ac.uk/students/exams/frequently-asked-questions

Student Health Service

Ensure you protect your health while studying.
www.studenthealth.qmul.ac.uk

Student Support Contact

Every school or Institute at Queen Mary has a student support contact who can offer advice on matters you feel may be impeding your ability to study.
my.qmul.ac.uk/course-essentials/ask-for-help/student-support-contacts/

Writing and Study Guidance

Find out what support activities are taking place over the exam period and make use of our self-access resources.
www.learningdevelopment.qmul.ac.uk/writing-study-guidance



Exam Planner
Dec 2019/
Jan 2020

STUDY WELL

Notes

Contact us:
Student Life
Student and Academic Services
Queen Mary University of London
Mile End Road
London
E1 4NS

studentlife@qmul.ac.uk



The information given in this publication is correct at the time of going to press. We reserve the right to modify or cancel any statement in it and accept no responsibility for the consequences of any such changes.

REVISION TIPS

Fuel Your Body



Skip fatty foods and sugary snacks in favour of fruit and veg. They'll give the sustained energy you need. Keep hydrated with plenty of water too.

Move Around



It's proven that exercise reduces tiredness and stress and increases productivity. Taking a break to move around is great for your brain and your body.

Use the Clock



Get started early, don't make revision your whole day. Evidence shows shorter spells keep your concentration high. Plan regular breaks and don't spend your whole day at a desk.

Find the Right Sound



Music can help some people but hinder others. Try music without words or even white noise or soundscapes. Avoid music that will distract you or make you want to sing along.

Queen Mary Over the Christmas Break

To recognise that Queen Mary is asking students to revise over the Christmas vacation period, the University has reviewed what support is available to students after the end of teaching on Friday 13th December through to the beginning of the January exam period on Monday 6th January 2020.

Visit the full web-page here: bit.ly/QMULCHRISTMAS

Mile End Library

Mile End Library won't be open 24/7 over the Christmas Break but it will be open. From Monday 23rd December it will be open from 8am to 8pm. It will be closed on the 25th and 26th of December and the 1st of January due to Bank Holidays. On Thursday 2nd of January it will open at 8am but resume 24/7 service from then.

Help in a Crisis

For advice and guidance about how to access help and support in times of crisis, please visit this page, which is hosted by our Advice and Counselling Services:
www.welfare.qmul.ac.uk/emotional-wellbeing/help-crisis/

If your life is in danger or if you have a medical emergency (including mental health) call 999.

Advice and Counselling Service Out of Hours Support

The Advice and Counselling Service will be open as usual during week commencing Monday 16th December and will close for the Christmas closure period on Monday 23rd December. It will reopen on Thursday 2nd January.

This webpage hosts an array of alternative sources of out of hours support:
www.welfare.qmul.ac.uk/alternative-and-out-hours-support/

Student Health Service

The Student Health Service will be closed from Monday 16th December and reopen on Thursday 2nd January. The main Globe Town Surgery will be open throughout the Christmas holiday period, bar Public Holidays.
For more info: www.studenthealth.qmul.ac.uk

Christmas Day Service at Queen Mary

There will be a Christmas Day Service at 10am in St. Benet's Chapel. It will be run by the Samaritans and E1 Community Church. Everyone is welcome and it's free to attend.

Wednesday 25th December 2019, 10am
St. Benet's Chapel

Big White Wall

Queen Mary students going through a tough time can now access free online support with Big White Wall. Whether you're struggling to sleep, feeling low, stressed or unable to cope, Big White Wall can help you get support, take control and feel better.

You will have access to a 24/7 online community and professional support from trained counsellors. Big White Wall provides a safe space online to get things off your chest, explore your feelings, get creative and learn how to self-manage your mental health and wellbeing.

Big White Wall is totally anonymous, so no one will know you've chosen to use it unless you tell them!

93% of members feel better as a result of using the service, and nearly 90% use Big White Wall as an out-of-hours support.

To join Big White Wall, simply go to www.bigwhitewall.com and sign up under Queen Mary University of London with your university e-mail address.



REVISION TIPS

Reward Yourself



Find the right balance between study and leisure. Take a cinema trip with friends after a productive day of revision. Work hard but play a bit too.

Get Your Rest



A car doesn't run on no petrol and you don't run on no sleep. Give your body what it needs and get a good night's rest, especially the night before exams.

"Smart" Drugs?



They make some people perform worse than they usually would and if you didn't get them from a doctor the side effects aren't looked at. Long term effects are relatively unknown. Avoid them.

Make a Plan



Make yourself a revision timetable. Make it fairly detailed, include any relevant notes or papers you need to look over. Block out time for socialising, exercising and any other breaks you may have.

Exam Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2nd December	3rd December	4th December	5th December	6th December	7th December	8th December
	Barts Guild Calligraphy Get Active	Mindfulness Get Active	Yoga Food afternoon Managing Stress	Bow Jazz Get Active		Love & Magic
9th December	10th December	11th December	12th December ELECTION DAY Take time to vote.	13th December	14th December	15th December
Winterreise Can't Study Get Active	Christmas Carols Paper Cutting Exam Drop-In Get Active	Mindfulness Get Active	Battle of the Bands Yoga Managing Stress Food afternoon	Get Active		
16th December	17th December	18th December	19th December	20th December	21st December	22nd December
	Exam Drop-In					
23rd December	24th December	25th December BANK HOLIDAY Christmas Day	26th December BANK HOLIDAY Boxing Day	27th December	28th December	29th December
		Christmas Service				
30th December	31st December	1st January BANK HOLIDAY New Year's Day	2nd January	3rd January	4th January	5th January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6th January	7th January	8th January	9th January	10th January	11th January	12th January
Get Active	Chinese Tea Exam Drop-In Managing Stress Get Active	Mindfulness Get Active	Yoga Get Active Food afternoon	Get Active		
13th January	14th January	15th January	16th January	17th January	18th January	19th January
Get Active	Chinese Dance Get Active Exam Drop-In	Get Active Mindfulness Movie Night	Yoga Get Active Food afternoon	Get Active Reuse Fair		

All of the events below are FREE, except music concerts, which cost £3 for students.

Chaplaincy

Wednesday: 1:30pm - 2pm - Mindfulness Meditation in St Benet's Chapel
Half an hour of guided reflection. Non-religious, free and no need to sign up.

Thursday: 12pm - 2pm - Food Thursday in St Benet's Chaplaincy
Come and enjoy some free vegetarian food in the Chaplaincy Yurt.

There will be a **Christmas Day Service** at 10am in St Benet's Chapel. It is being run by the Salvation Army and E1 Community Church. There will be daily craft activities in the Chaplaincy Sitting Room during term time.

The Chaplaincy building closes on 13th December and opens again on 6th January. The Chaplain, Rev. Ella Sharples, will still be available to all students and staff. She is happy to receive texts or phone calls, her mobile number is 07740547689. Contact faith@qmul.ac.uk for more information.

Get Active

Monday 2nd & 9th December:

1- 3pm - Table Tennis in the Qmotion Sports Hall

Tuesday 3rd & 10th December:

5 - 7pm - Table Tennis in the Drapers Lounge

Wednesday 4th & 11th December, 8th & 15th January:

12:30 - 1:30pm - Wellbeing Walk meet in Library Square

12:30 - 1:30pm - Running meet in the Principal's Corridor (Queens' Building, 1st Fl)

Friday 6th & 13th December:

10:30am- 12:30pm - Table Tennis in the Students' Union Hub

From the 6th to the 17th of January

12:30 - 2:30pm - Table Tennis in the Drapers Lounge

Contact get-active@qmul.ac.uk or visit www.qmsu.org/getactive/ for more info.

Music

Barts Guild, Bow Jazz, Love & Magic, Winterreise, Barts Christmas Carols and Battle of the Bands. To find out more about our music events please visit www.music.qmul.ac.uk.

Confucius Institute

Movie Night - a free screening of Pegasus, a Chinese comedy film, on 15th January at the Hitchcock Theatre in Arts One. Reserve your seat here: bit.ly/CIPegasus.

Student Life

Yoga on four Thursdays across the revision and exam period.
5th & 12th December - 1:30 - 2:30 pm in the Mind and body studio - Qmotion
9th & 16th January - 1:30 - 2:30 pm in the Mind and body studio - Qmotion

3rd December 3-4pm, **Chinese Calligraphy** in Mile End Library Seminar Room
10th December 3-4pm, **Paper Cutting** in Mile End Library Seminar Room
7th January 3-4pm, **Chinese Tea** in Mile End Library Seminar Room
14th January 3-4pm, **Chinese Classical Dance** in the Active Studio in Qmotion

Book yourself a free place on www.studenthealth.qmul.ac.uk/study-well
Contact studenthealth@qmul.ac.uk for more information.

Reuse Fair

The **Green Mary Reuse Fair**, where you will find plenty of essential university items donated by other departing students available to you for free!

So, before you go to the shop to buy things for your new home, come along and have a browse. Friday 17th January in Blomeley 1, Students' Union Hub, 10am - 3pm.

Advice & Counselling Service

Can't Study

Monday 9th December - 1:30 - 3:00 pm in Room GC214, Graduate Centre

In this workshop you will work together collaboratively with a counsellor/facilitator to understand why you are blocked and to find strategies which will help you get working again.

Managing Stress

Thursday 5th & 12th December- 3 - 4:30 pm in Room GC214, Graduate Centre

This 90 minute workshop focuses on practical strategies to you help you manage exam stress. This is an active workshop which involves working in pairs and smaller groups.

Ask a question about a course or for more information on what the Service can provide, please visit bit.ly/ManagingStressQMUL and fill out the form.

Exam Drop-In

Tuesday 10th & 17th December and 7th & 14th January, 2-4pm.

See www.learningdevelopment.qmul.ac.uk/drop-ins for location.

Writing and Study Guidance also provide their usual one-to-one tutorials which can be booked via their website:

www.learningdevelopment.qmul.ac.uk/writingandstudy/tutorials

Visit the Students' Union Study Well page for more resources and activities.



Welcome to Study Well, a campaign that is designed to help you look after your mental health and wellbeing during this stressful exam season. If this isn't your first year at Queen Mary, you'll notice that we're back at it again with doggy drop-ins, unisex nail salons and other fun activities to take a break from your studies.

Mental Health First Aiders

If you're on campus during office hours and are feeling distressed or need a chat, please contact our Mental Health First Aiders. You can find their contact details by scanning this QR code or visiting: bit.ly/MHFAQMUL

