

# April

## Advice and Counselling Service (ACS)

[www.welfare.qmul.ac.uk/personal-development-workshops-2018](http://www.welfare.qmul.ac.uk/personal-development-workshops-2018)

- **Workshop 1: Can't Study?** - Tuesday 24th April, 13:30 - 15:00
  - **Workshop 4: Managing Exam Stress** - Thursday April 26th, 13:30 - 15:00
- Location: Advice and Counselling Service, Room GC214, 2nd Floor Graduate Centre, Mile End Campus

## Chaplaincy (C) [www.faith.qmul.ac.uk/StBenets/whatsOn](http://www.faith.qmul.ac.uk/StBenets/whatsOn)

Monday: 13:30 - 14:00. **Mindfulness Meditation.** Half an hour of guided reflection. Non-religious. No charge. No booking necessary.  
Wednesday: 14:00 - 16:00. **Board game afternoon**, turn up and play.  
Friday: Afternoons are **food-orientated**. Come and enjoy some free food!

## Learning Development (LD)

**Exam Skills Workshop**, 9:45 – 12:00 on Tuesday, 24th April

**Revision and Exam Workshops, One to One Tutorials and Drop-in Sessions** are also available.

For further information please check:

[www.learningdevelopment.qmul.ac.uk/writing-study-guidance](http://www.learningdevelopment.qmul.ac.uk/writing-study-guidance)

**Music (M)** [www.music.qmul.ac.uk](http://www.music.qmul.ac.uk)

**Music and Mindfulness Concert** - 19:00 on Monday, 23rd April at the Octagon

**Residential Services and Support (RSS)**

Monday 23rd April - Wednesday 6th June: Monday to Friday. 9:00 - 17:00. **Chill Out Zone** outside the Curve with deckchairs and garden games.

Residents will also receive regular e-mail updates containing more information, offers and events and can direct any queries to staff in the Housing Hub on the ground floor of Feilden House or via email [residential-support@qmul.ac.uk](mailto:residential-support@qmul.ac.uk)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1st
2nd	3rd	4th	5th	6th	7th	8th
<b>*Bank holiday*</b>						
9th	10th	11th	12th	13th	14th	15th
<b>*Start of Term 3 for Medical School *</b>						
16th	17th	18th	19th	20th	21st	22nd
23rd	24th	25th	26th	27th	28th	29th
<b>*Revision week*</b>	<b>*Revision week*</b>	<b>*Revision week*</b>	<b>*Revision week*</b>	<b>*Revision week*</b>		
<b>RSS - Chill Out Zone opens</b>						
<b>M - Music &amp; Mindfulness Concert</b>	<b>LD - Exam Skills</b>					
<b>C - Mindfulness</b>	<b>ACS - Can't Study?</b>	<b>C - Board games</b>	<b>ACS - Exam Stress</b>	<b>C - Food afternoon</b>		
30th						
<b>*Start of exam period Mile End Campus*</b>						
<b>C - Mindfulness</b>						

# Exam Planner 2018

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.

# March

## Chaplaincy (C) [www.faith.qmul.ac.uk/StBenets/whatsOn](http://www.faith.qmul.ac.uk/StBenets/whatsOn)

Weekly activities:

**Monday:** 13:30 - 14:00. **Mindfulness Meditation.** Half an hour of guided reflection. Non-religious. No charge. No booking necessary.

**Wednesday:** 14:00 - 16:00. **Board game afternoon**, turn up and play.

**Friday:** **Afternoons are food-orientated.** Come and enjoy some free food.

The notice board in the Chaplaincy Lounge will have details of other upcoming events. To find out more check the website or drop-in and say hello.

## Learning Development (LD)

**Revision Skills Workshop**, 9:45 – 12:00 on Tuesday, 27th March

**Exam Skills Workshop**, 13:45 – 16:00 on Thursday, 29th March

**One to One Tutorials** by appointment are also available.

For further information please check:

[www.learningdevelopment.qmul.ac.uk/writing-study-guidance](http://www.learningdevelopment.qmul.ac.uk/writing-study-guidance)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19th	20th	21st	22nd	23rd	24th	25th
<b>C - Mindfulness</b>		<b>C - Board games</b>		<b>C - Food afternoon</b>		
26th	27th	28th	29th	30th	31st	
<b>*End of Term 2 for Medical School *</b>			<b>*End of Semester 2 Mile End Campus *</b>			
<b>C - Mindfulness</b>	<b>LD - Revision Skills</b>	<b>C - Board games</b>	<b>LD - Exam Skills</b>	<b>*Bank holiday*</b>		

# May

**Advice and Counselling Service (ACS)**

[www.welfare.qmul.ac.uk/personal-development-workshops-2018](http://www.welfare.qmul.ac.uk/personal-development-workshops-2018)

- **Workshop 1: Can't Study?** - Tuesday 1st May & 15th May, 13:30 - 15:00
- **Workshop 4: Managing Exam Stress** - Thursday 10th May & Monday 21st May, 13:30 - 15:00

Location: Advice and Counselling Service, Room GC214, 2nd Floor Graduate Centre, Mile End Campus

**Chaplaincy (C)** [www.faith.qmul.ac.uk/StBenets/whatsOn](http://www.faith.qmul.ac.uk/StBenets/whatsOn)

Monday: 13:30 - 14:00. **Mindfulness Meditation.** Half an hour of guided reflection. Non-religious. No charge. No booking necessary.

Wednesday: 14:00 - 16:00. **Board game afternoon,** turn up and play.

Friday: Afternoons are **food-orientated.** Come and enjoy some free food.

The notice board in the Chaplaincy Lounge will have details of other upcoming events. To find out more check the website or drop-in and say hello.

**Learning Development (LD)**

**One to One Tutorials** available, bookable via [www.learningdevelopment.qmul.ac.uk/writing-study-guidance](http://www.learningdevelopment.qmul.ac.uk/writing-study-guidance)

**Residential Services and Support (RSS)**

Monday 23rd April - Wednesday 6th June: Monday to Friday. 9:00 - 17:00. **Chill Out Zone** outside the Curve with deckchairs and garden games.

Residents will also receive regular e-mail updates containing more information, offers and events and can direct any queries to staff in the Housing Hub on the ground floor of Feilden House or via email [residential-support@qmul.ac.uk](mailto:residential-support@qmul.ac.uk)

**Student Life (SL) / Residential Services and Support (RSS)**

**Open Iftar events** - if you are at Mile End campus studying at sunset, join in with the Muslim fast breaking meal. For students who observe Ramadan and those who do not. Look out for dates nearer the time:

[www.faith.qmul.ac.uk/iftar2018](http://www.faith.qmul.ac.uk/iftar2018)

NHS has provided a **useful guide to a healthy Ramadan** with guidance on best practice throughout this month:

[nhs.uk/livewell/healthylamadan/Pages/healthylamadanhome.aspx](http://nhs.uk/livewell/healthylamadan/Pages/healthylamadanhome.aspx)

# Notes

# QMUL Useful Resources

**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](http://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/documents/leaflets/extcircs/151311.pdf](http://www.welfare.qmul.ac.uk/documents/leaflets/extcircs/151311.pdf)

**Faith at QMUL & Queen Mary Students' Union**

QMUL 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](http://www.faith.qmul.ac.uk)

**Frequently Asked 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](http://www.arcs.qmul.ac.uk/students/exams/frequently-asked-questions)

**QMUL Personal Safety Guide**

Check this guide to ensure you stay safe, especially if you are revising late at night. [www.security.qmul.ac.uk/documents/19882.pdf](http://www.security.qmul.ac.uk/documents/19882.pdf)

**Student Health Service**

Ensure you protect your health while studying. [www.studenthealth.qmul.ac.uk](http://www.studenthealth.qmul.ac.uk)

**Student Support Contact**

Every school at QMUL 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/](http://my.qmul.ac.uk/course-essentials/ask-for-help/student-support-contacts/)

**Writing and Study Guidance**

Have a look at activities taking place over the exam period and make use of the self-access resources. [www.learningdevelopment.qmul.ac.uk](http://www.learningdevelopment.qmul.ac.uk)

**Learning Development (LD)**

**One to One Tutorials** available, bookable via [www.learningdevelopment.qmul.ac.uk/writing-study-guidance](http://www.learningdevelopment.qmul.ac.uk/writing-study-guidance)

**Residential Services and Support (RSS)**

Monday 23rd April - Wednesday 6th June: Monday to Friday. 9am - 5pm. **Chill Out Zone** outside the Curve with deckchairs and garden games.

Residents will also receive regular e-mail updates containing more information, offers and events and can direct any queries to staff in the Housing Hub on the ground floor of Feilden House or via email [residential-support@qmul.ac.uk](mailto:residential-support@qmul.ac.uk)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1st	2nd	3rd	4th	5th	6th
	ACS - Can't Study?	C - Board games		C - Food afternoon		
7th	8th	9th	10th	11th	12th	13th
*Bank holiday*		C - Board games	ACS - Exam Stress	C - Food afternoon		
14th	15th	16th	17th	18th	19th	20th
	Ramadan begins / Open Iftar events					
C - Mindfulness	ACS - Can't Study?	C - Board games		C - Food afternoon		
21st	22nd	23rd	24th	25th	26th	27th
			*Start of Phase 1 Exams for Medical School*			
C - Mindfulness		C - Board games		C - Food afternoon		
ACS - Exam Stress						
28th	29th	30th	31st			
*Bank holiday*		C - Board games				

# June

**Chaplaincy (C)** [www.faith.qmul.ac.uk/StBenets/whatsOn](http://www.faith.qmul.ac.uk/StBenets/whatsOn)

Monday: 1:30pm - 2pm. **Mindfulness Meditation.** Half an hour of guided reflection. Non-religious. No charge. No booking necessary.

Wednesday: 2pm - 4pm. **Board game afternoon,** turn up and play.

Friday: Afternoons are **food-orientated.** Come and enjoy some free food.

The notice board in the Chaplaincy Lounge will have details of other upcoming events. To find out more check the website or drop-in and say hello.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1st	2nd	3rd
				C - Food afternoon		
4th	5th	6th	7th	8th	9th	10th
				*End of exam period Mile End Campus*		
C - Mindfulness						
		RSS - Chill Out Zone closes				
		C - Board games				
				C - Food afternoon		