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

Extemating Circumstances guide
Information on what to do if you cannot meet deadlines or take exams.
www.welfare.qmul.ac.uk/guides/extemating-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

Notes

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 over 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

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.

Useful Resources
- Advice and Counselling Service
- Student Health Service
- Student Support Contact
- Writing and Study Guidance
- Big White Wall
- Big White Wall Out of Hours Support
- Student and Academic Services
- Queen Mary University of London
- Mile End Road
- London E1 4NS

Contact us:
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.

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, 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.

Reward Yourself
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.

Visit bigwhitewall.com and sign up with your Queen Mary email address.
## Exam Planner

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd December</td>
<td>3rd December</td>
<td>4th December</td>
<td>5th December</td>
<td>6th December</td>
<td>7th December</td>
<td>8th December</td>
</tr>
<tr>
<td>Get Active</td>
<td>Get Active</td>
<td>Get Active</td>
<td>Mindfulness</td>
<td>Food afternoon</td>
<td>Managing stress</td>
<td>Get Active</td>
</tr>
<tr>
<td>Yoga</td>
<td>Exam Drop-In</td>
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</tr>
</tbody>
</table>

### Christmas

#### 22nd December - 25th December
- **Take time to vote.**
- **Can’t Study**
- **Christmas Carols**
- **New Year’s Day**
- **BANK HOLIDAY**
- **Christmas Day**
- **BANK HOLIDAY**
- **Mindfulness**
- **Get Active**

#### 26th December - 2nd January
- **Boxing Day**
- **BANK HOLIDAY**
- **Mindfulness**
- **Get Active**

### Confucius Institute

#### 3rd December - 15th January
- **Chinese Dance**
- **Chinese Mouthwash**
- **Chinese Tea**
- **Chinese Classical Dance**

### Barts Guild

#### Mindfulness
- **Wednesday: 12:30 - 1:30 pm - Mindfulness Meditation in St Benet’s Chapel**
- **Wednesday: 12:30 - 1:30 pm - Wellbeing Walk in Library Square**
- **Tuesday 10th & 17th December and 7th & 14th January, 2-4pm.**

### Winterreise

#### Exam Drop-In
- **Friday 6th & 13th December:**
  - 12:30 - 1:30pm - Wellbeing Walk in Library Square
- **Monday 2nd & 9th December:**
  - 12:30 - 1:30pm - Wellbeing Walk in Library Square

### Chaplaincy

#### Christmas Service
- **Christmas Day Service**
- **Christmas Carols**
- **Chinese Classical Dance**

### Chinese Dance

#### Paper Cutting
- **3rd December - 15th January**
- **3rd December - 15th January**
- **3rd December - 15th January**
- **3rd December - 15th January**

### Movie Night
- **10:30am - 12:30pm - Table Tennis in the Students’ Union Hub**
- **1- 3pm  - Table Tennis in the Qmotion Sports Hall**
- **12:30 - 1:30pm - Wellbeing Walk in Library Square**
- **10:30am - 12:30pm - Wellbeing Walk in Library Square**

### Exam Planner

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’ve 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

#### Advice & Counselling Service

- **Can’t Study**
- **Thursday 5th & 12th December - 1:30 - 2:30 pm**
- **Thursday 5th & 12th December - 3 - 4:30 pm**
- **Thursday 5th & 12th December - 1:30 - 2:30 pm**
- **Thursday 5th & 12th December - 3 - 4:30 pm**

- **Contact**
  - 0207 040 3760
  - studenthealth@qmul.ac.uk
  - www.studenthealth.qmul.ac.uk/study-well

## Resources

- **www.learningdevelopment.qmul.ac.uk/drop-ins**
- **www.music.qmul.ac.uk**
- **bit.ly/ManagingStressQMUL**
- **bit.ly/MHFAQMUL**

## Writing and Study Guidance

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