

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 newsletter – this is intended as a guide for your information.

Cyber Security Week, study abroad, coping with anxiety

[Send to a friend](#) | [View in a browser](#)



[myUWE](#)

[Support](#)

[Infopoints](#)



How are you doing?

Summer has come and gone - it's beginning to feel a lot more like autumn now! We hope you've avoided Freshers' Flu and have had a good few weeks of term.

We're looking forward to our first ever [Cyber Security Week](#) - a week of events to raise awareness of cyber security including an **escape room**, **retro arcade** and **themed-films**.

If you went to the [Meet the Employers Fair](#) yesterday, we hope you found it useful and made some contacts for the future.

As ever, if you have any questions, contact an [Information Point](#) - they're on hand to help!

Quick links

- » [Celebrating UWE Talent](#)
- » [Coping with anxiety](#)
- » [Cyber Security Week](#)
- » [Meet the Employers follow-up](#)
- » [Study Abroad in 2017/2018](#)
- » [Be a UWE Bristol Champion](#)
- » [In case you missed it](#)

Nominate yourself or a friend for a Celebrating UWE Talent award!

Have you or a friend done something outstanding? You could be our Volunteer of the Year, Global Experience Student of the Year, Sustainability Student of the Year or the UWE Bristol

Futures Award Student of the Year.

The [Celebrating UWE Talent Awards](#) recognise your achievements. To apply you need to complete a personal statement about why you or your friend are amazing! **Nominations are closing very soon**, so take the time now to apply.

The awards ceremony is held in February and is a great chance to win a cash prize, improve your CV and be recognised for what you've done.

Apply for a Celebrating UWE Talent Award

Coping with anxiety while at university

Did you know you're not the only one that is anxious and stressed right now? Our Wellbeing Service have produced some videos that draw directly off your own personal struggles and experience. Have a watch, they're only short.



Coping with anxiety about exams



Coping with anxiety about making friends



Coping with anxiety about crowds



Coping with anxiety about lectures

There's also a range of online resources to help:

- Use our [self-assessment tool](#) to see if Wellbeing support is the right thing for you.
- The Students' Union have [busted some of the myths](#) around Wellbeing.
- You can read how the Wellbeing Service is working to [improve your emotional resilience](#).

Remember you can also talk things through with a member of our [Wellbeing Service](#).

Join the Vice Chancellor's Student Leadership Programme

As a second year, you're invited to join the [Vice Chancellor's Student Leadership Programme](#).

You'll meet every Wednesday afternoon in term-time and will work in self-directed teams on a community project, in the UK or overseas. You'll have tutor support and expertise, plus a small budget, but all the practical work will be undertaken by yourselves. Later on, you'll have a chance to showcase your achievements in a final 'Dragons Den'-style presentation.

Apply online

Cyber Security Week

Next week is Cyber Security Week! Come along to one of our events, have fun and learn how to stay safe online:

- [cyber arcade](#) - retro, themed games built for us by UWE Bristol students!
- [escape room](#) - can your team crack the puzzles against the clock?
- [films](#) including Tron: Legacy and Blackhat.
- [cyber survey](#) - £250 worth of Amazon vouchers up for grabs.

Find out what's happening when

Meet the Employers Fair - follow-up

We hope you enjoyed our Meet the Employers Fair yesterday and made the most of having 170 employers under one roof.

Now's the time to act on any connections you made! Send a personalised message to connect on LinkedIn, send off your CV or get started on application forms. If you need any advice our [Careers Toolkit](#) is a great place to start.

If you're still not sure what direction you want to take with your career, don't worry – we're

here to help. Come along to one of our [daily drop-ins](#) to find out how we can support you.

We'll have more opportunities to meet employers over the next few months. Just keep an eye on our events on InfoHub.



Study Abroad in 2017/2018

Did you know that we have over 80 exchange partners in 25 countries worldwide? Would you like to study in Barcelona, Berlin, Stockholm or Hong Kong?

Studying abroad gives you chance to experience life in another part of the world and is proven to enhance career prospects.

Applications are open until 27 January 2017.

Find out where you could study



Be a UWE Bristol Champion

UWE Bristol Champions give us feedback on non-course related matters like campus facilities, our website and support services.

We need Champions from all courses, campuses and levels – and this term we're particularly looking for first year Champions.

The time you spend on these can count towards your UWE Bristol Futures Award.

Register now to be a Champion

In case you missed it...

The next generation of potential lifesavers

[A campaign to train the next generation of potential lifesavers](#) across the west called 'Great Western Heart Starters' is being launched here next week. Medics and students are teaming up with the Great Western Air Ambulance Charity critical care team to deliver Heart Starters CPR training in secondary schools.

Thanks for buying cake to help beat cancer

Our Hospitality Services team would like to thank all those who participated in the campus coffee morning to raise money for [Macmillan Cancer Support](#).

Together we raised over £150 to help provide vital services so that no-one has to face cancer alone.

Quick links

- » [myUWE](#)
- » [Academic advice](#)
- » [Study support](#)
- » [Term dates](#)

Contact us

Information Points

Email: infopoint@uwe.ac.uk

Tel: +44 (0)117 32 85678

[More contact options](#)

Registered address | University of the West of England, Frenchay Campus,
Coldharbour Lane, Bristol BS16 1QY

Copyright 2016 © UWE Bristol

As a student, you will receive emails from the Student Communications Team.
We promise not to overwhelm you and we'll only send you things that are relevant.
You'll get a regular newsletter and some targeted communications.

If you unsubscribe you'll miss important emails. [Contact us](#) if you have any questions.

Dynamic content

Frenchay

Live in Filton? Walk to campus to get a free breakfast!

Do you often find yourself on a cramped bus after a long wait at the bus stop? Would you like to get to campus on time, save money and have a bit of fun instead?

On **Tuesday 18 October** our Feel Good team will be walking to campus from 3 points on Filton Avenue and they're inviting students who live in Filton to join them.

You'll be given a breakfast voucher when you arrive on campus!

[Join the Facebook event](#)

Weekly cooking demos

Do you want to learn how to cook for free? If so, come along to our weekly cooking demonstrations with our Head Chef! You'll get **expert guidance, free tasters and a free step-by-step recipe card** every week.

Every Thursday 17:00-18:00, OneZone, Frenchay Campus. There's no need to book – just turn up!

[View the timetable and recipes](#)

Glenside and Gloucester

You're invited to take part in a mass emergency simulation day

As one of our health care students, you're invited to take part in a simulation exercise for a mass emergency!

It's being hosted by the UK's emergency medical response teams and will be a great opportunity to learn about mass casualty management and to experience life as a patient.

It's booked for **Sunday 11 December** - places are limited so book early if you're interested. Travel and refreshments will be provided.

[Find out more and register online](#)

Gloucester

Alexandra Warehouse Library: equipment and resources

There are 5 brand new laptops and a new scanner which you can use in [Alexandra Warehouse Library](#). There's also a digital magnifier available - useful for reading texts if you have dyslexia or visual stress.

You can also sign up to the free Knowledge Share service run by Gloucestershire Hospitals NHS Trust which will notify you when new items are published in your specified areas of interest.

Just ask the Librarians if you need any help with equipment or resources.

There's now a set of fiction books on loan from Gloucester Public Library which you can borrow if you want a break from your studies.

Staff at the library would like to start a free fiction book swap - so if you have any recommended fiction books you'd like to pass on, please bring them in. In return we hope you'll find one you'd like to take!

Level 2

Join the Vice Chancellor's Student Leadership Programme

As a second year, you're invited to join the [Vice Chancellor's Student Leadership Programme](#).

You'll meet every Wednesday afternoon in term-time and will work in self-directed teams on a community project, in the UK or overseas. You'll have tutor support and expertise, plus a small budget, but all the practical work will be undertaken by yourselves. Later on, you'll have a chance to showcase your achievements in a final 'Dragons Den'-style presentation.

Apply online

EU and overseas:

Language Café

Would you like to meet people interested in learning another language or sharing their own language or culture? Our language café is a chance to do that. There's tea, cake and friendly faces!

The next one is on **Tuesday 25 October** from 17:00-19:00 in the Community Hub, Frenchay Campus. No need to book - just turn up!

If you've signed up to our [Language Exchange](#) this is a great place to meet a new language buddy and get practising! If you would like to hold a language café on a specific language or culture [just let us know](#).

EU:

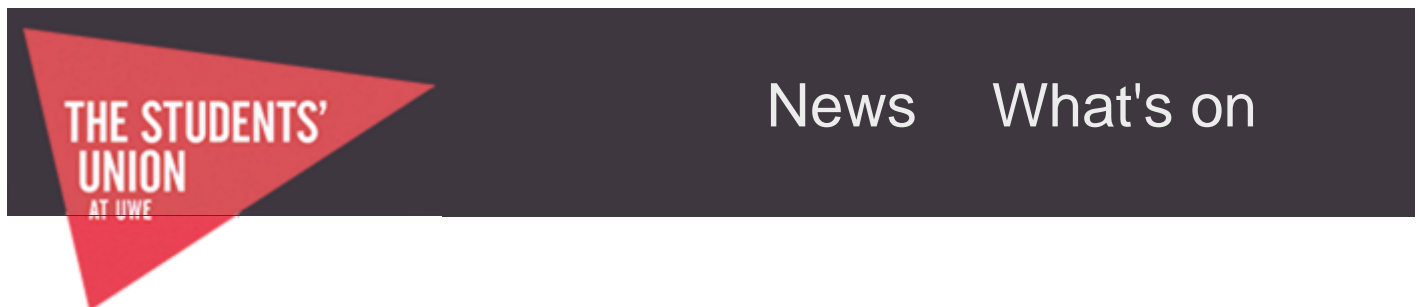
UK government pledges to continue funding support for EU students

The Department for Education has announced that European Union students applying for a place at an English university or further education institution for next year will continue to be eligible for student loans and grants - and will be for the duration of their course - even if the UK exits the EU during that period.

The Department of Education goes on to say that "EU students currently in higher or further education, who are eligible under current rules to receive loans and grants from the Student Loans Company will continue to do so for the courses they are currently enrolled on or about to start this coming year. This includes loans to cover tuition fees (for those resident in the EEA for at least 3 years), loans and maintenance support (for those resident in the UK for at least 3 years or who are EEA migrant workers), and some other grants and allowances."

[Read the full story on gov.uk](#)

Postgraduate



COULD YOU BE THE NEXT PG OFFICER?

The Students' Union are looking for students to stand for postgraduate officer - campaigning for change and ensuring postgraduate taught and postgraduate research students get the best possible experience whilst at UWE Bristol.

All postgraduate taught and postgraduate research students are eligible to stand and to vote in the elections - your representatives should reflect the diverse student population.

It's a voluntary, part-time role. **Applications close on Wednesday 19 October.**

[Find out about the role and apply](#)