

**Please note:** This is a copy of the newsletter sent to students. The formatting is a little different to the email version, due to the content being converted into a PDF. Dynamic content (content specific to Faculty/campus/level etc.) features at the end of this document but for students it's integrated into the body of the newsletter.

Degree Shows, 1TB of data available via the Cloud, May events

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## Mid-May and you're doing great!

So you're halfway through exams (or maybe you've finished them?).

We're sure you know the drill by now but here's a few reminders:

- Check out our [exam workbook](#) to help you master exam basics.
- Exam stress is normal but if you're feeling overwhelmed, The Students' Union are running a range of stress-busting activities via [MOVE](#) and the Feel Good team are out and about with snacks and events to boost your mood - see what they've got planned via [#FeelGoodForExams](#).
- If you missed an assessment or took one when you feel you shouldn't have, check out our [assessment support processes](#) and contact an [Information Point](#).

[Got questions? Contact an Information Point](#)



## Environment and Technology Degree Show

The Environment and Technology Degree Show will take place on **Thursday 6 June** from **17:00 - 21:00**. Come and see what your fellow students have been up to!

[Book your place](#)



## Creative Industries Degree Show

The Degree Show for Art, Design, Film and Journalism is running from **Friday 7-12 June**. There's a private view on the Friday and open access Saturday-Wednesday.

[Book for the private view](#)

## See what our postgraduate creatives have been up to

Postgraduate students from the School of Art and Design and the School of Film and Journalism will be showcasing their work at an informal Postgraduate Discussion Day and you're invited to join in!

**Thursday 23 May, 10:00-14:00 at Arnolfini**

[Timetable for the day](#)

## Resit coursework

If you know that you've not passed all of the coursework for a particular module, you can get started on your resubmission as soon as you're able to - you don't need to wait for your confirmed marks in myUWE.

Resit coursework is available on Blackboard - if it's not showing for a particular module, please contact the module leader and/or an [Information Point](#).

## Upcoming events



**Jada Sezer**  
plus size model and  
body positive advocate



**Harnaam Kaur**  
model and body  
positivity warrior



**Richard Blackwood**  
actor and mental health  
awareness advocate

## Panel discussion: How to stay body positive in the era of social media - and is it possible?

Social media is now an integral part of all of our lives. While social media has transformed the way we communicate and share information, we are only just beginning to understand its impact on our lives.

As part of the UWE Bristol Mental Wealth Lab initiative and Mental Health Awareness Week, we will hear from a panel of social media influencers including Jada Sezer, Harnaam Kaur and Richard Blackwood, who will share their thoughts on whether it's possible to stay body positive in the era of social media.

Join the conversation tomorrow: **Tuesday 14 May, 12:30-13:30 on Frenchay Campus.**

[Find out more and register](#)

## Agents of Change

Agents of Change - making its debut here in Bristol - represents new and emerging voices. Join influencers from different disciplines who are making moves as agents of change to spark inspiration, debate and share best practice.

**Saturday 18 May, 12:30-16:00 at Arnolfini.**

[Book your \(free\) place](#)

## Steve: a documentary to save men from suicide

Suicide is the biggest killer of men under 45. This feature length film, Steve, looks at the epidemic and aims to help other men. This screening, which is part of the University's Mental Wealth Lab, will be introduced by Ben and a UWE Bristol alumni panel.

**Tuesday 21 May, 17:30-21:00 on Frenchay Campus.**

[Book your \(free\) place](#)

## USBs aren't enough - use the Cloud

Each of you has 1TB of free storage data via [the Cloud \(OneDrive\)](#). We strongly recommend you back up your work to it as USBs can easily become corrupted and the work irretrievable.

## Advance notice: IT shutdown

A [full IT shutdown](#) is scheduled from **16:30 on Friday 31 May** until **08:30 on Monday 3 June**. Make sure you download any materials and/or use any specialist software you may need before then!

## A few reminders

### International photo competition

Studied, worked or volunteered abroad?  
[Submit your photos by Thursday 30 May](#)

### Summer volunteering opportunities

Expand your horizons and boost your prospects  
[View the range of options](#)



[News](#)

[What's on](#)

## #UWESAYSRELAX

During the exam season, it's important you take time out for yourself and that you're aware of the support services available to you.

#UWESaysRelax is a campaign we run to provide you with advice during this period. Information includes exams tips, ways to combat stress and what to do if things aren't going as well as you hoped.

Our [Advice Centre](#) is on hand to provide friendly, non-judgemental and confidential advice. They're available between Monday - Friday, 10:00-16:00.

[#UWESaysRelax](#)

## JADE MARSELLA

VP Sports and Health



## FREDDIE GOUGH

VP Societies and Communications



## MOVE DURING THE EXAM SEASON

Research has shown that physical activity boosts production, pumps endorphins and can help with your sleep. With this in mind, the MOVE programme has developed specific classes surrounding relaxation and mindfulness, to help you during the exam season.

Classes include Meditation, Run 5, Self-Defence, Tai-Chi and Qi Gong and Yoga.

## BECOME A MEMBER OF THE RAG COMMITTEE

Do you want to help organise events, gain new skills and become a fundraising hero?

Every year RAG raises tens of thousands of pounds for charity, but we need a team of students to be our driving force. If you join, not only will you gain a host of transferable skills, which will look great on

Check out the [MOVE timetable](#) and get ready to feel seriously relaxed!

your CV, but it's a chance to meet new people and try new things.

To nominate yourself, all you need to do is fill in the application form and [email it in](#).

## Quick links

[myUWE](#)

[Academic advice](#)

[Study support](#)

[Term dates](#)

## Get in touch

Email: [infopoint@uwe.ac.uk](mailto:infopoint@uwe.ac.uk)

Tel: +44 (0)117 32 85678

[More contact options](#)



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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**

#### **Level 3 students**

## Final years - things to do!

[Work through our leavers' checklist](#)

[Register for Graduation](#)

[Consider postgraduate study](#)

[Remember to pay council tax from July](#)

### Gloucester students

## Free reflexology and massage therapy treatments

Luke from the Gloucester Natural Therapy Centre will be delivering a session at Alexandra Warehouse on **Wednesday 29 May**. He's offering Swedish, Sports, Tui Na and Wavestone techniques, as well as reflexology. Places are available on a first come, first served basis.

There are only 7 places available so be quick if you would like to book a treatment!

Check times and reserve your space

### Frenchay students

## #FeelGoodForExams

Look out for our Feel Good team out and about on campus, helping you to 'Feel Good' during exams. Events this week include:

- Tuesday, 09:00 - Banana breakfast giveaway
- Tuesday, 11:00 - Meditation in the Library foyer
- Wednesday, 12:30 - Wellbeing walk (meet outside S block)
- Wednesday, 19:00 - Film night in the Student Centre (Farmhouse)
- Thursday, 11:00 - Meditation in the Library foyer
- Thursday, 12:30-13:30 - Lollies on the lawn (outside the Farmhouse)
- Friday, 12:00-12:30 and 12:30-13:00 - Yoga in Frenchay Library PAL zone
- Friday, 14:00 - Mindfulness colouring in the Octagon
- Friday, 19:00 - Film night in the Student Centre (Farmhouse)

### City campus

## Limited parking due to Ashton Gate gigs

Ashton Gate stadium have a [series of gigs](#) lined up over the next few weeks and we wanted to give you a heads-up so you know that parking will be limited in the surrounding areas those evenings.

The dates are: Wednesday 22 May (Rod Stewart), Tuesday 28 May (Take That), Wednesday 5 June (Muse) and Monday 10 June (Spice Girls).

## Competition: is food the foundation for good health?

The British Holistic Medical Association (BHMA) runs an annual student essay competition open to all medical, nursing and health science undergraduates and this year the theme is food.

Interested in applying? Submit your essay (up to 1500 words) by **Thursday 30 May**.

[Further information](#)