

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.

Looking after yourself, no-detriment approach, online resources

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This is your UWE Bristol.

Hello

So we're in lockdown – who'd have thought this is what 2020 would bring? We hope you're gradually adapting to doing life differently for a period of time. One of our students, Belinda, shares her [tips on how to stay healthy and well during isolation](#).

As this is uncharted territory, it's natural to feel disorientated, anxious or scared. We have a range of wellbeing support available [online, by phone or text](#) and [self-help resources](#).

As well as teaching, our support services have moved online. In this edition, we highlight some of the resources available.

No-detriment approach to the academic year

The University will be taking a 'no-detriment' approach to the 2019/20 academic year.

This means that as long as you qualify to progress or graduate based on the marks obtained this academic year, we will ensure that your final academic year average is the same as, or higher than, the average you attained up to **Wednesday 18 March 2020** (the day teaching moved online).

In practice, this means that any upcoming assessments can lift your average for the year, but you won't get penalised if they take your average down. This doesn't mean you shouldn't continue to work on your assignments and prepare for your exams - take the time to put your learning into action and improve your marks.

Worried about yourself or a friend?

If you have a serious concern about your own or another student's welfare, please contact the **Serious Concerns Line**. It's available 24/7, 365:

07788 725507 (08:30-17:00 Monday-Thursday and 8:30-16:30 Friday)
07814 791212 (outside of these times, including weekends)

If you're self-isolating in University, UNITE or private accommodation and need support, please tell us.

[More about the Serious Concerns Line](#)

IT support and software

[IT Services](#) are available online and by phone.

You're able to [download and install software](#) that we've licensed for your personal devices.

Adobe are offering the full Creative Cloud suite free of charge until the end of May – an amazing offer! Simply visit [Adobe Creative Cloud](#) and sign in with your student email address and password. If prompted, choose 'Company or School Account' rather than 'Personal Account'. Once you're logged in, [browse for and download your desired apps](#).

Check the [Adobe FAQs](#) for more information and online resources to support you in using Creative Cloud.



Watch out for scams

Watch out for scams during this time - especially any asking for money or promising something that seems too good to be true in relation to coronavirus.

Please don't act on any texts or emails unless you were expecting them or the source can be trusted. If you're in any doubt, delete them or forward them to [IT Services](#) to verify.

[BBC article on coronavirus scams](#)

Upskill in lockdown

Try to use the free time you have over the next few weeks to develop yourself and your career.

Why not use lockdown as your chance to learn that new skill you said you'd get round to, brush up on a language ready for a well-deserved break when this is over or advance one of your hobbies? Or perhaps [start a blog](#)?

Our careers team have pulled together some guidance to help you develop your career during this time.

Interview skills

[How to perform well in a virtual interview](#)

[How to perform well in a face-to-face interview](#) (one to bank for the future!)

Job hunting

[Who's hiring?](#)

[Job hunting during a pandemic](#)

Volunteer your time

Even whilst being in lockdown or self-isolation, there are still ways you can volunteer your time - and being productive will boost your overall sense of wellbeing.

Here are a few choice picks:

[Be My Eyes](#)

The Careers and Enterprise team are offering remote appointments via Skype or phone, [bookable via Infohub](#).

Online library resources and study support

Access e-books, databases and journals online and brush up on key study skills with our online study skills workbooks.

Plus [LinkedIn Learning](#) has thousands of online training videos for software, design and business skills.

[What's available](#)

Keep moving during lockdown

We're on lockdown but that doesn't mean we can't keep active.

The Centre for Sport have a number of recommendations:

- Join in with virtual wellbeing walks every Thursday - go walking with others remotely, whilst responsibly sticking to social distancing. More on UWE Bristol Sport Instagram (@uwebristolsport).
- [Free Yoga](#)
- [Free workouts](#)

Questions?

Check our [coronavirus FAQs](#) as these are being updated daily to answer your questions about accommodation, assessments, placements and travel.

The [Information Point](#) are working remotely answering your emails and calls. They're available Monday - Friday between 08:30-17:00 (16:30 on Fridays).

If you'd like a phone appointment with a Student Support Adviser, check [InfoHub](#) for available appointments - keep checking back as appointments are being added daily.



[News](#)

[What's on](#)

THE LEADERSHIP RACE 2020

After an exciting week of campaigning, the votes are in and your new student leaders for 2020/2021 have been announced. Thank you to everyone who voted in The Leadership Race 2020 and to those of you who attended the results night on Friday 6 March.

The elected officers will be taking the lead from July 2020, and we can't wait to see what ideas they have for The Students' Union. We would like to congratulate our new student leaders, and thank everyone who took part in this year's Leadership Race.

[Meet your new leaders](#)

WE'RE HERE FOR YOU!

We know that the last couple of weeks have brought a significant amount of change with you having to adapt to online learning and spending a large amount of time indoors - so it's natural to feel unsettled.

We want you to know that we are still here to support you, provide advice and make sure that you're staying well during this time. Our staff are available via email and our [Advice Centre is still on hand](#) to support you in a range of areas including housing, financial and academic queries.

As ever, we're continuing to work on exciting content for you, which will hopefully bring a smile to your face! For now, we want you to get in touch if you need support, look out for each other and make sure that you are staying well.

OUR TIPS FOR STAYING WELL

More than ever, it's important that you're staying mentally and physically well.

We may all be spending a large part of our days inside, but that doesn't mean that you can't still stay active, have fun, and make the most of the extra time.

Now, you may be thinking "I live with flatmates, I don't have the room, how many things can I do at home?".

Well, we've got creative and have put together a list of activities that you can do alone or with your pals.

From podcasts to home workouts, online classes to setting up a Netflix Party, there is so much that you can do from the comfort of your own home.

[University support](#)

[Our top tips](#)

Quick links

[myUWE](#)

[Academic advice](#)

[Study support](#)

[Term dates](#)

Get in touch

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[More contact options](#)



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As a student you'll 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

Chinese students

Specific support for Chinese students

The Chinese Lantern Project offers specific support to the Chinese community on a range of issues.

[Find out more](#)

Global Student Support are here for you

The Global Student Support team are still here for you.

They're contactable on:

Landlines: +44 (0)117 32 83742 / 83107 / 86195

Mobile: +44 (0)7973 679835 (WhatsApp available)

Together with Library staff, they will be running weekly online events for you focusing on different themes including culture, home study, English language and more.

Every Thursday, 14:00-15:00SD

[Join the session](#)