

Exam Planner

Mon Tues Wed Thur Fri Sat Sun

Useful Resources

Advice and Counselling Service

Tips for managing sleep problems Tuesday 7th & 21st March

Managing academic stress Tuesday 28th February Tuesday 14th & 28th March

Managing deadlines – dealing with procrastination Thursday 9th & 23rd March

Build your confidence Thursday 2nd, 16th & 30th March

The Workshops run 5pm -7pm in Room 214, Graduate Centre, Mile End Campus

*** You must be registered with a Tower Hamlets GP to attend ***

Spaces are limited and on a first come first served basis. No booking required.

www.welfare.qmul.ac.uk/our-services/workshops-and-psycho-educational-groups

Disability and Dyslexia Service

Special Examination Arrangements Drop-in sessions:

Wednesday 8th March: 2pm - 4pm, Bancroft Building 1.01, Mile End Campus

Friday 10th March: 1:30pm - 4pm, Bancroft Building 1.02.3, Mile End Campus

non-SMD SPECIAL EXAM ARRANGEMENTS DEADLINE: Friday 10th March

Tuesday 14th March: 2pm - 4pm. Group study skills session *HSS students only*, By appointment, check the DDS website for full details.

Tuesday 28th March: 2pm - 4pm. Group study skills session *S&E students only*, By appointment, check the DDS website for full details.

www.dds.qmul.ac.uk

Faith at QMUL

St Benet's Chaplaincy weekly activities:

27th February - 31st March, 24th April - 9th June (excluding May bank holidays)

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. A good time to come and enjoy some free food.

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

www.faith.qmul.ac.uk/stbenets/whatson

Learning Development

Every Tuesday & Thursday until 27th April: 1pm - 2pm, drop-in for any writing and study related questions, no appointment needed. Room 2, First Floor Mile End Library

Every Wednesday until 26th April: 12pm - 1pm or 1pm - 2pm, Reading to Writing sessions, no booking required. Room 2, First Floor Mile End Library

Every weekday: Writing & Study Guidance Tutorials - By appointment.

Exam & Revision Skills workshops for HSS 1st year undergraduates:

Tuesday 21st March: 10am - 12pm & 2pm - 4pm. Room 2, First Floor Mile End Library

Thursday 23rd March: 10am - 12pm & 2pm - 4pm. Room 2, First Floor Mile End Library

Enquiries e-mail: studyguidancetutorials@qmul.ac.uk. Check the website for full details.

www.learningdevelopment.qmul.ac.uk/writing-study-guidance

Library Services

Monday 27th February - Friday 2nd June: 24/7 opening at Mile End Library

For Whitechapel Library and West Smithfield Library opening times please visit the library website.

www.library.qmul.ac.uk/using-the-library/opening-hours

Residential Services and Support

Monday 24th April - 9th June: Monday to Friday, 9am - 5pm. Chill Out Zone outside the Curve with deckchairs and garden games.

Every Wednesday from 26th April until 7th June: 11am - 2pm. Themed events focussed on student wellbeing with lots of freebies and fun activities. These will be next to the Chill Out Zone outside the Curve.

Residents will also receive weekly 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.

Students' Union

The launch date of QMSU Study Well - Dates for the diary:

Monday 20th March: Study Well Campaign Launch

Monday 24th April: Study Well Events Launch

Blomeley Rooms open on weekdays as study space from **Monday 24th April - 9th June**

Please check the QMSU website for more information.

www.qmsu.org/studywell

27th February	28th February	1st March	2nd March	3rd March	4th March	5th March
Mile End Library 24/7						
6th March	7th March	8th March	9th March	10th March	11th March	12th March
Start of final medical exam period						
13th March	14th March	15th March	16th March	17th March	18th March	19th March
				End of final medical exam period		
20th March	21st March	22nd March	23rd March	24th March	25th March	26th March
27th March	28th March	29th March	30th March	31st March	1st April	2nd April
				End of Semester 2 Mile End Campus		
3rd April	4th April	5th April	6th April	7th April	8th April	9th April
				End of Term 2 for medical school		
10th April	11th April	12th April	13th April	14th April	15th April	16th April
17th April	18th April	19th April	20th April	21st April	22nd April	23rd April
24th April	25th April	26th April	27th April	28th April	29th April	30th April
Revision week	*Revision week*	*Revision week*	*Revision week*	*Revision week*		
Start of Term 3 for medical school						

Study Well
A full list of QMSU supportive events taking place over the exam period.
www.qmsu.org/studywell

Advice and Counselling Service
If you're having personal or financial issues, the Advice and Counselling Service is available to support you.
www.welfare.qmul.ac.uk

Student Health Service
Ensure you protect your health while studying.
www.studenthealth.qmul.ac.uk

QMUL Personal Safety Guide
Check this guide to ensure you stay safe, especially if you're revising late at night.
www.estates.qmul.ac.uk/docs/14264.pdf

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

Extenuating Circumstances guide
Information on what to do if you can't meet deadlines or take exams.
www.welfare.qmul.ac.uk/documents/leaflets/extcircs/151311.pdf

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.
www.qmul.ac.uk/studentlife/support/contacts

Study and relaxation space
The Students' Union has a number of booking and open rooms where you can study, as well as a selection of spaces you can relax.
www.qmsu.org/studywell

Faith at QMUL & QMSU
QMUL and QMSU 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 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

Notes

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Top Tips

 **Faith at QMUL**
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Friday 2nd June: End of 24/7 opening at Mile End Library.
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www.library.qmul.ac.uk/using-the-library/opening-hours

 **Residential Services and Support**
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 **Students' Union**
Friday 9th June: End of Blomeley Rooms as study space.
www.qmsu.org/studywell

Notes

1st May <i>*Bank holiday*</i>	2nd May <i>*Start of exam period Mile End Campus*</i>	3rd May ◇ 🏠	4th May	5th May ◇	6th May	7th May
8th May ◇	9th May	10th May ◇ 🏠	11th May	12th May ◇	13th May	14th May
15th May ◇	16th May	17th May ◇ 🏠	18th May	19th May ◇	20th May	21st May
22nd May ◇	23rd May	24th May ◇ 🏠	25th May	26th May ◇	27th May	28th May
29th May <i>*Bank holiday*</i>	30th May <i>*Start of main exam period for medical school*</i>	31st May ◇ 🏠	1st June	2nd June <i>*Mile End Library 24/7 ENDS*</i> ◇ 📖	3rd June	4th June
5th June ◇	6th June	7th June ◇ 🏠	8th June	9th June <i>*End of exam period Mile End Campus*</i> ◇ 🏠 ★	10th June	11th June

Study Well
 Check www.studenthealth.qmul.ac.uk/study-well for tips and guides to help you remain well during the exam season.

Be kind to your mind
 The new campaign by the Students' Union is there to remind you that your mind is your most important resource. Download the self-care guide for lots of tips for positive mental wellbeing.
www.qmsu.org/studywell

Need to interrupt your studies?
 Practical and financial advice about how this might affect you.
www.welfare.qmul.ac.uk/study/thinking-leaving

Find it! Use it! Reference it!
 Make sure you know how to find the information you need, how to use it effectively in your work, and how to reference the information you've found.
 Access the QMplus module here: www.delivr.com/2u5mr

Feeling stressed?
 The welfare website contains lots of valuable information about maintaining emotional wellbeing and managing exam-related anxiety. You can also contact the Advice and Counselling Service for help and advice.
www.welfare.qmul.ac.uk/study

Useful information about exams
www.arcs.qmul.ac.uk/students/exams contains lots of resources about exams including exam venues, FAQs and regulations.

Need to relax?
 Take a break and de-stress in the Chill Out Zones in the Students' Union Hub and outside the Curve.
 St Benet's Chaplaincy offers fun and free activities and a relaxing Lounge for people of all faiths to help you unwind between revision.
 There are a number of reflection spaces and prayer rooms available for you to use. Check the Faith at QMUL website for more information.
www.faith.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. For the most up-to-date information, please refer to the website www.studenthealth.qmul.ac.uk/study-well

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