

THE MENTOR TIMES

FIRST EDITION

Welcome to YOUR Students' Union

WELCOME TO THE UNIVERSITY OF BIRMINGHAM!

HIGHLIGHTS FROM THIS TERMS ISSUE:

Intro to the Student Mentor Scheme

Meet your Student Mentors and find out what we can do for you on **pages 2 & 3**

Support Week

Turn to **page 6** to see our fun week of wellbeing events and information to help you get the best from your university experience

How to be a Fabulous Flatmate

For tips on shared living and how to be a great housemate turn to **page 10**



UNIVERSITY OF BIRMINGHAM

THE STUDENT MENTOR SCHEME - NO PROBLEM TOO BIG, NO PROBLEM TOO SMALL

AN INTRODUCTION TO

THE STUDENT MENTORS

We're your Student Mentor Scheme Team, here to offer you advice, help & support whilst you live in university accommodation.

All 14 of us are current students at the University of Birmingham, so we know what living in halls and studying here is really like!

We're trained to provide free, peer to peer information, guidance and support to students just like you in a range of areas including:

- Advice on student life, settling into university, homesickness, personal difficulties and your general wellbeing
- Getting on with your flatmates, flat disputes, accommodation and living with others
- Exam stress, extenuating circumstances, transitioning into studying at university and other academic queries
- Budgeting, finding part time work and other finance related questions
- Advice on moving into the community (e.g. Selly Oak), looking for housing and finding housemates

We are always here for a chat, to try and help you resolve any concerns, or if you just need a listening ear!



GET IN TOUCH!



Visit our office, located next to the Duck & Scholar in the Vale Hub or get in touch using the details below.

Our office is open 4-8pm, term time weekdays, for all students living in any university halls of residence.

Drop in to see us - no appointment necessary!



mentorwelfare@guild.bham.ac.uk



0121 415 8568



guildofstudents.com/studentmentors



[studentmentors](https://www.instagram.com/studentmentors)



[studentmentorscheme](https://www.facebook.com/studentmentorscheme)

YOUR MENTORS

MEET THE MENTOR TEAM!



Name **Alice** Year **3rd**
Course **Education & Sociology**
Interests **Running, Volunteering with Rainbows (Girl Guides), Reality TV Shows**



Name **Amy** Year **2nd**
Course **Psychology**
Interests **Dancing, Musical Theatre, Musicals, Indie Music, Gigs, Festivals, Clubbing, Gym**



Name **Dani** Year **2nd**
Course **Geography**
Interests **Napping, Gymnastics, Hanging out with friends**



Name **Gabbie** Year **3rd**
Course **English Literature**
Interests **Writing, Reading, Gin, Music, Time with Family & Friends**



Name **Genevieve** Year **4th**
Course **American & Canadian Studies**
Interests **Travelling, Trying New Foods, Jewellery Design**



Name **Issy** Year **3rd**
Course **English**
Interests **Gin, Napping, Harry Potter, Bears, Fluffy Things, Animals, Pole Fitness**



Name **Kathryn** Year **3rd**
Course **English & Drama (language pathway)**
Interests **Friendly catch-ups, Instagram, Volunteering, Nature & DIY, Astrology, Swimming, Yoga & Friends**



Name **Lottie** Year **3rd**
Course **Philosophy**
Interests **Gin, Netflix, Existential philosophy**



Name **Nathan** Year **2nd**
Course **Economics**
Interests **Sport, Cycling, Running, Music**



Name **Nina** Year **3rd**
Course **Psychology**
Interests **Music, Netflix, Going out, Meeting new people, Eating, Sleeping**



Name **Samantha** Year **2nd**
Course **English**
Interests **Reading, Writing creatively, Netflix, Going out, Meeting new people**



Name **Sophia** Year **3rd**
Course **English & Drama**
Interests **TV Show 'Friends', Drinking Tea & Chatting, Cats, Walking and being in nature, Volunteering with children, Listening to ABBA**



Name **Tom** Year **2nd**
Course **Modern Languages**
Interests **Exploring new places, Listening to music, Walking my dog!**



Name **Yasmin** Year **2nd**
Course **Law**
Interests **Tennis, Gym, Time with Family & Friends**

START OF A NEW TERM

WELCOME! ...AND A BIG



Welcome to the Mentor Times – our termly newspaper aimed at providing you with helpful information, advice and support from your fellow peers.

As you might have found out from pages 2&3, we're also students at UoB, so we know what those first few weeks are like!

Congratulations on making it this far. It's hard to believe that you've completed your first couple of weeks as a student already. Remember, if there's anything you haven't had chance to do yet – such as, join a team or go to an event, it's not too late. There's still plenty of time to get stuck in.

As Welcome Week becomes a blur (if it isn't already) and the academic study sets in, we hope you continue to enjoy the rest of the term. If you need us, remember you can talk to us!

Student Mentors x



MAKING THE UNIVERSITY TRANSITION

Written by Yasmin

Making that transition from home to University life can be one of the most daunting experiences. At the same time, it can also feel like one of the most exciting parts of your life – a fresh start!

Waking up on the first morning after moving in is confusing – it feels similar to waking up from a 5-hour nap that you told yourself would only be half an hour! Hopefully you are starting to get used to living at University, but here are a few tips to help you as the transition continues.



Friends

When it comes to making friends, remember that not everyone makes their best friends in the first week, or even the first year, of university! Friendships take time to emerge and develop – it is perfectly normal to feel lonely during first (or any!) year.

It's always a good idea to try and join societies or clubs outside of your course to broaden your friendship group beyond your course mates and the people that you live with.



Course

It is very normal to not immediately adapt to the academic demands of your course. You certainly don't need to feel disheartened if your first graded assignment isn't the mark that you would have hoped for. There is plenty of time to learn from your mistakes: that's the whole point of first year!



Self-care

While you are adjusting to university life, try and focus on maintaining the right balance between your work and social life. It is really important to leave time for yourself to do something that you enjoy: go to the gym; listen to your favourite music; go out for a walk; whatever helps you to relax!

It is very common to feel overwhelmed when starting university and this feeling can take a while to wear off – keeping an hour or so to yourself each day can help you to adjust quicker.

Make sure you also protect your physical health during Term 1- try to allow yourself enough rest in order to function properly the next day!

Finally, the most important thing to keep in mind is that no two people have the same university experience and everybody's transitions will be different. If you have any concerns or worries about settling in to university, why don't you drop in to the Student Mentor Scheme office for a chat?

WHAT'S HAPPENING

COMING UP IN TERM 1



For fun events all year round your Guild of Students is a great place to start. From the legendary club night - Fab N Fresh, student group activities or discounted food & drink in Joes Bar there's always something to look forward to. Visit the events section on the website guildofstudents.com



Global Buddies

SUPPORT FOR INTERNATIONAL STUDENTS

Our Global Buddies are a team of volunteers who provide peer support for any student who is struggling to settle in, or needs extra advice or help making friends on campus.

Global Buddies will be running a series of regular and one-off events throughout the year where volunteers will be present and able to offer support to those attending. These events include 'Global Café', 'Global Give it a Go', 'Pizza and Fireworks' and the 'One World Festival'.

For more information, please follow the Facebook page:

[@UoBGlobalBuddies](https://www.facebook.com/UoBGlobalBuddies)

or email:

globalbuddies@guild.bham.ac.uk

Turn to page 6 to find out about Support Week

HALL Reps

Find out what else is going on this term by visiting guildofstudents.com or check out events hosted by your Hall Reps!

Hall Reps organise a variety of activities and events, support and represent you, but most importantly make sure you have the best experience whilst living in accommodation.

Your hall has a dedicated Hall Rep arranging fantastic events and activities for you!

See what they have coming up by following them on

[@guildhallreps](https://www.facebook.com/guildhallreps)
hallreps@guild.bham.ac.uk
 0121 415 8949.

Logos for: Aikken, Bournbrook, Chamberlain, Elgar Court, Liberty Court, Liberty Gardens, Liberty Park, Jarratt Hall, Maple Bank, Mason, Metalworks, Pittsbury Hall, Shackleton, Tennis Court.

Your Students' Union University of Birmingham [guildofstudents](http://guildofstudents.com)

PRESENTS **Vale Fireworks**

THURSDAY 7th NOVEMBER

AT THE VALE VILLAGE:
 Funfair from 7pm / Entertainment from 7.30pm
 Fireworks from 9pm

FREE ENTRY!

THIS WEEK IS...

SUPPORT WEEK

A fun week of wellbeing events and information to help you get the best from your university experience! For a full list of events visit [guildofstudents.com](https://www.guildofstudents.com)

BOOST YOUR WELLBEING

STARTING WITH

FREE ICE-CREAM!

WEDNESDAY 9TH OCTOBER

LISTEN OUT FOR THE ICE-CREAM VAN JINGLE AT YOUR HALLS!

UNITE BATTERY PARK - 12:00PM
HOST - 12:30PM
(FOR ALL SELLY OAK SITES)
LIBERTY COURT - 1:15PM
LIBERTY GARDENS - 2:00PM
CHAMBERLAIN - 2:30PM
MASON - 3:00PM
PRITCHATTS PARK - 3:30PM

Student
Mentor
Scheme
Advice
& Guidance

QUIZ NIGHT

WIN
£100!

Think you've got what it takes?
Join the biggest battle of the brains and be in with a chance of winning £100.
FREE entry.
Brooks Bar, Bournbrook Pavilion.
Monday 7th October, 7pm - late.

Feel Good Thursday!

Shop in the stunning vintage clothing van, enjoy music, free food and drink, craft activities and more to highlight World Mental Health Day.
Duck & Scholar (The Vale).
Thursday 10th October, 5pm - 8pm.

Drop Ins

Drop in to chat to a Mentor between 4pm & 8pm. Drop in with your queries, questions, concerns or just a chat with a fellow student.
All weekdays - Mentor Office, Shackleton - The Vale.
Thursdays - Community Hub, Bournbrook Pavillion (perfect if you live in Selly Oak!).

Student
Mentor
Scheme
Advice
& Guidance

EXERCISE CLASSES

FREE

In partnership with UoB sport, we'll be bringing free exercise classes to accommodation. Classes are available on a first come first served basis - visit [guildofstudents.com](https://www.guildofstudents.com) to check out what's available.

SUPPORT FAIR

Meet your friendly wellbeing societies and support services - on hand to talk to you about the support available at UoB.
Guild of Students
Tuesday 8th October, 11am - 3pm.

tea & talk

Join your Guild Support Services for tea and cake!
The Underground (Guild of Students)
Thursday 10th October, 11am - 3pm.

Snack & Chat

Join us for a speed friending style event to help you meet like-minded students in a relaxed environment. Come along and try something new!
Leo's Lounge (Pritchatts Park)
Tuesday 8th October, 6pm - 8pm.

FREE FRUIT

We all know your 5 a day are important but it's not always easy to keep it up! To help you out grab some free fruit from your accommodation receptions on...
Friday 11th October.

SUPPORT & GUIDANCE

GUILD ADVICE

Guild Advice is a free, impartial and confidential advice service for students at UoB.

Our Education and Welfare Advisors specialise in: Academic, Housing, Finance, International Support and Wellbeing advice.

We're always on hand if you need someone to talk to - just visit us on the Ground Floor of the Guild of Students or send us an email!

Get in touch

Opening hours: 11am - 3pm

Drop in to speak to an Advisor:

12pm - 2pm

✉ guildadvice@guild.bham.ac.uk

🌐 guildofstudents.com/guildadvice

☎ 0121 415 8965

📘 [facebook.com/guildadvice](https://www.facebook.com/guildadvice)



STUDENT WELLBEING SERVICE

Search 'Your Wellbeing' on the UoB intranet for everything you need to know to help take care of your mental and physical wellbeing.

HELPING YOU SETTLE INTO UNIVERSITY LIFE



DEALING WITH HOMESICKNESS

Written by Sam

For a lot of students, moving to university is their first experience of living away from home. It's therefore natural to feel homesick - we all know what it feels like to miss home, especially the dog! Here are a few things to remember:

Don't spend too much time in your room

At university, it's very easy to lock yourself away when you're not feeling your best, but this won't help you to settle in. Instead, leave your room and try to keep yourself busy to avoid making yourself feel worse.

Make friends!

Spend time with your flatmates, make plans with course mates or join one of 250 societies UoB has to offer. Before long, you'll have made a family away from home!

Get to know your new home

Moving to a new city can be daunting at first. Don't worry; there are lots of initiatives to help you to get to know your new home. The University hosts guided tours around Birmingham City Centre, as well as activities on campus. Also, make sure to look out for Student Mentor Scheme and Hall Rep events in your accommodation site that will help you to settle in and get used to your new surroundings.

Bring home comforts

Whether it's a favourite lamp or poster, make sure to bring whatever you need to make your room in accommodation

feel more homely! Printing out photos for your pin board is another great way to make your University room feel more lived in.



Keep in contact with family and friends from home

Make sure to ring your family and friends from home to let them know how you're getting on. Keeping in contact is a helpful reminder that your loved ones are still a big part of your life and will still be there when you go home for the holidays!

You're not the only one!

You won't ever be the only person missing home! University can be hard to adjust to at first so if you're feeling down, don't bottle it all up. Discuss your feelings with a friend, flatmate or pop down to the Student Mentor Office - we've all felt the same at some point and are always up for a chat!

JOIN A STUDENT GROUP



There are over 300 incredible groups at the Guild of Students, and if you haven't joined one already - it's not too late!

Whether you're interested in activities and games, academic assistance, campaigning, volunteering, food & drink, there's bound to be something that will appeal to you.

You might just find the thing - or the people - that define your time at University or even transform your life!

- ☎ 0121 415 8950
- ✉ studentgroups@guild.bham.ac.uk
- 🐦 @Guild_Groups
- 📷 @Guild_Groups
- 📘 [facebook.com/GuildStudentGroups](https://www.facebook.com/GuildStudentGroups)

Take a minute to relax with

BOX BREATHING

A technique by Student Minds



This helps you relax by making your heart rate return to normal.

1. Inhale for 4 seconds
2. Hold your breath for 4 seconds
3. Exhale slowly for 4 seconds
4. Pause for 4 seconds and repeat

Repeat this as many times as you can to feel more relaxed and in control.



Written by Amy

CHALLENGING ASSUMPTIONS: FIRST YEAR AT UNIVERSITY

Assumption: University life will be perfect and everything is going to fall into place straight away.

Reality: University life is going to be different and new, which will likely be scary at the start, but can be exciting in the long-run.

Assumption: Everyone will have made all their friends by the end of Welcome Week.

Reality: It is never too late to speak to someone new (and the majority of the time they are waiting for you to speak to them first!).

Assumption: Everyone at University loves going out clubbing and drinking heavily.

Reality: Many people don't! There are plenty of sober socials and other ways people like to socialise.

Assumption: My interests are too different or unique.

Reality: University caters for everyone - however niche your interest may be. There are plenty of societies, groups and volunteer opportunities on offer for you to join. It is also never too late to try something new!

Assumption: I will always feel happy and excited when I first move to University.

Reality: Moving away from home - especially to a big city - can be an overwhelming experience and it may take you a while to find your feet.

Assumption: I am going to join societies, keep completely on top of my studies, work a part-time job, socialise loads etc etc.

Reality: You don't need to do every possible activity to feel like you are participating fully in University life - University is all about finding balance in your independence. Ease yourself in gently and don't put pressure on yourself to achieve everything straight away.

Assumption: My problem/worry is too small.

Reality: No problem is too small to talk about! The University has many different services that you can access support and advice from - the Student Mentor Scheme, Mental Health & Wellbeing services and your personal tutor are all at hand to help you with any worry or concern (no matter how small).

Overall, try not to assume anything about University life or compare your own experience to anyone else's. Embrace each opportunity which presents itself. Get involved and expect that you may feel a range of emotions throughout your time here. As you experience new things and learn about yourself, remind yourself why you're here, how far you've come and that for so many people, University is an experience they will never forget!

YOU AND YOUR FLAT MATES

A GUIDE TO SHARED LIVING



Make your first year great: the Mentor guide to being a fabulous flatmate!

Written by Gabbie & Sophia

One of the most difficult things about coming to university is the daunting prospect of living with other people.

I remember being so terrified the night of my first stay in my ten-person flat at Oakley Court that I struggled to even go out of my room and cook in the kitchen with everyone else. But that nervousness is pretty universal, and one thing that you'll definitely have in common with your new flatmates straightaway. Everyone is equally nervous and eager to impress, so it's something you can take a little bit of reassurance in.

But once those butterflies have worn off, and they will more quickly than you think, what should you do to ensure that your student accommodation is a happy place to live? Because what makes shared living work is the small details. The home habits and ways of living you're so used to may come into opposition with a flatmate who has always done things completely differently! And opposite doesn't mean wrong, it is often just different, and the absolute best way to approach these differences in living is with patience and an open mind.

Here are a few things you can do to be a fabulous flatmate!



Be friendly

- Smile and say hello to your flatmates whenever you see them.
- Don't be afraid to start a conversation – ask them how they are finding University so far!
- Get all of the flat involved in a fun activity e.g. cooking a meal together.



Respect each other

- Keep noise to a minimum between 11pm-8am.
- Consult your flatmates before inviting guests over.
- Don't hog the communal areas with your guests.



Establish shared responsibility

- Share the responsibilities of the flat e.g. taking the bins out.
- Create cleaning/bin rotas and flat rules early – our handy Flat Agreement can help you with this!
- Discuss if you're going to share any meals – such as cooking together once a week.



Keep communal areas clean

- Do your bit to keep communal areas tidy.
- Do your own washing up – don't assume someone else will clean up your mess.
- Organise weekly 'big' cleans where every flatmate has a job. Cleaning is much more fun if you do it together and to some music!



Respect belongings

- Don't take other people's items from the fridge or cupboards without checking with them first.
- Discuss whether you'd like to share items e.g. pots and pans.



Support each other

- Look out for each other!
- Remind your flatmates that you are there for them.
- Make each other aware of support available at the University, such as the Student Mentor Office or Guild of Students.



Communicate & avoid being passive aggressive!

- Avoid the post-it notes that might cause unintentional conflict.
- Polite chats face to face about issues work much better.
- Create a group chat so everyone's in the loop.
- Ask your Student Mentors to refresh the Flat Agreement if you're worried about confronting flat issues.

HOW TO BE SAVVY WITH...



YOUR MONEY!

DANI'S TOP MONEY TIPS



Vouchers, Discounts & Loyalty Cards

Use them. Student discounts, loyalty points and vouchers are your best friends!



Get kitchen savvy

Freeze food so it doesn't go off, or you could make a smoothie or soup with fresh food that's close to going off.

Travel on the cheap

Look into coaches instead of trains to travel home, they're often cheaper and it's best to book in advance if you can.



Share taxis

After a night out it's cheaper and safer to split taxis or catch the bus into town from just £1.

Buy own brands

It's often the same product in cheaper packaging. Aldi in Selly Oak has lots of good deals!



TV LICENSING

Know your rights

Check if you need a TV licence – you don't need one if you only watch Netflix or similar services. Do your research though, the licence is cheaper than a hefty fine!

Make a shopping list

Do a big shop as a flat if you can. It'll help you cook food in bulk and go much further.



Don't shop whilst hungry

Our eyes are often bigger than our bellies! You'll buy more food and probably not the healthy stuff either.

Pizza

Stock up on £1 Domino's pizza deals for when you return from a night out or a long day at the library



We can help...speak to us!

Budget

Make a budget with different categories – Mentors can help you with this!

Split Essentials

Team up with flatmates for essentials like washing up liquid and toilet roll – often bulk buying is a lot cheaper.



Getting your FIVE a day

We all know that eating your 5 a day is good for you (it also helps you stay focused on assignments too). But sometimes fruit & veg can seem a little extortionate; here are some tips for an affordable 5 a day!

- Go for items that are in season, they are normally cheaper
- Swap chocolate for a banana – they are full of energy & vitamins and cost a whole lot less
- Don't worry if your fruit or veg is starting to go out of date – you can use them to make a smoothie, stew or pasta sauce!
- When you're shopping look out for yellow 'reduced' stickers!



Would you like more practical advice & guidance on managing your money & getting into good habits?

Send us an email or pop into the office! We can help you find ways to budget and be savvy with your money!

See our contact details on **page 2**.

KEEP AN EYE OUT FOR...

HOUSING INFORMATION

Don't worry – you really do not need to be thinking about housing for next year this early in term!

But we know that choosing where to live and who to live with whilst at University are big and important decisions, so we thought we'd let you know about the house hunting information that will be made available to you during Term 1.



Looking for a new home. It is important that you have all of the information you need to make an informed decision before you start house hunting. During Term 1, you will get a copy of the Looking For A New Home booklet (left), which is packed full of useful information for your house hunt.

There will also be a Housing Information Fair where you can speak to all of the Guild, University and community organisations who can help you with your house hunt and moving into the community in general.

Look out for the Rent Right logo (and a few other surprises) as Term 1 continues...



Did somebody say waffles???

Over the course of Housing Week, the Student Mentors will be visiting accommodation sites with important housing information and super tasty (and **FREE!**) waffles. Come and find us for a chat about housing and a bite to eat!



Housemate Finder Events

During Term 1 and Term 2, the Student Mentor Scheme will be running Housemate Finder Events. These will give you the opportunity to meet like-minded people in a fun and relaxed atmosphere – people who could be your new housemate!

To find out more about these events as term continues, and everything else to do with Housing Week, like the Student Mentor Facebook page!

 [facebook.com/Student Mentor Scheme](https://www.facebook.com/StudentMentorScheme)

HOUSING DECISIONS...

BUT MAKE SURE THAT YOU DON'T RUSH!



When it comes to house hunting it is important that you Rent Right but at this stage the most important thing is that you DON'T RUSH any housing decisions.

It is still so early in Term 1 and you need to spend time settling into university life, getting to know your new friends and learning more about Birmingham as a city before you make any housing decisions.

HOUSE HUNTING IN SELLY OAK AND BEYOND: MYTH VS. FACT

MYTH	FACT
There aren't enough properties in areas surrounding the University to house all students.	There are MORE houses than students in the local area.
All the good or affordable properties will be gone unless I rush my house hunt.	Good and affordable properties are available to rent all year round – your Welfare & Community Officer Millie sorted out her current house in March and she doesn't have any complaints about it!
I have to rush my house search to make sure that I can live close to the University.	You don't – new houses are released onto the market all the time! Don't ever let landlords or other students pressure you into making decisions that you aren't ready to make or 100% happy with.
All student houses are in poor condition.	This definitely is not true. Never accept a house that is in bad condition just because you want to secure a house quickly.
I have to sign my tenancy agreement as soon as it is given to me.	It is allowed and very common for you to take your tenancy agreement away for 24 hours before signing it. Make sure you visit Living or Guild Advice to have your contract checked over!

Try not to panic if you hear of other people who have started housing hunting much earlier than you have planned. The idea that all of the best houses will get snapped up is one encouraged by landlords and letting agents – but it is simply not accurate!

Only start house hunting when you know who you want to live with and what kind of properties you are looking for – **there really is no need to rush!**

LIVING YOUR BEST...



ACADEMIC LIFE!

Written by Kathryn

A FEW POINTERS FOR INDEPENDENT STUDY

Everyone has a different way of learning that works best for them - if you don't know what yours is yet, now's the time to experiment and figure it out. Here are a few pointers to help:

Stay organised

Rather than having dates looming in the back of your mind, keep a planner and fill in your assignment deadlines and exam dates. Why not have separate study planners to your everyday diary? Remember to balance work and leisure activities - colour coding events not only highlight this, but also help with the aesthetic!

Find a note-taking style that suits you

Your notes are supposed to help you learn and refer to later in the academic year. It's important that they make sense when you return to them.

You may find it difficult to write everything in the lecture - the most important bits and pieces should be noted; you definitely don't want to be left with an incomplete sentence or statistic you can't link to anything else - so experiment with a few different note-taking styles.

Not sure where to start?

Have a look at the 'Outline' (top diagram), 'Cornell' (above diagram) or 'Mapping' methods.

Don't forget about the reading and preparation

Read, read, and read some more - especially on topics in your course that spark a particular interest! It forms the background for anything and everything you'll go through in your contact hours.



The Outline Method

- This is a main topic
 - This is a sub topic
 - This is a thought or supporting fact

Overcome unhealthy procrastination

Nearly everybody procrastinates - it's one of the most challenging aspects of studying. By the time we recognise we're indulging in unrelated activities to avoid doing work, it's often too late.

It may take a quick reminder for you to shut down any other distractions. Procrastination-busting apps and websites come in handy, like 'Procrastor', 'Habitica', 'Freedom' and 'Moment'.

Although some means of procrastination are healthy and entirely necessary to maintaining a good working environment, like drinking lots of water, others can be unproductive to the task at hand.

Prioritise!

Does the kitchen really need cleaning now? Should you be spending more time on the punctuation of your essay before you complete the first draft? Before you go and make yourself the fourth cup of tea that you've had in the last two hours of studying, should you finish your notes on those lecture slides?

Take a break

Find some time to do something you enjoy, away from your work, at the end of the day. It's unlikely that cramming loads of information over a short period of time is going to help you remember it.

Don't forget University is supposed to be fun, so enjoy it!

ACADEMIC SKILLS CENTRE

UNIVERSITY OF BIRMINGHAM

The Academic Skills Centre provide a range of services to help you tackle your academic work including;

- One-to-one appointments
- Peer assisted study sessions
- Subject guides

Search **Academic Skills Centre** on the UoB intranet.

asc@contacts.bham.ac.uk



TIME TO...

RELAX & COOK

Take a break with our fun puzzles. When you're finished, impress your flatmates with a delicious stir-fry and plan a trip to one of the places in the wordsearch.

SUDOKU

Nutty numbers!

6			4	8	5		
	4	5			2	3	
	3			6	1		8
3		4	8		9		
			1	9			
		2		3	7		1
1		7	3			2	
	5	8			6	1	
		3	5	1			7

WORDSEARCH

Have you visited any of these places yet?

M	W	K	Q	A	E	S	A	J	Y	Y	C	E	L	K
R	E	W	O	T	D	A	E	H	R	I	U	M	S	C
G	O	R	I	O	K	Y	S	A	H	N	L	M	S	G
H	J	V	M	N	R	J	R	T	R	G	N	U	D	B
L	D	Z	A	A	T	B	N	U	O	M	U	V	G	E
U	L	K	A	K	I	E	N	R	J	N	B	F	H	W
M	O	A	G	L	N	D	R	R	O	R	W	U	A	L
A	R	O	H	I	T	X	S	B	U	F	Y	E	R	W
F	N	S	L	T	R	D	H	Q	O	O	W	Z	B	G
W	P	E	N	M	A	O	Y	I	U	U	B	T	O	B
T	O	H	G	R	E	E	N	H	E	A	R	T	R	J
B	X	T	B	U	L	L	R	I	N	G	R	N	N	Z
S	R	K	R	I	I	A	D	G	K	B	B	E	E	O
J	B	E	X	R	N	L	S	T	X	A	V	H	W	E
N	Z	Q	N	M	A	A	D	X	X	F	Y	W	V	B

THAI SATAY STIR-FRY

Long day of lectures? This is the perfect quick meal: one pan, and just a fork to eat!

Ingredients (for 4 people)

- 3 tbsp crunchy peanut butter
- 3 tbsp sweet chilli sauce
- 2 tbsp soy sauce
- 300g pack straight-to-wok noodles
- 1 tbsp oil
- Thumb-sized piece of fresh root ginger, peeled and grated
- 300g pack stir-fry vegetables
- Handful of basil leaves
- 25g roasted peanuts, roughly chopped

Method

Mix the peanut butter, chilli sauce, soy sauce and 100ml water to make a smooth satay sauce.

Put the noodles in a bowl and pour boiling water over them. Stir gently to separate, then drain thoroughly.

Heat the oil in a wok, then stir-fry the ginger and harder pieces of veg from the stir-fry mix, such as peppers, for 2 mins. Add the noodles and rest of the veg, then stir-fry over a high heat for 1-2 mins until the veg are just cooked.

Push the veg to one side of the pan, then pour the satay sauce into the other side, tilting the pan. Bring to the boil.

Mix the sauce with the stir-fry, then sprinkle over the basil leaves and peanuts to serve.

Enjoy!



ALDI
BULLRING
GUILD
MERMAID SQUARE
THE SOAK

ASTON WEBB
GREAT HALL
HARBORNE
MUIRHEAD TOWER
WINTERBOURNE

BOURNBROOK
GREEN HEART
LIBRARY
OLD JOE
YAKINORI

JOKER! Are you having a laugh? Have a joke on us!

What's a lecturer's favourite nation?

Expla-nation!

Why did the student study on an airplane?

Because they wanted to get a higher education!

Why was the broom late for their lecture? Because they 'overswept'.

What did the buffalo say to his son when he left for university? Bison.

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