

My student life essentials: December

-  Keep an eye out for your January exam timetable later this month.
-  Feeling overwhelmed? Take a look at the **NHS self-help guides** and **Big White Wall** guided support courses to help look after yourself.
-  Contact your lecturers and other academic contacts to find out when they will be responding to questions over the Christmas period.
-  December can be an expensive month - download your **UoM exclusive student discounts here!**
-  Graduating this winter? You can find lots of **helpful information about UoM winter graduation here.**

This month's way to wellbeing is: **give**
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