

Self-care and study

Enjoy a range of free wellbeing activities throughout 13th - 24th January in the Main Library.

Kit-Kat Chit Chat

Take a break in the Wellbeing Space on the ground floor with a free snack. 2-4 pm every Monday throughout the exam period.

Muse headband sessions

Try the latest in meditation technology with these brainwave sensing handbands. 11 am - 1 pm every Tuesday and Thursday throughout the exams.

Wellbeing space activities

Relax in the comfortable Student Wellbeing space on the ground floor with mindfulness colouring and our Take Notice tree. Also pick up a free exam season wellbeing planner to take home.

For more exam season tips visit bit.ly/UoMexamsupport

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