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MANCHESTER
1824
The University of Manchester

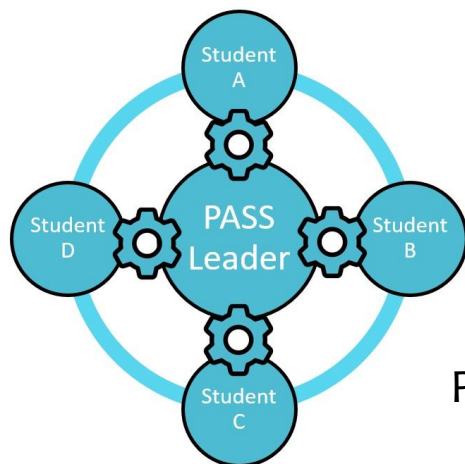


School of Biological Sciences

PASS



Produced by School of Biological Sciences PASS Co-ordinators
in association with PwC.



PASS

PEER ASSISTED STUDY SESSIONS

This guide has been written by your PASS Student Coordinators and aims to give you a head start in adjusting to first year student life in the School of Biological Sciences (SBS).

PASS is a peer support scheme whereby Yr1 students come together to study under the guidance of higher year students - PASS leaders and PASS advisors - who provide pastoral and academic support. For academic support, weekly unit-specific PASS workshops will be run by PASS leaders who will propose collaborative activities to check your understanding, and help you catch up or revise with peers. For pastoral support, your tutorial group (~10 students) will be assigned to a PASS advisor, who will provide timely PASS advice sessions on student life, university expectations, study skills and more. They will also set up a chat group with you, so that you can support each other daily.

PASS is there to help you settle in at University, make friends and improve your understanding of the course content. During workshops, PASS leaders will facilitate sessions (not teach). Facilitation involves PASS leaders providing activities to help steer discussion and guide students towards understanding a particular topic - they keep the cogs turning to allow students to benefit from each other's strengths, like the diagram above shows. PASS leaders are not there to provide answers to assignments or past paper questions, they're there to use their experience to help you to find the answer with your peers and become independent learners. That means you're more likely to remember it and be successful in exams in Yr1 and beyond.

You'll have a chance to meet your student coordinators and PASS leaders during September when they'll explain more about PASS.

This guide provides advice and helpful tips about student life in Manchester to help you settle in come September. We hope you find it useful and look forward to seeing you soon!

*Leaders are
enthusiastic and
helpful*

Sessions are relaxed and
informal

**PASS is a massive help with
my first year studies**

Leaders always have
a positive attitude

*Leaders are approachable
and friendly*

Leaders help us
find ways
to get to the
answer

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Who are your Student Coordinators?

2021

Contact us: coordinatorssbpass@live.manchester.ac.uk



Charlotte:

"I graduated with an MSci Medical Biochemistry degree in summer 2020 and now I'm doing a Cancer Research UK-funded PhD as part of Manchester Cancer Research Centre. I've been involved with PASS since my third year of uni as both a leader and a coordinator. Now I'm doing my PhD, I'm staying involved with the SBS PASS scheme as a senior coordinator with a specific focus on helping students realise how taking part in PASS makes them really employable."

Fari:

"Hi! I'm a fourth year MSci Biomedical Sciences Student. By becoming a PASS Leader in 2nd year and a coordinator in 3rd, I've been able to create a non-competitive environment for students as well as adapt our scheme to online learning. PASS gives students a chance to gain further understanding to lecture content and gain advice from higher year students. I look forward to continuing my role as coordinator this year."



Micol:

"Hey everyone! I am a 3rd year MSci Biology student and I've been part of PASS since last year, first as a leader and now as a coordinator. I found PASS really beneficial in first year both because it's a great place to make new friends and because it really helps with staying on top of lecture content. Now, along with the other coordinators, I am looking forward to making sure that you will have a great experience with PASS as well!"

Sejal:

"Hi! I am a 3rd year Biomedical Sciences student. I have enjoyed planning and running weekly PASS sessions for Year 1 which has not only allowed me to make more friends but has also massively improved my interpersonal skills, especially communication and organisation skills as a PASS Leader last year. I look forward to coordinating PASS workshops, run debriefs, bring necessary changes to SBS-PASS and most importantly helping PASS Leaders and Year 1 students whenever needed as a PASS Coordinator this year."



Who are your Student Coordinators?

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Bella:

“Hi there! I’m a 3rd year Biomedical Science student, I was a PASS leader last year and decided to take it up a notch this year by becoming a Coordinator after really enjoying my time as a PASS leader. Being a PASS leader during my 2nd year really helped to build my confidence and communication skills. I really enjoyed the sense of community that being a part of the PASS scheme brought and found it very rewarding. I’m looking forward to the next year working as a coordinator to ensure SBS PASS works for students.”

Joana:

“Hi I’m Joana and I’m a 4th year Medical Biochemistry student. I found PASS extremely helpful as a 1st year and loved the sense of community it built. This experience made me really want to be a part of this scheme and so in my 2nd year I became a PASS Leader. This was a great way to improve my communication and leadership skills. I became better at hearing about other people’s struggles and finding ways to help them work their way to finding solutions. After doing my placement year I decided I would like to be involved once again, but this time as a coordinator. In this role I hope to not only help new students but also leaders and contribute to the development of this scheme so it keeps benefiting everyone involved.”



Milisha:

“Hi! I’m Milisha and I’m in my third year of my BSc Biomedical Sciences degree. I really enjoyed PASS in my first year as a student, leading me to become a PASS leader during my second year. I loved being able to help first years settle into university and create a friendly environment, where they can learn from each other and socialise. Now as a coordinator, I look forward to working with the rest of the coordination team and make PASS an amazing experience for both students and leaders.”

A chance to increase understanding of lecture content and develop study, essay and biomaths skills.

You will be assigned to an advisor who will be your reference point for Uni life, Uni expectations and study skills

You will be able to attend weekly online workshops that cover unit specific lecture content

What is PASS?

PASS leader

PASS advisor

Academic support:
PASS Workshops

Pastoral support:
PASS advisors



Chance to meet other students in your degree and get to know your tutorial group

Lots of fun and all from the comfort of your home!

Chance to go through challenging lecture material!

Promotes group-based learning

Relaxed environment where you can ask any questions you want including non-academic questions about good places to eat, advice on student housing, etc.

One way to get better exam results – Students who attend 4+ sessions on average get 10% higher marks. This can make a significant difference to your overall degree!

PASS sessions are about HOW to think and quickly get your head around exam questions.

Useful Information

How do I find my way around campus?

<http://www.manchester.ac.uk/medialibrary/maps/campusmap.pdf>

You can get maps online (link above) with the names of all the buildings or you can get paper versions of the maps from the main library, Stopford library or other important buildings like Roscoe. Also, within the first couple of weeks you will find student ambassadors in purple hoodies around the campus who will help with directions.

Stay connected wherever you are by downloading the free iManchester app. iManchester helps you find your way around campus, search for your nearest café, locate your nearest PC Cluster and much more!

<http://www.itservices.manchester.ac.uk/students/imanchester/>

Top Tip!

Be sure to keep one of your free reusable masks handy for the bus and uni facilities to protect yourself and others!

Top Tip!

Campus maps are available from the main library and from Stopford library

Local Supermarkets?

Fallowfield - Sainsbury's
on
Wilmslow Road

Oxford Road - Lidl, Tesco Metro,
Morrisons Local, other local
shops...

City centre - Aldi,
Marks & Spencer,

Supermarkets

Hulme - ASDA

Rusholme - Halal
supermarkets and shops

Ardwick - W.H. lung
supermarket

What if I get ill?

Registering with a doctor is very important upon arrival to Manchester. If you are staying in halls the Residents Association should be able to provide information on your closest doctor's surgery/ health centre and how to contact them to register. Remember it is likely they will not allow you to walk in without an appointment! This is important as without a doctor, not only can you not get medical attention if you're ill, but you'll have no one to sign your self-certification notes if you miss university or miss a deadline or exam as a result of an illness.

Top Tip!

When registering, check that there is no charge made for signing certificates/providing letters

Health Centres:

- Bodey Medical Centre – Fallowfield (behind Sainsbury's)
- The Valence Centre – Brunswick Street (City campus and Victoria park)
- Occupational Health – on campus (Waterloo Place near MBS)
- Walk-in Centre at the Manchester Royal Infirmary – if you need to see a doctor immediately
- The Hathersage Centre Sexual Health Clinic (on Upper Brook Street)

How do I deal with food thieves?

There are several ways to keep the food you want for yourself; label it, keep it in your room, and let other people know if you see them pinching it! In halls, you can contact ResLife – they are responsible for dealing with this sort of thing.

<http://www.accommodation.manchester.ac.uk/reslife/info/contact/>

How do I survive on my student loan?

Look out for vouchers:

- 
- Student beans (<https://www.studentbeans.com/uk>): special BOGOF (Buy One, Get One Free) offers, and freebies
 - <http://www.savethestudent.org/> give advice on saving money and has a page of freebies and offers available.
 - Look for deals in supermarkets or buy with other students in bulk
 - <https://www.studentsupport.manchester.ac.uk/finances/> has great advice about budgeting and other money tips!

Need extra money?

Get a part-time job. If you lack experience, then go to the **Careers Service** for advice and attend the part-time jobs fairs. The best thing to do is to act early and give your C.V. to prospective employers as soon as you arrive; there are a lot of students all needing part-time jobs. The city centre, Didsbury and Withington are probably the best places to job-hunt. There are **agencies** as well where you can book shifts for times that suit you if you have a busy timetable, but it's quite hard to get shifts.

Prepare to be flexible! See the **contacts section** at the end of this brochure for useful websites.

What's university like socially?

Socially university is the gift that keeps giving. At university, the key is to find your balance of work and play! If you put in the effort to meet new people, you will watch your friendships flourish. Work and social life are like the two faces of a coin with regards to university, both together make the best uni experience! There are countless ways to find new groups of people; tutorials, accommodation events, societies, and more offer fantastic opportunities to meet other students! If you're nervous, remember that in first year everyone is in the same boat! PASS is another fantastic opportunity to get to know your tutorial group and others taking similar units to you!

Is Manchester intimidating?

Absolutely not! It stops being big once you have settled in and learn your way around. It is great and there's so much to do, it's a really friendly city. The key is to get out and start experiencing the city early on.

Experiencing Manchester

PASS is not just about study! Your tutor may be a world expert on eye development in flies, but when it comes to more the fundamental questions (e.g. which take-away is best or where to go on a Friday night) they won't have a clue. This is where your PASS advisors can help. We are all second, third/final year students who know the city and will be able to offer an insider's view of being a student in Manchester.

Top Tip!

Always remember to bring your ID with you!

One of the most common questions we get is, 'where's good to go out?' Well with 40,000 students at Manchester Uni, plus Man Met, Royal Northern College of Music and Salford Uni students, plenty is on offer to cater for the large student population...

Where to go out?

Northern Quarter

- It is Manchester's creative heart, home to many musicians, designers and artists.
- The Night and Day Café, Band on the Wall and Gullivers are all nearby and are great intimate venues for new music.
- Free comedy night at The Frog and Bucket on a Monday.

City centre

- There are places to suit everyone, from popular Indie clubs like Fifth (Princess Street) to The Royal Exchange Theatre; there's so much choice!
- The Printworks has lots of restaurants, a Vue Cinema, bars and clubs (Tiger Tiger, Manchester Bierkeller, Birdcage, and The Lounge to name a few).

Deansgate

- Known for its good nightlife it is usually packed at weekends.
- Deansgate Locks is also home to The Comedy Store Manchester, which hosts many amateur and professional comedians.

Canal Street

- The centre of Manchester's vibrant gay village. Relax with dinner or a drink by the canal or enjoy the great party atmosphere at night!
- Popular bars include Kiki, Via Manchester, and Baa Bar or for a clubbing experience, try Club Bloom or Poptastic (part of Bar Pop).

Fallowfield

- The biggest student area in Manchester, good for cheap drinks and nights out!
- Some of the most popular bars include 256 Wilmslow Road, Koh Tao and Revolution.
- The Friendship Inn is a great place for a beer in the sunshine.

Arts and Shopping

Feeling cultural?

- Manchester has many museums, art galleries, and theatres including Manchester Art Gallery, the People's History Museum, The Lowry, the Royal Exchange Theatre, the Palace Theatre, the Science and Industry Museum and more!
- You might also be interested in the Centre for Chinese Contemporary Art, the Whitworth Art Gallery and the University's very own museum – Manchester Museum.
- HOME Manchester (close to Deansgate Locks) is a great location for alternative cinema, theatre and art.

Great shopping

- Manchester Arndale is the city's main shopping centre and has the majority of mainstream high street shops!
- If you're thinking of going slightly further afield, the into Trafford Centre is only a 250 bus ride away!
- From November to January, hundreds of European Christmas Market traders descend upon the city for the Manchester Christmas Markets.

Feeling peckish?

The Northern Quarter

- Afflecks (<https://www.afflecks.com/>) is definitely worth checking out, selling anything and everything including second-hand clothes, rare and old records, anything to do with the occult, books, magazines, tattooing, hairstyling, jewellery, and ceramics.
- Manchester Craft and Design Centre (<https://www.craftanddesign.com/>) is great if you are looking for a quirky and handmade gift for someone, or even just for something to brighten up your room.

- No matter what your budget, Manchester will always have somewhere for you to quiet that rumbling stomach after a long day of retail therapy.
- Chinatown and Rusholme's Curry Mile are always highly recommended!
- Fallowfield favourites include Fuzion and Fallow Café.
- For the veggies/vegans Fuel Café Bar is a great place a 5 min walk from Fallowfield.
- Or get all your favourite Manchester restaurant food delivered straight to your door! Download the Deliveroo app for free from the app store. Or try www.justeat.com

Getting out and about

Trains

- The 3 main train stations in Manchester are: Piccadilly, Oxford Road and Victoria. There are other small stations around.
- Piccadilly and Oxford Road stations can both be accessed using buses. Allow at least 5-10 minutes to walk from Piccadilly bus station to Piccadilly train station.
- If you plan to travel by train several times each year, it would be worth getting a 16-25 railcard which gives you 1/3 off rail fares. Railcards can be purchased at: <https://www.16-25railcard.co.uk/>
- Fancy a day away from Manchester? Don't forget, popular destinations such as Liverpool, Blackpool and the Peak District are only a stone's throw away!

Manchester Airport

- Train: Oxford Road or Piccadilly train station
- Bus: 43 from Oxford Road/Wilmslow Road.

Top Tip!
Remember to bring one of your free reusable masks for public transport!

Cycling

- With newly revamped bike lanes along Oxford Road, cycling is a great way to get around.
- It's faster than the bus, great exercise and better for the environment!
- There is plenty of bike parking on campus and in the Halls of Residences.
- If you are unsure and want a trial try "Biko Bikes" from the SU which offers an awesome deal for £1 a week for up to 2 months.

Buses

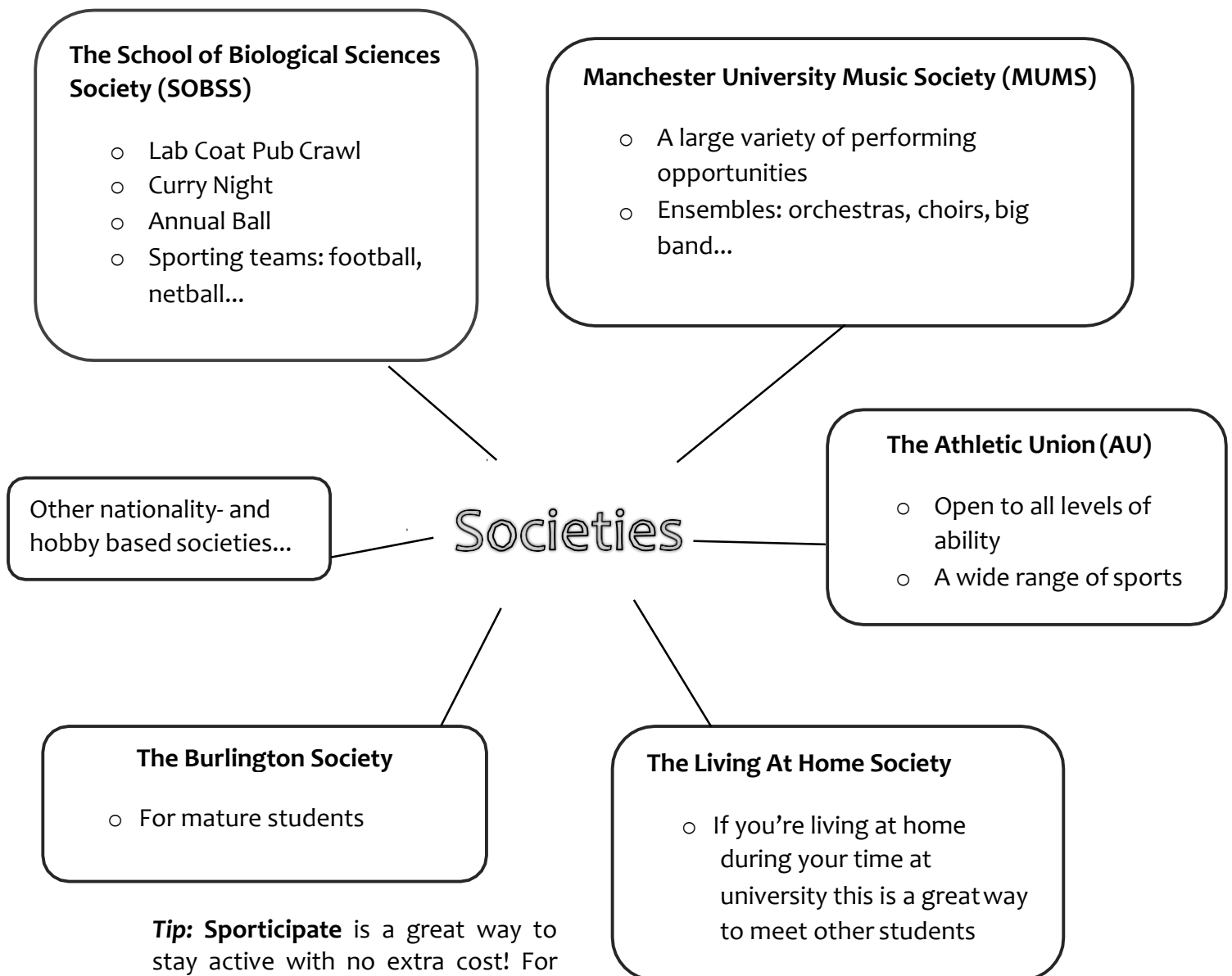
- Oxford Road runs from the city, through city campus and Rusholme, where it becomes Wilmslow Road and carries on through Fallowfield and Didsbury.
- Any bus with the number 4 on it (42, 43, 142 and 143) will take you along this route.
- A single along this route will generally cost £1.50 - £2 with weekly passes costing between £8-19.
- A Unirider annual bus pass allows unlimited use of Stagecoach buses (including Magic Buses). These can be purchased from the Students Union (SU) or from the Stagecoach website: <http://www.stagecoachbus.com/3-manchester-unirider.aspx>

Societies

One of the best ways to meet people and make new friends is to join a club or society. There are over 400 student societies ranging from the course-related (e.g. SoBSS) and political (e.g. Amnesty International, Labour Students), to the adventurous (e.g. Speleology (caving) Club) and the random (e.g. AikiBudo, Board Games Society, Quidditch Club).

In first semester we can expect some societies to have some changes in line with advice from the university and government. So, we can expect societies to continue being a fantastic way of meeting new people with a shared interests.

During welcome week there will be daily digital societies fairs where you can meet and explore each community of likeminded people. If you decide to join later in the year you can find the contact details of any society at the union or at the following web site <http://manchesterstudentsunion.com/groups>. Trialling for sports teams may be different this semester so to stay up to date check your university email and the SU website regularly!



Tip: Sporticipate is a great way to stay active with no extra cost! For information on Sporticipate will be running next semester look here: <http://www.sport.manchester.ac.uk/sport/sporticipate/>

Staying Safe!

Whilst enjoying yourself in Manchester, please remember that you are still at risk of being a victim of crime, just like anywhere else! Remember to keep vigilant at all times. Here are a few tips to help keep you safe:

Top Tip!
See Page 20 for
phone numbers of
taxi firms in
Manchester

Safety at home

If you have a room on the ground floor, **never leave the window open when you are not in the room**, even if you are in the next room. Always **lock your door** when you leave your room, it's very easy to forget but only takes a second and will ensure your things are kept safe!

Cash points

Check that there is **nothing suspicious** (e.g. fake keypad, card reader) and **cover the keypad** when typing in your PIN. Try not to carry large amounts of cash – set a limit.

Safety at night

Keep to well-lit areas that are busy. Try not to walk alone is at all possible. You can purchase a '**safety attack alarm**' from many places for as little as £5.

Campus Security

Campus security are available any time. Call university security on 0161 306 9966 if you feel you are in danger on campus.

COVID Information

For government COVID related advice, refer here:
<https://www.gov.uk/coronavirus>

Be careful when getting a taxi home at night as there are a number of unlicensed pirate cabs. **Do not get in the taxi if either the driver approaches you first, or the taxi has no taxi licence plate.** There are various taxi ranks all around Manchester, or you can flag down a black cab almost anywhere. There are plenty of reputable private hire taxi firms (numbers given under 'contacts' section). However, **do not flag down private hire taxis on the street**, as you will not be insured in the event of an accident.

The student's union has an arrangement with Street Cars (0161 228 7878 or download the app) for when you need a cab but don't have the money. Students can call Street Cars quoting 'Manchester SU Safe Taxi Scheme'. Give the driver your student ID card and request a receipt. The driver will take your student card to the union, where your fare will be paid. After 12pm the following day, collect your student ID card from the student's union Help Desk (reception) in exchange for paying the fare owed. For more information visit:

<http://manchesterstudentsunion.com/safetaxi>

It's also important to buy your own drinks when you're out so that there's no risk of getting your drink spiked. It might also be worth getting yourself some 'spikey' anti-spiking bottle stoppers to take extra care. See: <https://www.drinkaware.co.uk/advice/staying-safe-while-drinking/drink-spiking-and-date-rape-drugs/> for more helpful info.

A bit about your course...

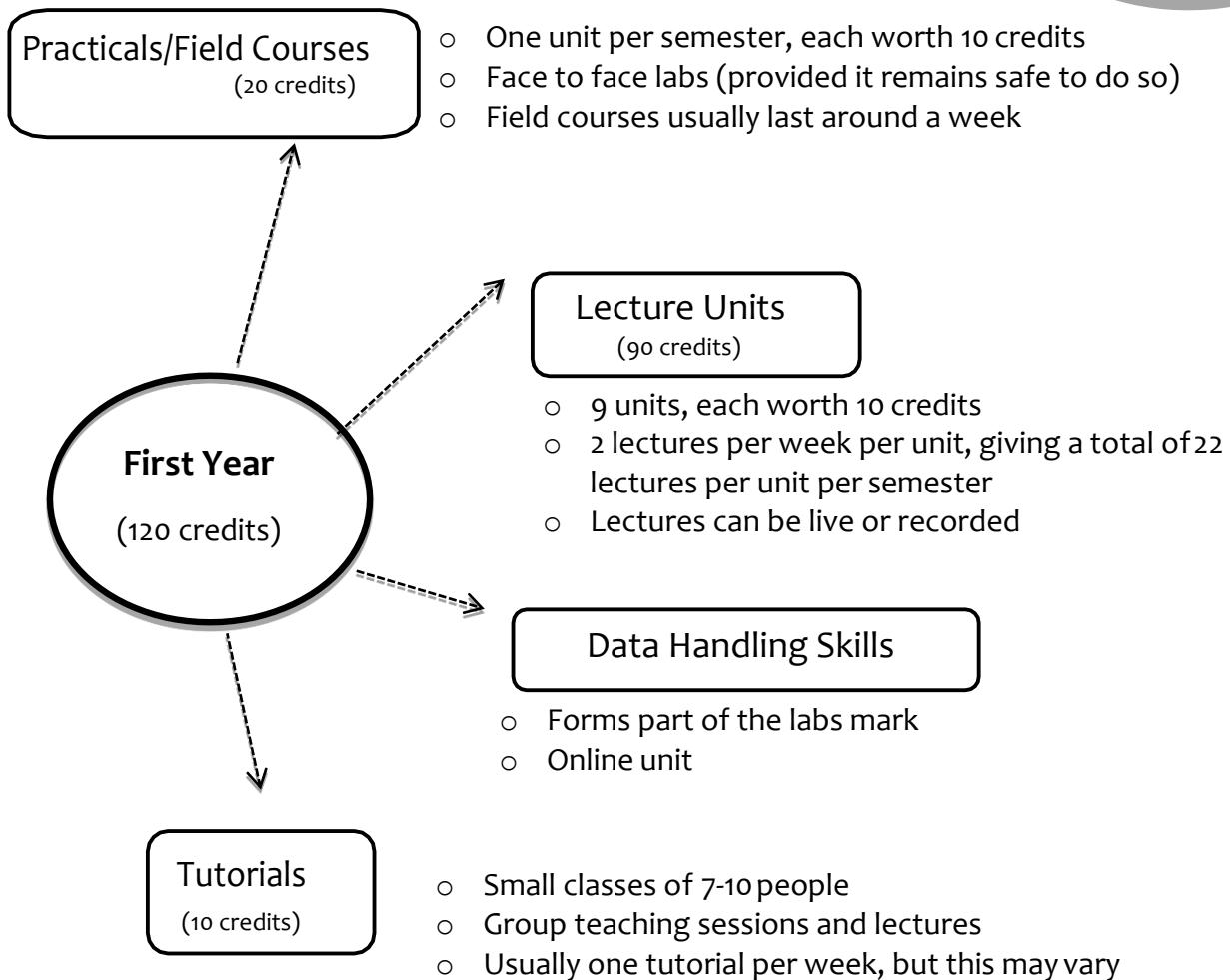
Biological Sciences

Below is a diagram which shows how your time will be spent in your first year at Uni. You will need to complete 120 credits through the year and the diagram shows what you will be doing to get those credits.

Top Tip!

For more information on what your first year may look like, refer here to the first year (Grade 1) handbook:

<https://handbooks.bmh.manchester.ac.uk/sbs/undergraduate/>



There will be variations to the above for certain degree programmes, so you will need to check your first year handbook. If you have not already received it, the handbook is also available on the Faculty of Biology, Medicine and Health intranet (<https://handbooks.bmh.manchester.ac.uk/sbs/undergraduate/>). Those most likely to have variations are:

Ø Joint honours degrees with schools outside SBS (e.g. Cognitive Neuroscience and Psychology)

Ø “with modern language” degrees

If you feel that you struggle with anything, PASS advisors are here to help you! Message your PASS advisor or PASS coordinator



Textbooks

Textbooks, are they expensive?

Yes! So we suggest you don't go rushing out to buy them. Even second-hand books can sometimes be quite pricey. Buying books is certainly not essential to passing your exams. The library has copies you can loan and always has a reference copy which remains in the library, so you should always be able to find the material you need. Many textbooks are available electronically via the library. The PASS scheme also organises a second hand books sale through Facebook (Link below). If you do wish to buy brand new books, your lecturers will usually recommend the best textbooks for that module in, usually, the first lecture. The best place to buy them is online or alternatively there is Blackwell's Bookshop in the Alliance Manchester Business School. You are then able to sell them on at a cut price when you no longer require them.

SBS PASS book sale Facebook group:

<https://www.facebook.com/groups/sbspassbooksale/>

What to expect next year?

Top Tip!
Find second hand textbooks in the PASS Book Sale!!

First semester will still have a blended learning approach. In a typical semester 1 week, you will have live or recorded lectures and live active learning/Q&A sessions for all your course units. As part of the units, you will also be assessed through e-learning activities and tests throughout the semester. These will help you regularly check your understanding and keep up with lecture content.

You will have one practical every two weeks. Each practical will be comprised of an online experiment with activities, a live active learning/Q&A session, a lab session covering essential skills and online data handling modules and tests. Weekly tutorials will be online or face to face where possible, providing an opportunity to work as a group to solve real life problems and explore current research. PASS is a final but no less crucial piece of the puzzle. In first semester, all workshops will be online from 4-5 pm (we will provide you with the exact schedule closer to the time), so that they don't clash with your schedule. Meetings with advisors will be online or face to face where possible. Even when delivered online, PASS is a great way to meet new people and get to know members of your tutorial group in a casual environment. PASS isn't all academic, talk about uni life and how you're finding your accommodation to your advisors, they are students just like you and will be able to offer you insights and advice; PASS is a fantastic place to be heard!

Question Time

I am an International student and need practical and bespoke advice about Manchester or University life:

Many of our leaders are 'international' students and hopefully will be able to answer most of your queries and share their experience with you. In the meantime, The University of Manchester has also created a hub for all info helping (international) students settle in.

Check: <https://www.welcome.manchester.ac.uk/>

Is there anyone to help if I'm struggling with my essay writing?

The FBMH has three writing fellows (<https://www.rlf.org.uk/fellowships/university-of-manchester/>) who give guidance on writing techniques. The link above will give details on how the scheme is run during first semester. The writing fellows can be incredibly useful when it comes to writing essays for tutorials and your lab reports, teaching you how to polish your writing style and make persuasive arguments. Information on booking appointments will be available from your tutor or the SBS Student Support Office. Don't copy and paste things – make sure your work is your own. You can also use the academic phrase bank for help: <http://www.phrasebank.manchester.ac.uk/> . Finally, you will have an advisor session on essay writing around Week 5.

How are things assessed?

Exams & e-learning multiple-choice questions for each of your units, which you can have up to two attempts at! For some units you may even have practice questions first, so don't worry! Make sure you check the rules of each e-learning assessment before attempting though! It helps to make a list of when each of these are due because if you forget, you may miss out on up to 5% of your unit mark! You also get marks for tutorial work like essays, presentations and data handling among other things – these can be important if you require your tutorial grades to allow you to get a compensated pass in another unit if the exam doesn't go so well. For more up to date information on first semester this year refer to the grade one handbook (<https://handbooks.bmh.manchester.ac.uk/sbs/undergraduate/>) (**Tip:** stay on top of your assignments and don't leave them for the last minute

Are exams hard?

Go to lectures, make sure you understand your notes, go to PASS, make sure you do some reading around, do revision... and they shouldn't be. First year exams are mostly all multiple-choice questions. Your marks from first year doesn't count towards your degree mark this semester. It's important to do well though, especially if you want to do a year in industry or an MSci (for more information check your handbook). Getting your desired placement is competitive, so it's useful to achieve a competitive grade during first year.

Can I retake exams to better my marks or if I fail?

Be aware that University is very different from school/college in that respect. The rules for progression are complex (we recommend checking your course handbook) but, in general, students are only asked to retake exams in August when they have failed (got less than 40%) and the second attempt mark is capped at 30 or 40% even if you get 100% in the resit! The retake is only there to ensure you pass the unit and get the credits. So it's crucial to ensure you pass the unit and get the grade you are aiming for the first time round. Almost all students who fail admit that they did not work hard enough or take exams seriously enough. PASS is here to help you work regularly with others and understand what is expected of you – it's also a great way to get the breakdown on what exams for different units are like from students who've already passed them!

How do I get relevant work experience?

Do a year in research/industry. You must have heard of it. The FBMH encourages everyone to consider it. It's definitely worth doing if you want to get more out of your degree and if you want to find out what a life in science will really be like. Anyway, you've got plenty of time to mull over that and your handbook should tell you all the requirements for it. **Tip:** *If a year sounds too much, look for summer placements or self-arrange a summer placement with a member of university staff. Be sure to work hard first year though, because placements are competitive!*

Are lecturers scary or boring?

A few are either one or the other but they're not usually all of those things put together. Lots are very approachable and interesting and want to help students, so if you don't understand something keep note of the question and be sure to ask the lecturers either by email or in a live Q&A session if that lecturer chooses to run any. **Tip:** *You can email lecturers if you don't want to ask them a question in a Q&A session. You can also post questions about stuff you didn't understand in lectures on the Discussion Boards (found on Blackboard) and other students and the lecturers themselves should help you out. Another great way to clarify lecture content is to bring it up in a PASS workshop – other students will explain the content to you in a bespoke manner and if you're all stuck, your PASS leaders will help you find activities or resources that will help.*

What about the rest of my degree?

Second year is obviously harder but is definitely a lot more interesting. Final year involves a slightly different timetable, fewer exams and a research project which can be arranged with a member of staff of your choice. There's also different arrangements for MSci students. You'll find out a lot more about this as you go through your degree. For more information on how your grade is calculated each year, check the student handbook. **Tip:** *Ask your PASS advisors about second, placement, third and final years.*

How can I get answers to past papers?

Answers to past papers are not provided, which can be a shock if you're used to revising using past papers and mark schemes. The only real way to get answers is to go through past papers as a group. PASS will help here too later in the semester. As a group, you'll dissect each question and together decide what you think is the right answer and why others are wrong. This discussion will quickly highlight any misunderstandings and consolidate your knowledge. You can also ask your advisors for tips about revision techniques to minimise stress. Finally, PASS organises an online MCQ database (called Peer Wise) so you'll get loads of practice.

How can PASS help me?

The whole point of PASS is to help ALL students, not just those who struggle academically or who want group study sessions! PASS has workshops which cover many first year SBS unit, including chemistry units. Students who regularly attend PASS have better overall grades! Realising you misunderstood something and getting help in a timely manner is key to success and equally, being able to explain a concept to somebody else shows high level learning. PASS gives you the perfect opportunity to share your knowledge with your peers to allow you to understand it better yourself!

What can my academic advisor help me with?

Note that your academic advisor is different from your PASS advisor. Your PASS advisor is a higher year student who can give you advice on uni and study skills in a very informal setting. Meanwhile, your academic advisor is a lecturer. Even though talking to a lecturer might seem more daunting than talking to a peer, academic advisors are here to support you and they are highly experienced at what they do. You should contact your academic advisor if you have any issues about your student life, if you feel that you are struggling to catch up with your course material or just if you need to talk about your career choices.

When should I start revising and how?

The sooner, the better. In your first year you do not have much coursework so if you spend a couple of hours for each subject per week, it will be easier during Christmas and Easter breaks. PASS advisors will share their revision techniques during advice sessions or you can discuss them with your peers. Looking through past papers early can help you understand the amount of information you need to know.

How can I be an eco-friendly student?

A really good way to cut your carbon footprint (and your bus ticket budget!) is to cycle or walk. Cycling is really easy around Manchester, especially on campus. There's also a zero-waste shop in the SU (Want Not Waste) where you can buy eco products, recycle your items or even give some of your time as a student volunteer! There's also loads of green societies you can join (e.g. Extinction Rebellion, People & Planet, Young Greens). UoM also has a massive focus on social responsibility: in April 2019 Times Higher Education ranked the University of Manchester as the best higher

PASS

education institution in Europe and third worldwide for its social and environmental impact across its full range of functions – that's pretty impressive! Here in the SBS, in 2019 we launched an initiative to reduce single-use plastics in first year practical classes, as part of the UoM pledge to eradicate avoidable single-use plastics from catering, labs and stationery by 2022. We have saved so far >37,000 of plastic items a year! That means just by being a UoM SBS student, you're being eco! By 2038 the university as a whole is aiming to reach zero carbon emissions! **Tip:** Look out for emails and social media posts from your PASS coordinators so you can join in with any community based events that PASS is getting involved with this year!

Link to UoM **Make a difference 2020 awards** showcasing pioneering initiatives within local community or in support of other countries:

<http://www.socialresponsibility.manchester.ac.uk/get-involved/awards/winners-and-highly-commended-2020/>

Here are some links to help you become more green:

<http://www.sustainability.manchester.ac.uk/waste/student-waste/>

Contacts

Once you arrive at university, your first-year handbook will list all important academic contact information. Prior to arrival any queries should be directed to Undergraduate Admissions or the School of Biological Sciences (SBS) Student Support Office (SSO) depending on the type of query (Student Support office: queries about your course, registration etc; Admissions: general queries about university). They can be contacted at:

<p>The Undergraduate Recruitment & Admissions Office</p> <p>School of Biological Sciences The University of Manchester G.483 Stopford Building Oxford Road Manchester M13 9PT</p> <p>Tel: +44 (0)161 275 5032 Email: ug.biosciences@manchester.ac.uk</p>	<p>Student Support Office</p> <p>School of Biological Sciences The University of Manchester G.483 Stopford Building Oxford Road Manchester M13 9PT</p> <p>Tel: +44 (0)161 275 14873 Email: studentsupportoffice.sbs@manchester.ac.uk</p>
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Useful contacts for your time in University

Faculty of Biology, Medicine and Health Website: <https://www.bmh.manchester.ac.uk/>

University of Manchester Student Union (UMSU): www.manchesterstudentsunion.com

Student Services Centre (the place to go with issues regarding loans, tuition fees etc.):

Burlington Street
Oxford Road
Manchester
M13 9PL

Tel: +44 (0) 161 275 5000

Email: ssc@manchester.ac.uk

John Ryland University Library: + 44 (0) 161 275 3751

The Accommodation Office

First Floor
University Place
University of Manchester
Oxford Road Manchester
M13 9PL

Tel: +44 161 275 2888

Email: accommodation@manchester.ac.uk

Student Counselling Service (The place to go for advice or help. They deal with any kind of problems, from stress, shyness, anxiety and depression to anger, alcohol dependence, domestic violence and eating disorders. You can also report concerns for friends)

5th Floor, Crawford House
Precinct Centre
Booth Street East
Manchester
M13 9QS

Tel: 0161 275 2864 (52864 from an internal phone)

Nightline: A listening service available 8am-8pm term time run by students for students – the number is on the back of your student card.

IT Services (For issues with your PC/laptop/phone/tablet or to get support to install University's programmes)
Kilburn Building from 9am-5pm Monday to Friday.
Help and support is also available at Joule Library, Main Library or Alan Gilbert Learning Commons.

Tel: +44 (0)161 306 5544
<http://www.itservices.manchester.ac.uk/students/>

The University of Manchester Careers Service

1st Floor, The Atrium
University Place
Oxford Road
Manchester
M13 9PL

Tel.: 0161 275 2829
Website: <http://www.careers.manchester.ac.uk/>
Email: careers.info@manchester.ac.uk

Top Tip!

Look out for emails from the careers service about fairs, workshops and CV clinics

Useful contacts in Manchester

Taxis:

Street Cars: 0161 228 7878
Radio Cars: 0161 236 8033
Manchester Cars: 0161 228 3355
ManTax (Black Cabs): 0161 230 3333

You can also get an **Uber** using the app on iOS and android

Greater Manchester Police: 0161 872 5050

NHS direct: 111

Top Tip!

Call NHS direct (111) if you're worried you have symptoms of COVID and you're not sure what to do.
Don't go to your GP!

Takeaways: www.just-eat.co.uk – allows you to find all the takeaways in Manchester, or anywhere else for that matter - useful for when you go home too!

There's also deliveroo which delivers food that wouldn't normally be found on just eat!

Manchester Aquatics Centre: 0161 641 6310

Tenpin Manchester Parrs Wood: 0871 222 3675

Vue Cinema - Printworks (includes Imax!): 0345 308 4620

Jobs:

www.manchesterarndale.com - current vacancies with the Arndale are listed in the jobs section

<http://www.careers.manchester.ac.uk/findjobs/parttime/> - part time jobs advertised through the Careers Service

<https://manchesterstudentsunion.com/jobs> - vacancies in the student union

<http://www.jobshopsu.co.uk/students> - get help finding a job with the SU JobShop

Useful resources

Student handbooks: <https://handbooks.bmh.manchester.ac.uk/sbs/undergraduate/>

Government COVID webpage: <https://www.gov.uk/coronavirus>