

Workshops

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Calm your brain and have a croissant

We are running this event more than once on the following dates and times:

Mon 8 Jan 2018, 10:00 - 10:30	  	Find out more > (/details/?event=2308)
Mon 8 Jan 2018, 10:30 - 11:00	  	Find out more > (/details/?event=2309)
Tue 9 Jan 2018, 10:00 - 10:30	  	Find out more > (/details/?event=2310)
Tue 9 Jan 2018, 10:30 - 11:00	  	Find out more > (/details/?event=2311)
Wed 10 Jan 2018, 10:00 - 10:30	  	Find out more > (/details/?event=2312)
Wed 10 Jan 2018, 10:30 - 11:00	  	Find out more > (/details/?event=2313)
Thu 11 Jan 2018, 10:00 - 10:30	  	Find out more > (/details/?event=2314)
Thu 11 Jan 2018, 10:30 - 11:00	  	Find out more > (/details/?event=2315)
Fri 12 Jan 2018, 10:00 - 10:30	  	Find out more > (/details/?event=2316)
Fri 12 Jan 2018, 10:30 - 11:00	  	Find out more > (/details/?event=2317)
Mon 15 Jan 2018, 10:00 - 10:30	  	Find out more > (/details/?event=2318)
 Mon 15 Jan 2018, 10:30 - 11:00	  	Find out more > (/details/?event=2319)
http://library3.cmsstage.manchester.ac.uk/c8a754af-8cb7-42eb-8c4f-e2c7df849cec	  	Find out more > (/details/?event=2320)
Tue 16 Jan 2018, 10:00 - 10:30	  	Find out more > (/details/?event=2320)

Tue 16 Jan 2018, 10:30 - 11:00	 		Find out more > (./details/?event=2321)
Wed 17 Jan 2018, 10:00 - 10:30	 		Find out more > (./details/?event=2322)
Wed 17 Jan 2018, 10:30 - 11:00	 		Find out more > (./details/?event=2323)
Thu 18 Jan 2018, 10:00 - 10:30	 		Find out more > (./details/?event=2324)
Thu 18 Jan 2018, 10:30 - 11:00	 		Find out more > (./details/?event=2325)
Fri 19 Jan 2018, 10:00 - 10:30	 		Find out more > (./details/?event=2326)
Fri 19 Jan 2018, 10:30 - 11:00	 		Find out more > (./details/?event=2327)

Finding your coursework overwhelming? Struggling to focus or feeling anxious about midterm exams or deadlines? Come to our drop-in session Calm your brain and have a croissant. Run by The University of Manchester Counselling Service, we'll help you start your day off calm, focused and a little less hungry with some healthy breakfast and a chance to join other students in a relaxing mindfulness session. Don't worry if this session is full, come along anyway!

[Exam extra \(?tags\[\]=9\)](#)

[Planning \(?tags\[\]=12\)](#)

[Study strategies \(?tags\[\]=19\)](#)

[Wellbeing \(?tags\[\]=20\)](#)

1:1 Exam support drop-in

We are running this event more than once on the following dates and times:

Mon 8 Jan 2018, 12:00 - 13:00	 		Find out more > (./details/?event=2328)
Tue 9 Jan 2018, 12:00 - 13:00	 		Find out more > (./details/?event=2330)
Wed 10 Jan 2018, 12:00 - 13:00	 		Find out more > (./details/?event=2332)
Thu 11 Jan 2018, 12:00 - 13:00	 		Find out more > (./details/?event=2334)
Fri 12 Jan 2018, 12:00 - 13:00	 		Find out more > (./details/?event=2336)
Mon 15 Jan 2018, 12:00 - 13:00	 		Find out more > (./details/?event=2338)
Tue 16 Jan 2018, 12:00 - 13:00	 		Find out more > (./details/?event=2340)
Wed 17 Jan 2018, 12:00 - 13:00	 		Find out more > (./details/?event=2342)
Thu 18 Jan 2018, 12:00 - 13:00	 		Find out more > (./details/?event=2344)
Fri 19 Jan 2018, 12:00 - 13:00	 		Find out more > (./details/?event=2346)

Have you got a question about referencing, literature reviews, how to revise effectively or anything else? Come along to one of our 1:1 Exam support drop-ins and our advisors can help you. Simply pop by at any point during the hour and get your question answered! There's no need to book, just turn up.

[Exam extra \(?tags\[\]=9\)](#)

Focused exam paper practice

We are running this event more than once on the following dates and times:

Mon 8 Jan 2018, 13:30 - 15:00



[Find out more > \(./details/?event=2354\)](#)

Mon 15 Jan 2018, 13:30 - 15:00



[Find out more > \(./details/?event=2355\)](#)

We all know that practising past exam questions is an important part of revision, but it can be difficult to find an opportunity to concentrate without distractions. This session will encourage you to conduct focused exam practice and develop your exam technique alongside other students in a supportive environment. Bring a practice exam question or past paper to work on during the session.

This session will include an introduction to exam techniques, time for silent exam practice, an opportunity for individual reflection and a quick group discussion with a chance to learn from other

[Exam extra \(?tags\[\]=9\)](#)

[Planning \(?tags\[\]=12\)](#)

[Writing \(?tags\[\]=21\)](#)

Relax with MUSE meditation

We are running this event more than once on the following dates and times:

Mon 8 Jan 2018, 16:30 - 17:30



[Find out more > \(./details/?event=2329\)](#)

Tue 9 Jan 2018, 16:30 - 17:30



[Find out more > \(./details/?event=2331\)](#)

Wed 10 Jan 2018, 16:30 - 17:30



[Find out more > \(./details/?event=2333\)](#)

Thu 11 Jan 2018, 16:30 - 17:30



[Find out more > \(./details/?event=2335\)](#)

Fri 12 Jan 2018, 16:30 - 17:30



[Find out more > \(./details/?event=2337\)](#)

Mon 15 Jan 2018, 16:30 - 17:30



[Find out more > \(./details/?event=2339\)](#)

Tue 16 Jan 2018, 16:30 - 17:30



[Find out more > \(./details/?event=2341\)](#)

Wed 17 Jan 2018, 16:30 - 17:30



[Find out more > \(./details/?event=2343\)](#)

Thu 18 Jan 2018, 16:30 - 17:30



[Find out more > \(./details/?event=2345\)](#)

Fri 19 Jan 2018, 16:30 - 17:30



[Find out more > \(./details/?event=2347\)](#)

Did you know that putting aside 20 minutes to meditate for 3 consecutive days has been proven to reduce anxiety, improve mood and reduce your heart rate?

If you'd like to explore the benefits of guided meditation then come along to one of our Relax with MUSE meditation drop-ins, led by the Library Student Team. During this drop-in you will get the chance to relax on bean bags and try out the MUSE headbands, which will introduce you to some meditation techniques and help you focus your mind. All are welcome, beginners and experienced meditators alike! There's no need to book, just turn up.

[Exam extra \(?tags\[\]=9\)](#)

[Wellbeing \(?tags\[\]=20\)](#)

Managing academic pressure

Tue 9 Jan 2018, 13:30 - 15:00

Feeling stressed due to the amount of academic workload you bear? Do not worry, you are not alone! Although a certain amount of nervous tension will help you to perform to the best of your ability, producing a rush of adrenaline that helps you to focus, if your nerves become extreme they can have the opposite effect. This workshop is designed to help you to manage your anxious feelings during the semester, as these feelings can block your thoughts, create a negative frame of mind and lead you to panic.

[Exam extra \(?tags\[\]=9\)](#)

[Planning \(?tags\[\]=12\)](#)

[Find out more > \(./details/?event=2353\)](#)

[Study strategies \(?tags\[\]=19\)](#)

[Wellbeing \(?tags\[\]=20\)](#)



Academic writing for exams

Wed 10 Jan 2018, 13:30 - 15:00

This workshop will focus on the skills and techniques needed to prepare for and write in exam conditions. During this workshop you will identify the similarities and differences between writing for assignments and writing in exams in order to generate a strategy for approaching exam questions. You will work with others to break down exam questions using techniques that will enable you to plan

and structure your answers with success. You will also discuss methods to help you to work within time constraints, which will boost your confidence when taking exams.

[Exam extra \(?tags\[\]=9\)](#)

[Organising \(?tags\[\]=11\)](#)

[Find out more > \(./details/?event=2351\)](#)

[Revising \(?tags\[\]=16\)](#)

[Writing \(?tags\[\]=21\)](#)



Get prepared: top tips for managing exam stress

Tue 16 Jan 2018, 13:30 - 14:30

Feeling nervous before your exams? Do not worry, you are not alone! Although a certain amount of nervous tension will help you to perform to the best of your ability in exams, producing a rush of adrenaline that helps you to focus, if your nerves become extreme they can have the opposite effect. This workshop is designed to help you to manage your anxious feelings during the revision period, as these feelings can block your thoughts, create a negative frame of mind and lead you to panic.

[Planning \(?tags\[\]=12\)](#)

[Revising \(?tags\[\]=16\)](#)

[Find out more > \(./details/?event=2349\)](#)

[Study strategies \(?tags\[\]=19\)](#)

[Wellbeing \(?tags\[\]=20\)](#)



Academic writing: structuring for effective essays

Wed 17 Jan 2018, 13:30 - 15:00

This workshop will focus on the skills and techniques needed to plan, structure and write an effective essay. During the workshop you will discover different techniques you can use to structure each of the key sections within an essay. You will participate in a number of activities that will help you to develop your academic writing skills and write more efficiently and effectively.

[Assignments \(?tags\[\]=7\)](#)

[Organising \(?tags\[\]=11\)](#)

[Find out more > \(./details/?event=2350\)](#)

[Planning \(?tags\[\]=12\)](#)

[Writing \(?tags\[\]=21\)](#)



Challenging unhelpful thinking habits

Thu 18 Jan 2018, 13:30 - 15:00

Sometimes it is easy to find yourself falling into patterns of thinking which are unhelpful and lead to actions that are not in your best interests or the interests of others. Taking a step back from these thoughts is hard, but if you do you will notice the impact they can have on your life. These thoughts



are often responsible for feelings of anxiety, low mood and other negative emotions. If you suffer from any of these feelings then come along to this workshop, run by The University of Manchester Counselling Service, and learn about methods you can use to challenge these thoughts and emotions. At this workshop you will be encouraged to identify your negative thinking habits and to consider alternative and more helpful responses to them.

Planning (?tags[]=12)

Self-awareness (?tags[]=18)

Find out more > (./details/?event=2352)

Study strategies (?tags[]=19)

Wellbeing (?tags[]=20)



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