

## My student life essentials: October

-  Check your eligibility for exam support from the Disability Advice and Support Service and **register** before the deadline.
-  Familiarise yourself with the University's **Support Services**.
-  Get supermarket savvy with our **Supermarket Map**.
-  Complete the **self-reflection tool** to keep track of your wellbeing.
-  Register with local authority services - e.g. **council tax** and **NHS Services**.
-  Got questions about your student funding? Take a look at our **A-Z Guides** for more info.

**This month's way to wellbeing is: connect**  
[manchester.ac.uk/sixways](https://manchester.ac.uk/sixways)