March's way to wellbeing is...

Independent Student Meet-up

The independent student meet-up is a chance to meet other care experienced and estranged students in an informal environment. It will take place on Wednesday 24th March 2pm-3pm. Grab a cuppa and see you there!

See emails for Zoom link

Wellbeing corner

Check out these resources...

Looking after your wellbeing online:
- bit.ly/UoMonlinewellbeing
- Six ways to wellbeing activities: bit.ly/UoMactivitymenu
- Be Active ideas: bit.ly/UoMbeactive

Manchester Graduate Talent (MGT) Roles

Manchester Graduate Talent 2021 has now launched. MGT is a programme for UoM students graduating in 2021, and 2020 grads who haven’t previously undertaken an MGT.

The programme helps to source paid graduate-level jobs from a range of organisations based in Greater Manchester, with many based within the University itself. There are many different roles available across many different sectors.

MGT 2021 roles will all be advertised through CareerConnect. Head to: www.careers.manchester.ac.uk/findjobs/graduatejobs/mgt/

Share your experiences and receive £50.00

NNECL (National Network for the Education of Care Leavers) are asking care experienced students to share their experiences of being at University. They have a number of questions they would like participants to answer, and if you would like to be involved you could either video yourself answering the questions or write down your answers attaching a picture of yourself and/or a picture relating to your course. Participants will be paid £50.00 for taking part. If you are interested and would like to find out more please email info@nnecl.org.

OfS Student Opinion Research: Access and Widening Participation

The Students Union is currently gathering feedback on the University's work around widening access to the University and how it supports underrepresented groups, including care experienced and estranged students.

The survey will take less than 7 minutes to complete and we would really encourage you to submit your views and opinions on this, so that you can have say around this important matter. The results of this survey will help drive how the University delivers their work around widening access in the future.

To complete this survey from the Student Union, please follow the link in the email that was sent alongside this newsletter.
Interview practice sessions

Are you applying for internships/placements or in your final year applying for jobs after your degree? Would you like to have a practice interview prior to doing it for real?

You may have never had an interview before or be more experienced and need to hone your skills. Either way, this is your chance to do so in a supportive environment! The Careers Service are holding a ‘Interview Practice Day’ on Weds 24 March 9am-12pm. The sessions are open to students from all degree disciplines and any year of study.

A number of recruiters and associates have volunteered their time to conduct mock interviews. You’ll be allocated a 25-minute time slot, which will include a few interview questions and some immediate feedback afterwards. There will also be a chance to ask questions at the end. Don’t miss this opportunity to practice a vital skill for your future! You can register on CareerConnect - careerconnect.manchester.ac.uk/leap/event.html?id=413&service=Careers+Service

Citizens Advice Manchester: Switched On!

Citizen Advice Manchester are running a project called Switched On, which is all about providing energy advice to young people. Advice is around energy efficiency, keeping your home warm in winter, condensation issues, switching supplier, etc. They are running free workshops on a weekly basis, where you can get energy advice whether you are currently paying for bills or not. You can book a place here: bit.ly/switchedonmcr

Manchester Masters Bursary

Applications for the Manchester Masters Bursary (MMB) for 2021/22 are now open! The MMB is a £4,000 award for 75 successful applicants that aims to help students from underrepresented backgrounds access postgraduate education. Care experienced and estranged students are eligible to apply. Head to www.manchester.ac.uk/study/masters/funding/uk-eu-student-advice/masters-bursary/

Insight into Media Session

Interested in working in the media? If this is you, why not book onto the Insight into Media session on Monday 29 March, between 10.30am – 1.40pm. This session is appropriate for all year groups and all degree disciplines, for any students wishing to find out more about working in the Media industry.

There will be a fantastic line-up of industry experts who are keen to share their stories with you and offer hints and suggestions on how you can make the most of your time now and increase your chances of working in this sector. The deadline for signing up is 5pm on Wednesday 24 March. You can book your place via CareerConnect. Head to: careerconnect.manchester.ac.uk/leap/event.html?id=399&service=Careers+Service

Student Finance

Applications for 2021/22

You can now apply for your student finance for the next academic year. Head to www.gov.uk/apply-online-for-student-finance to start your application.

COMING UP NEXT MONTH...

13th April - Get prepared: strategies for managing exam stress workshop (Counselling Service)

22d April - Learning how to relax workshop (Careers Service)

Check out the Wellbeing Calendar for more events coming up: bit.ly/UoMWellbeingCalendar