PASS

SBS

Peer assisted study scheme

School of biological sciences

The University of Manchester

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 – who provide pastoral and academic support in a fun and friendly manner. For academic support, weekly PASS sessions 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 PASS leaders will provide timely PASS advice sessions on student life, university expectations, study skills and more. They will also set up a group chat with you, so that you can support each other daily.

PASS is there to help you settle in at university, make friends, boost confidence, and improve your understanding of the course content through collaborative learning. During sessions, 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. 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 this September. We hope you find it useful and look forward to seeing you soon!

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Who are your Student Coordinators?

Contact us: passcoordinator@manchester.ac.uk and @uom.sbspass (Instagram)



Hi! I'm Jake and I'm a fourth year MSci Zoology student. Having been a student in PASS in my first year and a PASS leader in my second year, I know from both perspectives how helpful PASS is in supporting the university journey. I hope to ensure that students on small programmes, like zoology, still feel just as supported through PASS!

One must-do at uni: Visit the vivarium at the Manchester Museum





Hey, my name is Georgie. I am a fourth-year Biochemistry student who has just finished a placement year working for a pharmaceutical company in Reading. I love sports and being outdoors, so I would highly recommend getting involved with any societies that interest you and making the most of being in Manchester (for example by taking a trip to the Peak District). PASS is here to help you make the most out of your time being a student!!

Hi, my name is Praise and I'm a final year Biomedical Sciences student. I was a PASS leader last year. As an international student, I know what it's like to navigate a new country and university system, and I want to help others through that. I also know exactly where students tend to get stuck, and I want to put that fresh insight to good use. Outside of uni, I'm a massive reader, a big music fan, and I love to travel!



Weekly PASS sessions and what to expect

Week	Material
0	Welcome Week – welcome quiz, lab coat collection, freshers' fairs
1	Organisation – using Canvas, sorting timetable and not missing deadlines, time management, what is expected of me? How should I organise myself?
2	Note taking – why, what, how, and how long?
3	PASS academic session
4	PASS academic session
5	Essay writing and referencing – get started
6	**READING WEEK**
7	PASS academic session
8	House hunting
9	**ESSAY WEEK**
10	PASS academic session
11	PASS academic session

A chance to increase understanding of lecture content and develop study, essay, and data handling skills

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

What to expect



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!

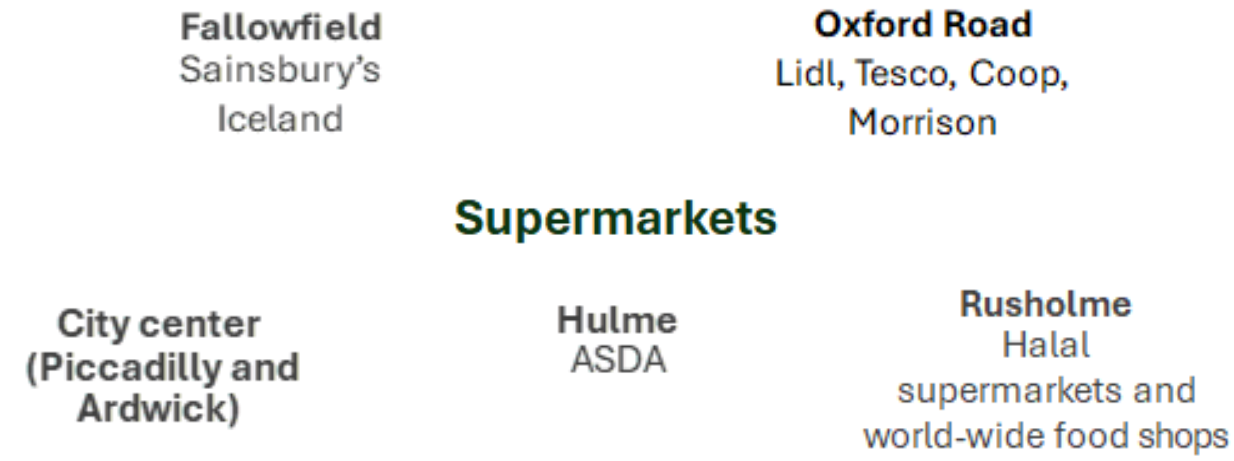
Useful information

How do I find my way around campus?

https://www.manchester.ac.uk/about/maps/

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.

Local Supermarkets?



What if I get ill?

Registering with a doctor is very important upon arrival in Manchester. If you are staying in halls, the Residents Association should be able to provide information on your closest doctor's surgery/ health center 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 because 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 Vallance 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 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.
https://www.residents.manchester.ac.uk/contact-us/

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
- UniDays!
- https://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!

Essentials – by the Student Union

Essentials is a service run by the SU that is there to support students by helping with access to essential items like food, hygiene products, and more. It also provides a community space for activities designed to support with wellbeing. You can find more information about Essentials using the link below, and you can visit the Essentials building at Thorncliffe House, 320-322 Oxford Rd, M13 9NG, which is open from Mondy – Friday from 10am-4pm (close to Stopford Building).
https://manchesterstudentsunion.com/essentials

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?

It stops being big and intimidating once you have settled in and learn your way around. It is great and there's so much to do – it's a 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 leaders 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.

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. • NQ64 or Pixel Bar, Lost in Tokyo, • Comedy night at The Frog and Bucket • And many more, go and explore it for yourself…
City centre	• There are places to suit everyone, from popular Indie clubs like 42s to The Royal Exchange Theatre; there's so much choice! • Go to Printworks with friends to see a movie or a round of minigolf
Fallowfield	• The biggest student area in Manchester, good for cheap drinks and nights out! • One of the most popular bars is 256 Wilmslow Road. • The Friendship Inn is a great place for a beer in the sunshine.
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 The Brewers, Via Manchester, and Bar Pop or for a clubbing experience, try The New Union.
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.
Spinningfields	• Great for celebration and simply treating yourself. • The Alchemist, Peaky Blinders and the Blues Kitchen are worth exploring. • Go boogie on Wednesday to Latino rhythms in Revolution de Cuba.

Arts and shopping

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.

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, the 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 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.

Feeling peckish?

- 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!**

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!

Try out BERYL city bikes and see how amazingly easy it is to move around Manchester by bike

Top Tip!

Get the Stagecoach bus pass for students! It saves money in the long-term for your commuting

Top Tip!

If you're 17, you can get a bus pass for only £10 from Our Pass

CYCLING

- With 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.
- Try BERYL city bikes around the campus and in Salford and see how amazingly easy it is to move around Manchester by bike.

BUSES

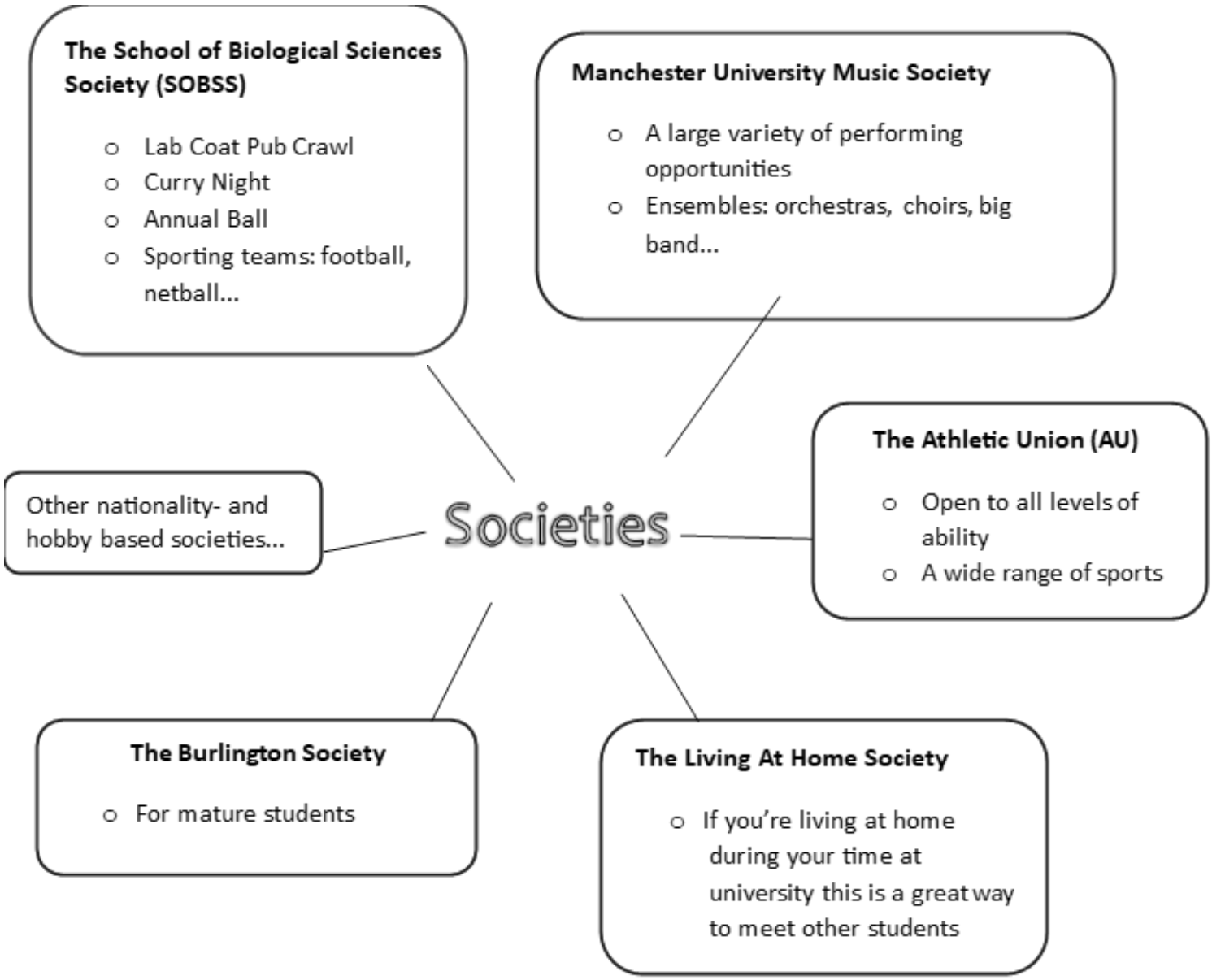
- Oxford Road runs from the city, through city campus and Rusholme, where it becomes Wilmslow Road and carries on through Fallowfield and Didsbury.
- Any bus with the number 4 on it (42, 43, 142 and 143) will take you along this route.
- A single along this route will generally cost £2.00
- We highly recommend getting a bus pass, that allows unlimited use of the Bee Network buses.
- These can be purchased from the Bee Network app.

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).

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 interest.

During welcome week there will be societies fair 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 https://manchesterstudentsunion.com/activities. Trialling for sports teams may be different.



Staying safe

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) and online platforms like Uber. However, **do not flag down private hire taxis on the street**, as you will not be insured in the event of an accident.

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!

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

Call university security on 0161 306 9966 if you feel you are in danger on campus.

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.

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

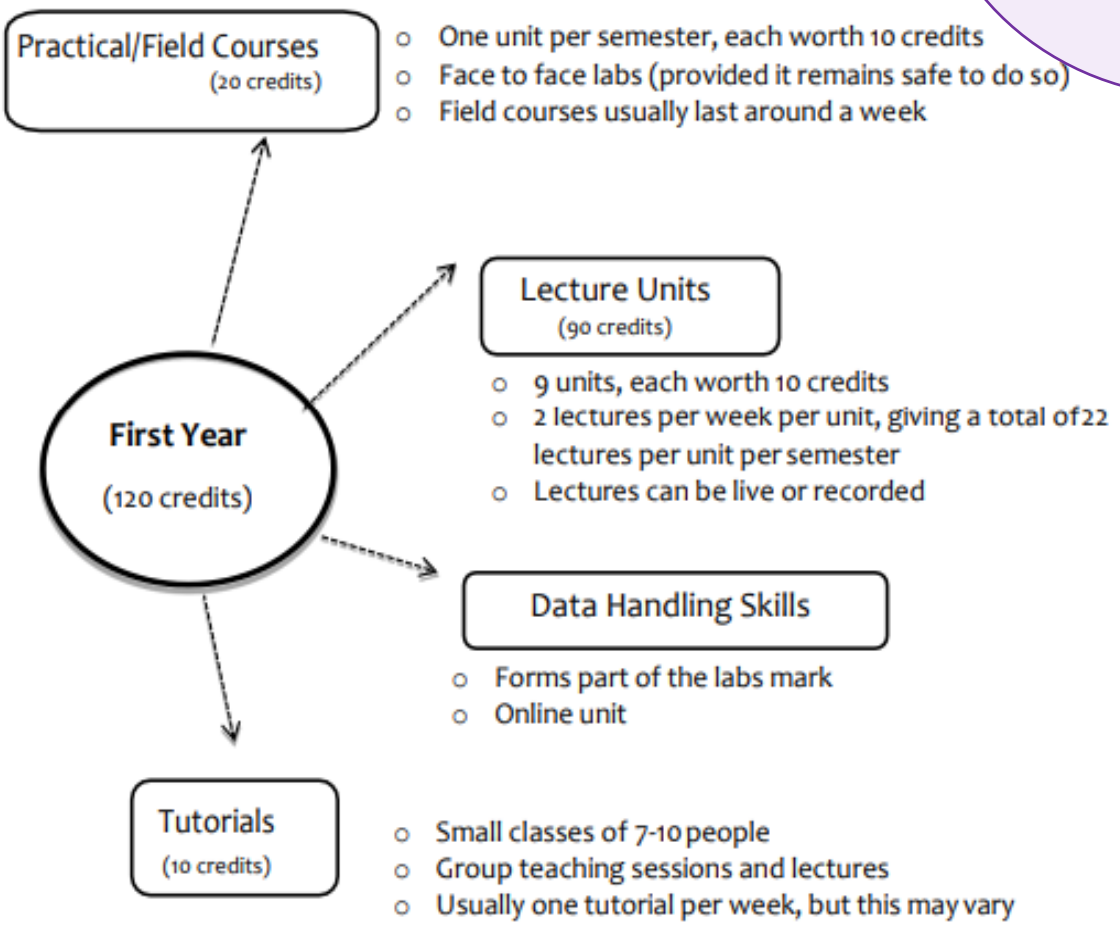
It's also important to buy your own drinks when you're out so that there's no risk of getting your drink spiked. It might also be worth reading information on this website: https://www.drinkaware.co.uk/advice/staying-safe-while-drinking/drink-spiking-and-date-rape-drugs/ for more helpful info.

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/2022-23/sbs/undergraduate/first-year-l1/



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:

- Joint honours degrees with schools outside SBS (e.g. Cognitive Neuroscience and Psychology).
- 'with modern language" degrees

If you feel that you are struggling with anything, your PASS leaders are here to help you! Message them and they will help.

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 – for many modules in first year, you can achieve excellent grades just by using the lecture material. In second and third year, you'll be expected to do extra reading to get higher grades, but you still won't *need* textbooks as journal articles, review articles, and resources provided by lecturers will suffice.

The library has copies of textbooks that 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. Essential textbooks will be assigned on **Kortext** when you enrol onto specific modules. Kortext is a great online platform that allows you to highlight and make notes on your virtual textbooks, so do check it out! 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.

What to expect next year

In a typical semester 1 week, you will have live or recorded lectures for all your course units. As part of the units, you will also be assessed though 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, sessions are once a week. 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 Leaders, they are students just like you and will be able to offer you insights and advice.

PASS is a fantastic place to be heard!

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**:**

The Undergraduate Recruitment & Admissions Office	**Student Support Hub**
School of Biological Sciences The University of Manchester G.606, Stopford Building, Oxford Road Manchester M13 9PT Tel: +44 (0)161 275 5032 Email: ug.biosciences@manchester.ac.uk	School of Biological Sciences The University of Manchester Stopford Library, 3rd Floor Stopford Building, Oxford Road Manchester M13 9PT Tel: +44 (0)161 275 1487 Email: sbs.hub@manchester.ac.uk

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 (issues regarding loans, tuition fees etc.):
Website: Student Support | Student Services | The University of Manchester
Email: ssc@manchester.ac.uk

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 (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 are 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*

Top Tip!

You can also call the NHS through 111 for non-emergency medical advice and assistance

Greater Manchester Police: 0161 872 5050
NHS direct: 111

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 has student discounts, offers, and plans available!

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.