

## Academic Success Programme

### Academic Success:

### Adjusting to academic life

For information on  
other workshops,  
please scan:



[manchester.ac.uk/  
academicsuccess  
programme/](https://manchester.ac.uk/academicsuccessprogramme/)

|               |  |
|---------------|--|
| <b>Week 1</b> | <b>Contacting academic advisors</b><br><br>Hear from academic advisors about their role, the support they offer and how to contact them.                 |
| <b>Week 2</b> | <b>Making the most of your library and IT support</b><br><br>Find out how you can take advantage of the support provided by our library and IT services. |
| <b>Week 3</b> | <b>Taking care of your wellbeing</b><br><br>Learn from a Student Support and Wellbeing Coordinator about the kind of support that is available to you.   |
| <b>Week 4</b> | <b>Legitimate use of AI</b><br><br>Learn how to legitimately use AI to support your learning at the University of Manchester.                            |