

# WELCOME WEEK AND WEEK 1

## Academic Success and Module Fair

Tuesday 19 September 2017  
12:00pm – 4:00pm

The Marquee located at car park 4 behind RUSU and the Carrington Building

## Reading Experience Day

Wednesday 27 September 2017  
12.00pm – 4.00pm  
The Dome

Come along to our stands in the Marquee and the Dome and pick up hints and tips to help you settle in and study effectively.

## REPEATED TALKS

Want to attend a talk, but can't due to another academic commitment? Don't worry. Many of our popular talks will be repeated several times at regular intervals, throughout the academic year.

### Techniques for increasing concentration

Monday 2 October 2017  
Thursday 26 October 2017  
Thursday 23 November 2017  
Monday 15 January 2018  
Monday 12 February 2018  
Wednesday 14 March 2018  
Wednesday 2 May 2018

### Stop Procrastination

Thursday 12 October 2017  
Thursday 25 January 2018  
Thursday 26 April 2018

### Successful strategies to manage academic pressure

Thursday 5 October 2017  
Wednesday 29 November 2017  
Wednesday 28 February 2018  
Wednesday 25 April 2018

### Simple ways to minimise stress and improve your health

Monday 16 October 2017  
Wednesday 7 February 2018  
Wednesday 9 May 2018

### An Introduction to Mindfulness

Wednesday 18 October 2017  
Wednesday 15 November 2017  
Wednesday 24 January 2018  
Wednesday 21 February 2018  
Monday 30 April 2018

## LIFE TOOLS 2017-18 TALKS PROGRAMME

### Manage academic demands effectively

### Improve resilience when life becomes challenging

### Enhance your personal wellbeing

If you would like more 'tools' in your academic and personal toolkit, come to one of the Life Tools talks – run by experts in personal development and wellbeing.

In today's demanding job market, employers place a lot of emphasis on finding applicants with specific skills and abilities for their organisations.

More than this, however, they are looking for candidates with behaviours and competences which complement their academic achievements.

Our programme of talks 'Life Tools' is designed to educate and equip you with a range of highly desirable abilities and attributes which will complement and enhance your academic portfolio.

Start gathering these attributes and abilities now, further develop those you already have and stand out from the crowd when you send in your C.V.

### Academic tools

Increase your concentration, stop procrastination, overcome perfectionism and effectively manage exams pressure.



### Resilience tools

Manage stress, cope with change and acquire problem-solving skills.

### Personal development tools

Achieve your potential, work effectively with others and increase your sense of wellbeing and optimism.

The 2017-18 Life Tools programme has been tailored to provide the three main components shown above.

Select a range of talks from each of these three areas to develop your personal portfolio. **Acquire** the knowledge, **Assimilate** the skills and **Apply** them to your academic and personal life.

Life Tools talks are open to all students. They have been designed to get you thinking, to increase your knowledge and provide you with competences to enhance your life.



Student and Applicant Services



# LIFE TOOLS

Increase **your** knowledge, enhance **your** life

**ACQUIRE • ASSIMILATE • APPLY**

Talks in 2017-2018

## LIFE TOOLS

For more information, please contact:

### Student Wellbeing

Carrington Building, Room 106  
University of Reading  
Whiteknights  
Reading RG6 6UA  
United Kingdom

talks@reading.ac.uk  
Tel (0118) 378 4216

[www.reading.ac.uk/life-tools](http://www.reading.ac.uk/life-tools)

[reading.ac.uk/counselling](http://reading.ac.uk/counselling)

[blogs.reading.ac.uk/health-and-wellbeing](http://blogs.reading.ac.uk/health-and-wellbeing)



