Study/Wellbeing Pack

Newcastle University

Study Well@NCL
Welcome to Study Well@NCL

As you prepare your final assignments and in the lead up to exams, we recognise it can be a stressful time for many. The aims of Study Well@NCL are all about support - how we can support you, and how you can support yourself and others.

Our Study/Wellbeing pack includes exam revision tips, reminders on using the library during this busy time, and wellbeing advice and activities for those times when you need a well-deserved break.

You can also pick up a physical copy of this pack - available in the libraries during Wellbeing Wednesdays.

24/7 support when you need it.
libhelp.ncl.ac.uk
You need your physical smartcard to swipe *in* and *out* of the library

Too noisy to study? Text the Library Noise Alert Service and someone will be along to help. 07891 484 764
There are a variety of bookable and non-bookable spaces available across the library

Leaving your desk for more than 30 minutes? Take your belongings with you or borrow a locker key from the Library Help Desk on Level 2
Take regular breaks and stay hydrated. Get some fresh air and exercise to give your brain a break.

You can eat hot food in the cafés at the Philip Robinson Library and the Marjorie Robinson Library Rooms.
DON'T JUST COPY IT OUT

Study Well : Revision Tips

- Rework it into a different format - mindmap, diagram, paraphrase

- Reduce it - into a mnemonic, bullet points

Keeping it flexible helps you process it and use it creatively in the exam.

Find out more

Your Skills
DON’T JUST LEARN IT

Study Well: Revision Tips

• Reorganise it, connect and compare it with other information

• Apply it, think of reasons, examples or evidence for it

Practice using it as you would in the exam so you’re not just regurgitating it.

Find out more
DON'T JUST READ IT

Study Well: Revision Tips

• Explain it back to yourself in your own words

• Reinforce and check it by testing yourself on it

Practising articulating and retrieving your learning helps you make sense of it and retain it.

Find out more
DON'T JUST TEST YOURSELF

Study Well : Revision Tips

• Test early - don’t worry if you don’t get it right or miss things, note for next time

• Write your own exam questions - what questions would you set?

Testing also rehearses recall, reinforces memory and shows you what you need to target.

Find out more
DON'T JUST SIT THERE

Study Well: Revision Tips

- Change location so your learning isn't tied by your memory to one place

- Interleave topics and let learning 'rest' for a while before revisiting

Frequent changes in place and task will help your learning stay fresh and flexible.

Find out more
Make an origami butterfly

What you need: 1 single square sheet of paper

https://goorigami.com/single-sheet-origami/origami-butterfly/3006
5. Turn over

6. Fold the corner past the edge

7. Fold behind. Turn over

8. Fold along the center line

9. Do not flatten here

10. Finish the origami.
3-minute seated Yoga

IN COLLABORATION WITH NHS choices

DAREBEE WORKOUT 🪔 darebee.com
30 seconds each

- body fold
- stretch up
- side stretch
- lotus twist
- lift & reach
- half lotus
Chair Exercises

3 sets | up to 2 minutes rest between sets

**20 chest expansions**

**20 side arm raises**

**10 dives**

**10 raised arm circles**

5 clockwise / 5 counterclockwise

**20 overhead punches**

**20 punches**

Be well@NCL is a collection of tried and tested books, chosen in partnership with the Student Health and Wellbeing Service and other health professionals. Evidence shows that books like these can be helpful in understanding and managing your mental health and wellbeing.

What subjects do the books cover? Anger, anxiety, bereavement, body image, caring for others with mental health conditions, depression, eating disorders, low self-esteem, mood swings, OCD, phobias, panic, sleep problems, stress and more.

Be well@NCL collections are located in the University Libraries. Find out more:

Online: ncl.ac.uk/library
Contact: libhelp.ncl.ac.uk
Stay connected by sharing your tips with us!
Physical and mental health – even if you’re self-isolating. Here are some small steps you can take to look after your wellbeing.

1. Take a look at the University offered, wellbeing support.
2. Do a healthy meal.
3. Set reminders.
4. Download the NHS app.
5. Write down your achievements.
7. Do one task.
8. Take a break from social media.
9. Make a plushie.
10. Relax from your own window.
11. Listen to an audio guide to a local museum.
12. Test yourself with tips from the University.
13. Get a good night’s sleep.
14. Putting off things you’ve been putting off.

Took care of your wellbeing is more important than ever right now.
Walk and Talk

**Wednesdays at 1:15pm** (until 8th June)

**Meeting inside the entrance to the Philip Robinson Library**
(no sign up required)

Our Walk and Talk sessions are a great way to take a little time out from your studies, enjoy some fresh air as we walk through Exhibition Park and share in some conversation with others along the way.

(Duration – approx 30 mins)

For more information about the Chaplaincy and Pastoral Support Team visit - ncl.ac.uk/chaplaincy
Studying for EXAMS?

Revise

Rest

Reflect

Look out for a Chaplain!
Your wellbeing

Where to find help and assistance, online and on campus

**TalkCampus**

A fee-to-download app where you can talk with other students from around the world if you’re struggling and worried about your mental health.

**iNCLude**

Designed to help you take small steps to improve and maintain your wellbeing. iNCLude looks at how to maximise your experience at University by creating positive habits to ensure you’re focussing on more than just your studies.

**Silvercloud**

Silvercloud is a suite of online CBT (Cognitive Behavioural Therapy) programmes, which can be tailored to your specific needs. It is free and available to all students.

**Counselling**

The Newcastle University Counselling team provide counselling for students who may be struggling with life concerns which may cause unmanageable emotional or psychological distress.

Find out more about these initiatives at [ncl.ac.uk/wellbeing/](ncl.ac.uk/wellbeing/)