

PRE-SEMESTER ENGAGEMENT PROGRAMME



QUEEN'S
UNIVERSITY
BELFAST

DISABILITY
AND WELLBEING



SEMESTER
2

Campus Connect

Monday 4 January, All Day

New to campus and want to learn more? Check out this video tour that will help you draw a mental map of campus and help you learn your way around!

Register

Dark Nights, Feeling Alright: Managing Your Mental Wellbeing

Thursday 7 January, 2:00pm - 3:30pm

This workshop explores Seasonal Affective Disorder, and the difficulties face by the long winter nights, social isolation and loneliness, anxiety and low mood/depression, and at strategies to manage these.

Register

Dance to This

Tuesday 5 January, 3:00pm - 3:45pm

Nightclubs may be closed, so we are bringing the dance party to you! Join us virtually for a dance workout with Queen's Sport and get your whole body moving and have fun!

Register

BeLong: Community

Friday 8 January, 2:00pm - 3:30pm

We are showing a theatrical viewing titled 'Ninety Four Thousand' which explores hate crime, followed by a panel discussion who work in the Belfast community to promote equality, diversity and inclusion.

Register

Me, Myself & I

Wednesday 6 January, 11:00am - 12:00pm

Self-reliance is key to building your confidence, motivation and finding your voice. This webinar looks at managing challenges in your student life and optimising your own abilities and resilience.

Register

Living Your Best University Life

Friday 8 January, 11:00am - 12:00pm

Hoping to achieve a better work life balance? Learn how to make the most of your university experience and how to look after your wellbeing during your studies

Register

Sleep More Soundly

Online Resource

Can't sleep? Sometimes we find it hard to doze off at nighttime and wake up in the morning. Check out our tips on how to improve your sleep hygiene and encourage a better sleep routine!

Register



#LOVEQUB

qub.ac.uk/myqueens