



QUEEN'S
UNIVERSITY
BELFAST



#QUBeWell

STUDY WELL, BE WELL

SUMMATIVE ASSESSMENT SUPPORT PROGRAMME

2021

qub.ac.uk/my-queens

LET'S GET STARTED

CONTENTS

Introduction	2
Week Commencing Monday 19 April	3
Week Commencing Monday 26 April	4
Week Commencing Monday 3 May	5
Week Commencing Monday 10 May	6
Week Commencing Monday 17 May	7
Week Commencing Monday 24 May	8
Week Commencing Monday 31 May	9
Useful Contacts	10

HEY, YOU: YOU GOT THIS!

We get it. We know assessments aren't fun. We know how it feels to want to be on the other side of a deadline, to move on to the next big challenge, or to enjoy a sense of well-earned freedom.

Until you get there, we are here to help you to be well.

This support series will help you manage the complexities of studying, particularly in an online or digital environment. Within this guide, you will find lots of helpful resources, tools, techniques, and advice on how to succeed in your assignments.

Often, we find that our students can easily become overwhelmed with the challenges presented by assessment - the Library is filled with people, there is an atmosphere of stress, and everyone seems to know more than you! But it doesn't have to be like this.

We find that the students who perform best are those who are able to bring a sense of balance to their assessment. After all, it is a marathon, not a sprint!

Although it certainly can be challenging to balance everything, please do allow yourself time to relax, to unwind, to give yourself a well-earned and well-

deserved break. Your brain needs it, your motivation needs it, and you need it.

The "Take 5 Steps to Wellbeing" below are simple, evidence-based ways for you to apply small goals to your every-day life, and bring you a sense of fulfilment and calm. We encourage you to keep these in focus throughout your assessments.

You have worked hard, you know more than you think you do, and you are more than able to rise to the challenge. Perform as best as you can, and be kind to yourself for how hard you are trying.

Although we hope that you receive the results which you are proud of, if you are a little disappointed, please know that support is available.

Dealing with poor results does not make you 'a failure' - in fact, they are in themselves learning opportunities which help us to grow and develop.

Best of luck!



1.

CONNECT

TALK AND LISTEN,
BE THERE, FEEL
CONNECTED



2.

GIVE

YOUR TIME,
YOUR WORDS,
YOUR PRESENCE



3.

TAKE
NOTICE

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



4.

KEEP
LEARNING

EMBRACE NEW
EXPERIENCES, SEE
OPPORTUNITIES,
SURPRISE YOURSELF



5.

BE
ACTIVE

DO WHAT YOU
CAN, ENJOY WHAT
YOU DO, MOVE
YOUR MOOD

PREPARING FOR EXAMS & CLASS TESTS

Join the Learning Development Service for these 30-minute sessions.

 **Weds 21 April - 2pm
Thurs 22 April - 12pm
Fri 23 April - 10am**

[Register](#)

YOGA FOR STIFF GUYS

A free six-week yoga course open to men at Queen's of all abilities! Takes place via Zoom. Sign-up required.

 **Wed 21 April, 5pm-6pm**

[Register](#)

SELF-CARE PACKS - FREE!

Available at the McClay Library, the Graduate School & the Students' Union, collect your self-care pack with some freebies to help boost your reward chemicals!

 **Available from Mon 19 April**

[More Info](#)

BUILDING YOUR EMOTIONAL RESILIENCE

What does it mean to be resilient? It can be a real challenge to maintain our focus, manage our stress, and try to balance the emotional, physical and mental demands being put on us.

 **Tues 20 April, 10am-1pm**

[Register](#)

ONLINE ASSESSMENTS FOR STUDENTS WITH DISABILITIES: ADJUSTMENTS AND SUPPORT

Information about the adjustments and supports which may be provided to students who are registered with Disability Services.

 **Tue 20 April, 1pm-2pm**

[Register](#)

WALK 'N' TALK SESSIONS

Get some fresh air, boost your step count, & have a chat with a socially distanced walk in Botanic Gardens. With Student Wellbeing, the Graduate School & Accommodation

 **Friday 23 April, 11am-1:30pm
Every 15 mins**

[Register](#)

ONLINE ASSESSMENTS: GETTING THE MOST OUT OF ASSISTIVE TECHNOLOGY

Assistive Technology can help to improve both the effectiveness and efficiency of your studying routines. This webinar will give you a few examples of software and assistive technologies you can use.

 **Fri 23 April, 10am-11am**

[Register](#)

GRAB A CUPPA!

Stay hydrated & caffeinated with a cup of tea or coffee - on us! Show your student card at Hope Café or Junction for a free tea, filter coffee, or £1.50 towards the cost of any purchase!*

 **Hope & Junction Opening Hours**

[More Info](#)

RESOURCES

Available at any time

STUDY HACKS PODCASTS

Studying can be about both effectiveness & efficiency. Learn about some quick techniques you can apply to ensure you achieve both!

[More Info](#)

MINDFULNESS FOR BEGINNERS

Mindfulness can be key to having a balanced & measured perspective on life around you. Try it out with our quick series.

[Watch](#)

DIGITAL SKILLS DISCOVERY HUB

This rich set of curated resources and courses will help you to unlock your digital skills & support you to learn in an ever-changing and sometimes demanding digital environment.

[More Info](#)

HEALTHY STUDY HABITS

Developing healthy study habits will help you to lead a balanced lifestyle, where you maintain the perfect momentum between hard work & relaxation.

[More Info](#)

STUDY SPACES

Need a place to study? Check out MyQueen's for a list of study spaces available on-campus. Remember, essential visits only.

[More Info](#)

RESOURCES

Available at any time

ART THERAPY: COLOURING PACKS

Unlock your creativity with our FREE colouring packs. Available for collection as part of the Self-Care Packs.

[More Info](#)

HOW TO GET EXAM READY - STUDENT PODCAST

The Student Digital Champions at Queen's have recorded a podcast about how they get exam ready. Have a listen to see if you can learn some new pointers.

[Listen](#)

OPEN BOOK ASSESSMENTS: DIGITAL TOOLS & HACKS

Are you completing any 'open book' assessments? Check out this resource prepared by the Centre for Educational Development on tools &

[More Info](#)

TOP TIPS FOR PRODUCTIVE & HEALTHY STUDY

The Centre for Educational Development have collated their top 5 tips for productive and healthy study. Read through this fun guide to see if you can pick up any tips!

[More Info](#)



WEEK COMMENCING
MONDAY 26 APRIL

PREPARING FOR EXAMS & CLASS TESTS

Join the Learning Development Service for these 30-minute sessions.



Wed 28 April - 2pm
Thurs 29 April - 12pm
Fri 30 April - 10am

[Register](#)

YOGA FOR STIFF GUYS

A free six-week yoga course open to men at Queen's of all abilities! Takes place via Zoom. Sign-up required.



Wed 28 April, 5pm-6pm

[Register](#)

SELF-CARE PACKS - FREE!

Available at the McClay Library, the Graduate School & the Students' Union, collect your self-care pack with some freebies to help boost your reward chemicals!



[Check Opening Hours](#)

[More Info](#)

MINDFUL MEDITATION [POSTGRADUATE]

Paying more attention to the present moment, to your own thoughts & feelings, and to the world around you can help improve your mental wellbeing.



Wed 28 Apr, 2:30pm-3:30pm

[Join MS Teams](#)

SHUT UP & WRITE [POSTGRADUATE]

Using the Pomodoro technique, carve out dedicated writing time and make progress on your assignments. Write for 3 hours in a supportive environment.



Mon 26 Apr, 1pm-4pm

[Join MS Teams](#)

WALK 'N' TALK SESSIONS

Get some fresh air, boost your step count, & have a chat with a socially distanced walk in Botanic Gardens. With Student Wellbeing, the Graduate School & Accommodation



Friday 30 April, 11am-1:30pm
Every 15 mins

[Register](#)

LIVING WITH WORRY & ANXIETY: ASSESSMENT STRESS

Join Inspire Student Wellbeing for this webinar on living with worry & anxiety.



TBC

[Register](#)

GRAB A CUPPA!

Stay hydrated & caffeinated with a cup of tea or coffee - on us! Show your student card at Hope Café or Junction for a free tea, filter coffee, or £1.50 towards the cost of any purchase!*



Hope & Junction Opening Hours

[More Info](#)



WEEK COMMENCING
MONDAY 3 MAY

VIRTUAL CATCH-UP CAFÉ (MONDAYS)

Drop in to the Students' Union's Virtual Wellbeing Café every Monday to have a chat, ask questions and make friends.

 Monday 3 May, 3pm-4pm

[More Info](#)

SHUT UP & WRITE [POSTGRADUATE]

Using the Pomodoro technique, carve out dedicated writing time and make progress on your assignments. Write for 3 hours in a supportive environment.

 Monday 3 May, 1pm-4pm

[Join MS Teams](#)

INTERNATIONAL STUDENT TEA & TALK

Grab a cup of tea, some breakfast and log in to a morning chat from 9-10am to set your day up right!

 Tues 4 May, 9am-10am

[More Info](#)

YOGA FOR STIFF GUYS

A free six-week yoga course open to men at Queen's of all abilities! Takes place via Zoom. Sign-up required.

 Wed 5 May, 5pm-6pm

[Register](#)

MINDFUL MEDITATION [POSTGRADUATE]

Paying more attention to the present moment, to your own thoughts & feelings, and to the world around you can help improve your mental wellbeing.

 Wed 5 May, 2:30pm-3:30pm

[Join MS Teams](#)

STUDY HACKS PODCASTS

Listen to another episode of our short study hacks podcast series. 15 minutes of tips to strike the balance between efficiency & effectiveness!

 Released weekly

[More Info](#)

VIRTUAL CATCH-UP CAFÉ (THURSDAYS)

Drop in to the Students' Union's Virtual Wellbeing Café every Thursday to have a chat, ask questions and make friends.

 Thurs 6 May, 3pm-4pm

[More Info](#)

WALK 'N' TALK SESSIONS

Get some fresh air, boost your step count, & have a chat with a socially distanced walk in Botanic Gardens. With Student Wellbeing, the Graduate School & Accommodation

 Friday 7 May, 11am-1:30pm
Every 15 mins

[Register](#)





WEEK COMMENCING
MONDAY 10 MAY

GRADUATE SCHOOL VIRTUAL TOUR

Learn about the rich history of the Graduate School at Queen's via this virtual tour. Postgraduate Community Assistants can also answer any questions you may have.

 Mon 10 May, 2pm-2:30pm

[Register](#)

GRADUATE SCHOOL VIRTUAL CAFÉ

The Postgraduate Virtual Café is a chance to meet your fellow postgraduates and stay connected in the virtual world. Register via MyFuture.

 Wed 12 May, 10am-10:30am

[Register](#)

MINDFUL MEDITATION [POSTGRADUATE]

Paying more attention to the present moment, to your own thoughts & feelings, and to the world around you can help improve your mental wellbeing.

 Wed 12 May, 2:30pm-3:30pm

[Join MS Teams](#)

YOGA FOR STIFF GUYS

A free six-week yoga course open to men at Queen's of all abilities! Takes place via Zoom. Sign-up required.

 Wed 12 May, 5pm-6pm

[Register](#)

WALK 'N' TALK SESSIONS

Get some fresh air, boost your step count, & have a chat with a socially distanced walk in Botanic Gardens. With Student Wellbeing, the Graduate School & Accommodation

 Friday 14 May, 11am-1:30pm
Every 15 mins

[Register](#)

STUDY HACKS PODCASTS

Listen to another episode of our short study hacks podcast series. 15 minutes of tips to strike the balance between efficiency & effectiveness!

 Released weekly

[More Info](#)

NAVIGATING EXCEPTIONAL CIRCUMSTANCES

Join Advice SU for an Instagram Takeover as they outline how the Exceptional Circumstances process works.

 TBC

[More Info](#)

VIRTUAL CATCH-UP CAFÉ (THURSDAYS)

Drop in to the Students' Union's Virtual Wellbeing Café every Thursday to have a chat, ask questions and make friends.

 Thurs 13 May, 3pm-4pm

[More Info](#)



WEEK COMMENCING
MONDAY 17 MAY

VIRTUAL CATCH-UP CAFÉ (MONDAYS)

Drop in to the Students' Union's Virtual Wellbeing Café every Monday to have a chat, ask questions and make friends.

 Monday 17 May, 3pm-4pm

[More Info](#)

YOGA FOR STIFF GUYS

A free six-week yoga course open to men at Queen's of all abilities! Takes place via Zoom. Sign-up required.

 Wed 19 May, 5pm-6pm

[Register](#)

QUBSU INSTAGRAM TAKEOVERS

Join the Students' Union's Instagram page for some Instagram Takeovers with quick advice on effective studying, tips from your Student Digital Champions, and support offered by Advice SU

 TBC

[More Info](#)

STUDY WELL, BE WELL WEBINAR [POSTGRADUATES]


This event will provide you with information on wellbeing and study support that is available to you. Includes talks from the Graduate School, Student Wellbeing, and your Students' Union,

 Thurs 20 May, 10am-11am

[Register](#)

WALK 'N' TALK SESSIONS

Get some fresh air, boost your step count, & have a chat with a socially distanced walk in Botanic Gardens. With Student Wellbeing, the Graduate School & Accommodation

 Friday 21 May, 11am-1:30pm
Every 15 mins

[Register](#)

ART THERAPY: COLOURING PACKS

Unlock your creativity with our FREE colouring packs. Available for collection as part of the Self-Care Packs.

[More Info](#)

MINDFULNESS FOR BEGINNERS

Mindfulness can be key to having a balanced & measured perspective on life around you. Try it out with our quick series.

[Watch](#)





WEEK COMMENCING
MONDAY 24 MAY

VIRTUAL CATCH-UP CAFÉ (MONDAYS)

Drop in to the Students' Union's Virtual Wellbeing Café every Monday to have a chat, ask questions and make friends.

 Monday 24 May, 3pm-4pm

[More Info](#)

INTERNATIONAL STUDENT TEA & TALK

Grab a cup of tea, some breakfast and log in to a morning chat from 9-10am to set your day up right!

 Tues 25 May, 9am-10am

[More Info](#)

YOGA FOR STIFF GUYS

A free six-week yoga course open to men at Queen's of all abilities! Takes place via Zoom. Sign-up required.

 Wed 26 May, 5pm-6pm

[Register](#)

WALK 'N' TALK SESSIONS

Get some fresh air, boost your step count, & have a chat with a socially distanced walk in Botanic Gardens. With Student Wellbeing, the Graduate School & Accommodation

 Friday 28 May, 11am-1:30pm
Every 15 mins

[Register](#)

STUDY HACKS PODCASTS

Listen to another episode of our short study hacks podcast series. 15 minutes of tips to strike the balance between efficiency & effectiveness!

 Released weekly

[Listen](#)

VIRTUAL CATCH-UP CAFÉ (THURSDAYS)

Drop in to the Students' Union's Virtual Wellbeing Café every Thursday to have a chat, ask questions and make friends.

 Thurs 27 May, 3pm-4pm

[More Info](#)

MINDFUL MEDITATION [POSTGRADUATE]

Paying more attention to the present moment, to your own thoughts & feelings, and to the world around you can help improve your mental wellbeing.

 Wed 26 May, 2:30pm-3:30pm


[Join MS Teams](#)



WEEK COMMENCING
MONDAY 31 MAY

SHUT UP & WRITE [POSTGRADUATE]


Using the Pomodoro technique, carve out dedicated writing time and make progress on your assignments. Write for 3 hours in a supportive environment.

 **Monday 31 May, 1pm-4pm**

[Join MS Teams](#)

MINDFUL MEDITATION [POSTGRADUATE]

Paying more attention to the present moment, to your own thoughts & feelings, and to the world around you can help improve your mental wellbeing.

 **Wed 2 June, 2:30pm-3:30pm**

[Join MS Teams](#)

WALK 'N' TALK SESSIONS

Get some fresh air, boost your step count, & have a chat with a socially distanced walk in Botanic Gardens. With Student Wellbeing, the Graduate School & Accommodation

 **Friday 4 June, 11am-1:30pm**
Every 15 mins

[Register](#)

LEARNING FROM MY ASSESSMENT & PREPARING FOR DISAPPOINTMENT

Having a positive growth mindset also means that we are equipped to deal with disappointment and setbacks. Check out our guide on how to face the challenges presented by life's disappointments - including results you weren't expecting.

 **All week**

[More Info](#)

MINDFULNESS FOR BEGINNERS

Mindfulness can be key to having a balanced & measured perspective on life around you. Try it out with our quick series.

[Watch](#)



USEFUL CONTACTS

Your Module Co-ordinator
Your Personal Tutor
Your Advisor of Studies
Your School Office

[School Office Contact Details >](#)

Exceptional Circumstances
Fit to Sit Principle
Personal & Sensitive Circumstances

[Academic Affairs >](#)

Libraries at Queen's

[Libraries >](#)

The Graduate School

[The Graduate School >](#)

MyQueen's FAQs on Teaching, Learning & Assessment

[MyQueen's >](#)

Learning Development Service

[LDS >](#)

IT Service Desk

[Technology Queries >](#)

Student Disability & Wellbeing Services

[Disability & Wellbeing >](#)

Inspire Student Wellbeing

[Inspire Wellbeing >](#)

Your Student Officers

[Student Officers >](#)

Advice SU

[Your Students' Union >](#)

Chaplaincies

[Chaplaincies >](#)

University Health Centre

[Health Centre >](#)



*it
always seems
impossible
until it's
done*



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