

YOUR STUDENTS' UNION

STUDY WELL GUIDE 2024



**TAKE A
BREAK**

WELCOME



Welcome to Study Well, the campaign designed to help you look after your mental health and wellbeing during the exam season. This summer we're bringing you Easter egg giveaways, ice cold drinks and petting zoos, along with many other events and freebies.

We've put together this guide to let you know what's on and to provide some guidance on where you can get support during the exam period. There'll also be links inside to all our great resources on the Study Well website such as quick read articles, playlists to help you focus, and revision tips.

The exam period can be intense, so make sure you take care of yourself, and put in some breaks to stop yourself from burning out.

On behalf of the Queen Mary Students' Union Executive Officers, I wish you the very best of luck with all your coursework deadlines and exams. If you need our help at any point, please do reach out, your Students' Union is here for you.

Tahmid Khan, VP Welfare

@WelfareQMSU | su-vpwelfare@qmul.ac.uk



qmsu.org/
studywell

**YOU'VE
GOT THIS!**

STUDY TIPS



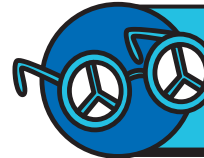
Taking care of yourself during exam season can be tough, so here are some quick tips to boost your study self-care routine:



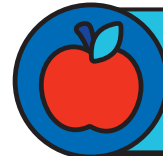
Make a schedule: Break down your study routine into manageable chunks of time and put in breaks to do something relaxing to refresh your mind.



Set goals: Write down a list of achievable goals at the start of your revision sessions to keep yourself motivated and to hold yourself accountable.



Find your groove: Everyone's different, so don't measure your success against others! Experiment with different study techniques and environments to see what works best for you.



Fuel up: Eat brain-boosting snacks and stay hydrated to keep your energy levels up (don't forget to treat yourself sometimes too!).



Ask for help: When deadlines build up or things aren't exactly going according to plan, don't be afraid to reach out. Useful support links are available on the back of this guide.



It's easy to get overwhelmed with studying, so taking care of yourself is crucial for success.

Use these self-care hacks to make sure you're looking out for yourself, you've got this!

ADVICE FOR YOUR COURSEWORK & EXAMS

Coursework

Unforeseen Circumstances

If you can't make the deadline due to something unexpected, you'll need to fill out an extenuating circumstances form in a timely manner.

Word Limits

Make sure you don't go over the max word limit. Be concise, stay within the rules, the examiners will love you for it!

Poor referencing

Always use appropriate referencing techniques when citing other literature (yes, even if it's your own work!). Gotta give credit where credit's due.

Paraphrasing

Yes, even if you change a few words and switch around some paragraphs, paraphrasing can still be considered plagiarism if you don't reference properly!

Plagiarism

Passing off someone else's work as your own is a major no-no and you will get penalised for it, whether you meant to or not. Don't get caught out, make sure you double-check your work before submitting.

Exams

What to bring if your exams are in-person

- QMUL Student ID
- Stationery in a clear container
- Any other permitted exam materials (approved calculator without notes or formulas)

Fit to Sit policy

If you're showing up to the exam hall or you open the test paper online, you're telling the examiner that you're ready to do the assessment. If you're not feeling well, don't chance it and fill out that extenuating circumstances form instead.

Belongings

Leave big items outside the exam area and store money, phones, electronic watches (all turned off) under your desk. If you forget and get caught, it'll be considered an assessment offence, even if you didn't use them.

Notes

Stay on top of the exam rules and double-check if it's an open book exam. If you're allowed to use notes, make sure they're in the right format.



WHAT'S ON

Whether you're prepping for your first summer exams or need a break from coursework, we've got your back with a ton of events, activities, giveaways, and promos! Here are some of our upcoming events, but check out the QMSU website for more!

WED 24 APRIL & THURS 2 MAY

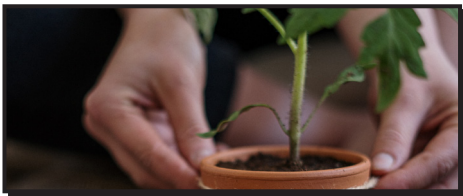


Library Square Pop-Ups

Take a break from your studies and drop by the Study Well stall to pick up some free snacks, cool fidget toys, and be in with a chance of winning an Easter egg. Good luck!

Library Square, 11am-2pm

WED 24 APRIL



Exec-ercise: Gardening

Try your hand at planting with Matthew and Tahmid from your Exec and give your body a stretch. Yes, gardening counts as exercise, we checked :-)

Queen Mary Allotment, 2pm-5pm

TUE 7 MAY



The Big Study Well Event

A pop-up stall but make it 10x bigger. We'll have everything from ice-cold drinks to exclusive merch. Make a kite, pick up some snacks, and even feed the ducks!

Library Square, Noon-2pm

TUE 7 MAY

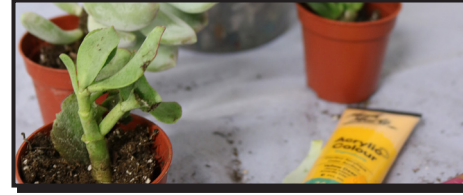


Get Active Pop Up

Give your brain a break, enjoy the sunny weather, and join us for some badminton, table tennis and loads more fun activities! Turn up at anytime and give it a try.

Library Square, Noon-2pm

TUE 14 MAY

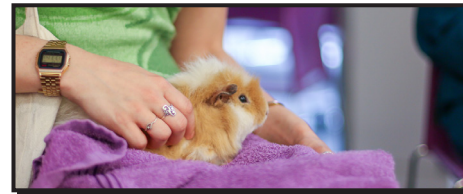


Pick, Paint and Plant

Grab yourself a new desk decoration and pick up a succulent or a cactus for free! You can even paint the plant pot of your new leafy (or spiky) friend. Time to use your creative side!

Drapers Lounge, 12.30pm-4pm

THU 16 MAY



Petting Zoo

Come and meet other students whilst you chill out with a chinchilla or relax with a rabbit! Nothing better than a cute and cuddly floofy thing to take your mind off of exams.

Students' Union Hub, 11am-4pm

Study Well x Societies

Loads of our societies will still be running events during the exam season, check out QMSU website for more details.

qmsu.org/clubs-socs/events

Study Well x Qmotion

Don't stop chasing those gains for exams! With 20% off 1-month peak and off-peak memberships at our Qmotion Sport & Fitness Centre, we've got you covered. Sweat it out, boost your endorphins, and take a break from the studying. Your body and mind will thank you!

qmsu.org/qmotion

Study Well x BL

Study Well at Barts & The London begins on the 27th May. Keep an eye out on the Study Well website for upcoming event details coming soon!



...and there's more!

Find loads more events planned at qmsu.org/studywell

Sometimes plans change! Double check online for the latest event info.

GET SUPPORT

We all need some help sometimes, especially during the exam season. Reach out using the support links below.

Academic Advice at QMSU

qmsu.org/advice/academic

Writing and Study Guidance

qmul.ac.uk/library/academic-skills

Disability and Dyslexia Service

qmul.ac.uk/disability-and-dyslexia-service

Student Support for BL Students

qmul.ac.uk/fmd/study/undergraduate/london/support

University Advice and Counselling

qmul.ac.uk/welfare

Student Health Service

studenthealth.qmul.ac.uk

Food Support and Food Pantry

qmsu.org/advice/food

Welfare Support at QMUL

qmul.ac.uk/welfare

NHS Mental Health Support

nhs.uk/mental-health



Find loads more support services and resources at:
qmsu.org/studywell

