Life at Leeds





Life at Leeds is the student e-newsletter that aims to help you make the most of your time at Leeds. Send your thoughts, any content you'd like to include and feedback to studentcommunications@leeds.ac.uk.

Don't forget to join our <u>Facebook group for current students</u> and follow <u>@UoLStudents on Twitter</u>. You can also visit <u>students.leeds.ac.uk</u> for everything you'll need while you're at Leeds.

Bank holiday weekend opening hours

Many of our buildings will be closed from 5pm, Friday 25 May and will reopen on Wednesday 30 May. However, a number of buildings and services will remain open – this includes the Laidlaw library. Find out what's open and when.

Exams

As we head in to the last week of exams, some you may be winding down whilst others continue with your exam preparations. <u>Download our last newsletter</u> for information on the exam support that's available. Our <u>Twitter moment</u> also has lots of tips which will help keep you going over the next week.

Answer our communications survey to win shopping vouchers

We made changes in how we give you the information you need as part of your student journey, introduced this newsletter and created an official Facebook group for all current students as a result of our communications survey last year.

We're running the survey again to understand further improvements you'd like us to make to ensure the information you're given is relevant and interesting for you. As a thank you, you'll be entered in to a prize draw where 5 students will each win £20 shopping vouchers. Take part in the survey.

End hate crime on campus

The University and LUU have launched the *Draw the Line* campaign, to end hate crime and harassment on campus. Student Ambassadors can provide peer support via their Drop In sessions (every Tuesday and Thursday of term from 11am - 2pm in LUU Foyer) and can provide Hate Crime Awareness and Bystander Intervention Training for student and staff groups.

We've also launched a new online reporting system which you can use to report any hate crime, sexual assault or online harassment that you experience or witness. The form is anonymous but does offer options for further support. Find more information or fill in the report form.

Health and wellbeing activities over the next week

- Space to Relax from 29 May 1 June, LUU Foyer
- Ramadan space to relax 29 May 3 June, Level 2, LUU
- Happy Mind Fearless life Various dates, times and locations
- Pilates/Yoga/Relaxation 29 May, 12pm 2pm, LUU Foyer
- LUU's Ramadan Iftar 29 May, 9pm 11pm, LUU Common Ground
- Student counselling & Wellbeing workshops 30 May, 12pm 1.30pm, SCC Group Room
- Kung-Fu/self-defence/confidence session 30 May & 1 June, 2pm 3pm, LUU Jade Studio
- Pet Therapy 31 May, 12.30pm-1.30pm, LUU Foyer

Visit LUU's website for more information. You can also read our tips on looking after yourself.

Why being noisy can land you in trouble

If you're celebrating the end of your exams in the park or at a party, don't be *that* person who is too loud; think about the neighbours and others in the local area. <u>Tips on how to avoid noise complaints</u> being made against you.

Summer opportunities and the Leeds Network

Develop your employability skills over summer by taking advantage of volunteering and paid opportunities that are available to our students. Log into MyCareer to look at what's available.

For those of you that may be graduating this year, remember that you can use the Leeds Network careers resource for up to 5 years after you graduate. You can use it for inspiration and advice if you are still unsure of what you would like to do after you graduate. You can also volunteer your time and advice by offering to do a talk to students, mentor or provide online advice via the Leeds Network.

Free student tickets available for The Gregory Fellowships Symposium

This two day conference on Thursday 14 and Friday 15 June brings together scholars, artists and poets to explore the impact of the Gregory Fellowships. There are a limited number of free tickets available for students – these include refreshments on both days and a lunch on day 2. <u>Book online</u>