



Send any feedback you have about this newsletter to the [student communications team](#).

Don't forget, we're also on [Facebook](#) and [Twitter](#) to answer any questions you may have. You can also visit students.leeds.ac.uk for everything you'll need while you're at Leeds.

Study support available

Now that term's in full swing and classes and lectures are going ahead as planned, you may be looking for some extra support with your studies.

From personal tutors, workshops and student representatives to recordings of teaching sessions and details of room bookings, we have a large network of people and facilities available that can help support you with your studies. Visit the [study support page](#) for information.

Second year students can also take advantage of [Second Year Success](#) – a range of activities and workshops that will help you develop your study skills further.

Upcoming events on campus:

[LUU's what's on pages](#) let you know of events on campus over the next few weeks that you may want to join. A few that you may be interested in include:

- [Pumpkin carving workshop](#). Monday 29 – 31 October, LUU Foyer.
- [Wellbeing exercise class](#). Tuesday 20 October, 12 – 1pm, LUU – Jade Studio.
- [Time management workshop](#). Wednesday 31 October, 10am, LUU – Room 6.
- [Meditation](#). Thursday 1 November, 12 – 1.30pm, LUU – Jade Studio.
- [Work-life integration workshop](#). Friday 2 November, 10am, LUU – Room 6.

Other events over the next month include: [Wellness Kung Fu](#), [daily victim support drop ins](#), [overcoming barriers – when to be open about your disability](#), [pet therapy](#), [a stress and personality workshop](#) and [vegetarian and vegan cooking demonstrations](#).

There's also a [page on the student website](#) that shares information about where to look for events in Leeds, and (*more importantly*) the different apps and websites you can use to get student discount.

Be a monster for Halloween, but be a considerate neighbour too!

LUU are sharing their tips for keeping your Halloween House Parties full of treats for you **and** your neighbours using some of their favourite monsters. [Read their blog for info.](#)

Win a Microsoft Surface Go, worth £500.

The University's IT team are looking at ways to make students aware of the issues around cyber security. They're looking for posters or short videos that help share a simple message about any of the current issues in information security, such as phishing or malware. You can enter your content by 5pm, Wednesday 28 November. More details, including the competitions terms and conditions, are available on the [IT website](#).

In case you missed it

- The [Get Out, Get Active](#) programme has different activities running throughout the year that you can get involved in. This includes kayaking sessions, walks around the Peak District as well as pilates and yoga sessions.
 - There's still time for you [to join a club or society](#) and meet people with the same interests as you.
 - Find a friend, go exploring and discover the [top 11 walls on campus to refresh your Instagram feed](#) (*psst: this helps you get some great selfies and OOTD shots!*)
 - Complete a [short survey on student-wellbeing](#) and you'll be offered a place in the prize draw to win £20 amazon vouchers.
 - Students can get 10% off a range of courses run by the Sport and Physical Activity service here at Leeds. [Click here to see the range of courses available.](#)
 - There's a list of [campus disruptions](#) available online which tell you about works happening on campus and information for alternative routes.
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