

TOP STUDY TIPS

from the Advice Centre:

○ eat well

○ sleep well

○ don't overdo it

○ Write a study plan

○ understand limits

○ take a break or some time out

○ seek help and ask for support

- You can totally do this.
- No pressure, no diamonds.
- Good things happen to those who hustle.

We're here to help.
You can contact the
Advice Centre at

www.imperialcollegeunion.org/advice

@ advice@imperial.ac.uk

Your health first!

Don't panic!

remember:
your health
comes first

**advice
centre**

Independent
Confidential
Impartial

Are you ready for exams?

The Advice Centre is! We will
be here when you need us.

Get in touch:

@ advice@imperial.ac.uk

www.imperialcollegeunion.org/advice

We know studying at Imperial comes with challenges and our professional advisers are here to help you navigate College regulations, deal with life challenges, and manage stress. We're independent from College and will provide timely information, support, and guidance so you can get the help you need.

Events & resources to help you cope:

Managing Stress Workshop

Tuesday, 20 April | 10:00

This workshop is run by College's Student Counselling and Mental Health Advice Service.

Register here:

imperialcollegeunion.org/stress-wrkshp

Manage Emotions, Workload and Relationships

28 April – 26 May | 18:00

The workshops will look at identifying triggers of stress, managing a better work-life balance, and improving one's feelings of self-worth.

Register here:

imperialcollegeunion.org/resilience-wrkshp

Mood Boost Course

2 June, 9 June, 16 June and 23 June

This 4-week course is designed for people who experience low mood and would like to learn techniques to manage it better, whilst connecting with other students who are experiencing similar challenges. This course is based on Cognitive Behavioural Therapy (CBT), and is delivered online via Microsoft Teams over four consecutive Wednesday afternoons from 14:00 – 15:30.

Learn more and register here:

imperialcollegeunion.org/mood-boost

Find out more and access support:

imperial.ac.uk/student-support-zone

