

# PG Tips

## Experiencing Change

### Discussion Questions

How are you settling in so far?

In other times of change in your life, what has helped you?

What are you struggling with at the moment?

Have you created a schedule for your new day to day?

What activities have you participated in that excite you?

What advice would you give to a friend in your current situation?

Have you joined the PG Society?



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### Tips

- Treat it as a fresh start for your University experience.
- Make the most of the Uni's Wellbeing Services.
- Speak to an expert! Find someone who knows your topic best.
- You don't need to read everything! Prioritise the key elements of your work.
- Make your research fun! If you can practically explore something, do it!
- Grades don't matter! As long as you pass, having a Masters is an achievement in itself!



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### Five Steps to Wellbeing

Evidence suggests there are five steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive.

#### **Connect With People**

Good relationships are important for your mental wellbeing.

#### **Be Physically Active**

Being active is not only great for your physical health and fitness.

#### **Learn New Skills**

Even something small like learning a new recipe.

#### **Give to Others**

Acts of giving and kindness, such as saying thank you.

#### **Be Present**

Paying more attention to the present moment, which includes thoughts, feelings, your body and the world around you.

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### Library Resources and Services



#### **Research and Academic Support Librarians**

Tailored support from your subject Librarian. They can help with locating resources, developing your research skills, and more.



#### **Warwick Postgrad Typical Day Part 1**

In this video, Warwick postgraduates tell us about their morning routines, how they get to campus, and how they plan their days of lectures and studies.



#### **Warwick Postgrad Typical Day Part 2**

In this video, Warwick postgraduates tell us how they deal with their workloads and stress, how they stay focused and the importance of working alongside other students.



#### **Student Toolkit**

A selection of resources written by students for students. Find tips and tricks on studying, revising, academic writing, and more.

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### University Resources and Services



#### **Wellbeing Services**

Work with you to develop the personal resources and skills you need to navigate the challenges and opportunities of student life. From the moment you arrive until the day you graduate, all our services are available to ensure you get the most out of your time here.



#### **International Students; Before and After Arrival**

The Skillscast is a podcast all about how you can learn and develop your skills while at University.



#### **Blogs**

Find out what it is really like to study at the University of Warwick directly from our current students – get answers on campus life, accommodation, study support and wellbeing and more.