

A GUIDE TO STUDY WELL EVENTS

remote

May 4 - May 29



MONDAY **4** MAY

Bake Off (Pancakes)

Mindfulness Research (CEMR)
12:30 - 1pm

Weekly Recipe Activity

Bake Off (Pancakes) TUESDAY

Tuesday Recommendations **5** MAY

WEDNESDAY **6** MAY

Bake Off (Pancakes)

Mindfulness Research (CEMR)
12:30 - 1pm

SU Academic Advice
15mins Drop-in Sessions
1pm - 3pm

Bake Off (Pancakes) THURSDAY

Persuasive Storytelling & Sales Workshop **7** MAY

2pm - 4pm

THURSDAY **20** MAY

Bake Off (Cookies)

Mindfulness Research (CEMR)
2pm - 3:30pm

SU Academic Advice
15mins Drop-in Sessions
1pm - 3pm

Bake Off (Cookies Winner) FRIDAY

Mindfulness Research (CEMR) **21** MAY

12:30 - 1pm

MONDAY **25** MAY

Bake Off (Cake)

Mindfulness Research (CEMR)
12:30 - 1pm

Weekly Recipe Activity

Bake Off (Cake) TUESDAY

Tuesday Recommendations **26** MAY

FRIDAY **8** MAY

Bake Off (Pancakes)

Mindfulness Research (CEMR)
12:30 - 1pm

Bake Off (Cupcakes) MONDAY

11 MAY

TUESDAY **12** MAY

Bake Off (Cupcakes)

Tuesday Recommendations

Weekly Recipe Activity

Bake Off (Cupcakes) WEDNESDAY

Mindfulness Research (CEMR) **13** MAY

12:30 - 1pm

SU Academic Advice
15mins Drop-in Sessions
1pm - 3pm

WEDNESDAY **27** MAY

Bake Off (Cake)

Mindfulness Research (CEMR)
12:30 - 1pm

SU Academic Advice
15mins Drop-in Sessions
1pm - 3pm

Bake Off (Cake) THURSDAY

Understanding Self-Motivation Workshop **28** MAY

2 - 3pm

FRIDAY **29** MAY

Bake Off (Cake Winner)

Mindfulness Research (CEMR)
12:30 - 1pm

Please consult the "What's On" citystudents.co.uk/whatson/ for detailed information on each event.

THURSDAY **14** MAY

Bake Off (Cupcakes)

Setting Goals and Intentions Workshop
2pm - 3:30pm

Bake Off (Cupcakes Winner) FRIDAY

Mindfulness Research (CEMR) **15** MAY

12:30 - 1pm

MONDAY **18** MAY

Bake Off (Cookies)

Mindfulness Research (CEMR)
12:30 - 1pm

Stress Reduction Techniques Workshop*
1pm to 4pm
*for PHD/Masters students

Bake Off (Cookies) TUESDAY

Tuesday Recommendations **19** MAY

Weekly Recipe Activity

