LIFE TOOLS
TALKS PROGRAMME 2018–19
Manage academic demands effectively
Improve resilience when life becomes challenging
Enhance your personal wellbeing

If you would like more ‘tools’ in your academic and personal toolkit, come to one of our Life Tools talks – run by experts in personal development and wellbeing.

In today’s demanding job market, employers place a lot of emphasis on finding applicants with specific skills and abilities for their organisations. More than this, they are looking for candidates with behaviours and competencies which complement their academic achievements.

Our programme of Life Tools talks is designed to educate and equip you with a range of highly desirable abilities and attributes which will complement and enhance your academic portfolio. Start gathering these attributes and abilities now, further develop those you already have and stand out from the crowd when you send in your CV.

LIFE TOOLS BLOG
The Life Tools blog, which you can access at any time, provides you with research based information and strategies to manage academic challenges, maintain your health and feel motivated, so that you enjoy your learning.

blogs.reading.ac.uk/life-tools-programme

For more information, please contact:
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blogs.reading.ac.uk/lifetools
blogs.reading.ac.uk/life-tools-programme

Student Services
LIFE TOOLS
Increase your knowledge, enhance your life
ACQUIRE ASSIMILATE APPLY
Talks in 2018–2019

WELCOME WEEK AND WEEK 1
How to maximise your university experience
Thursday 27 September 2018
Chancellor’s House, Room G03
Thursday 27 September 2018
11am–12pm
Find out about how to manage the transition to university, set up for effective studying and have a positive experience.

REPEATED TALKS
Do you want to attend a talk, but can’t due to another academic commitment? Don’t worry. During the year we will be adding and repeating popular talks (according to demand). You can keep up to date about the Life Tools programme by going to:

blogs.reading.ac.uk/life-tools
blogs.reading.ac.uk/life-tools-programme
or email: talks@reading.ac.uk

You can find further information and resources related to the Life Tools talks on Blackboard.

The 2018-19 Life Tools programme has been tailored to provide the three main components shown above. Select a range of talks from each of these three areas to develop your personal portfolio.

Life Tools talks are open to all students. They have been designed to get you thinking, to increase your knowledge and provide you with life tools for university and beyond.

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MANAGE ACADEMIC DEMANDS EFFECTIVELY

LIFE TOOLS
Talks in 2018-2019

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AUTUMN TERM

Techniques for increasing concentration and memory Monday 1 October 2018 1pm–2pm Business School, Room G03
Advice and tips for how to focus better remember what you are learning and work more productively

Successful strategies to manage academic pressure Thursday 4 October 2018 1pm–2pm Palmer Building, Room G03
Find out how to reduce the impact of stress and manage your health to study productively

Strengthen your resilience Wednesday 15 October 2018 1pm–2pm Business School, Room G03
Learn strategies to manage pressure and meet deadlines.

Ways to stop procrastination; finish your work and revise better Thursday 24 October 2018 1pm–2pm Palmer Building, Room G03
Advice and tips to help you reduce the impact of stress and maintain your health and study productivity.

Mind-body conditioning: getting a good night’s sleep Thursday 21 February 2019 2pm–3pm Palmer Building, Room G03
Difficult to get started? Can’t get finished? Find out what you can do to get started and hand your work in on time.

SPRING TERM

Techniques for increasing concentration and memory Monday 14 January 2019 2pm–3pm Business School, Room G03
Advice and tips for how to focus better remember what you are learning and work more productively

Successful strategies to manage academic pressure Thursday 23 January 2019 3pm–4pm Business School, Room G03
Find out about the health benefits of food for health and wellbeing.

Mind-body conditioning: the role of nutrition Monday 27 January 2019 12pm–1pm Palmer Building, Room G03
Learn some ‘mindful’ activities and find out how to make it part of your everyday life. You don’t need to attend part 1 to come to this talk.

SUMMER TERM

Managing exam pressure successfully Monday 24 April 2019 4pm–5pm Palmer Building, Room G03
Advice and tips to help you reduce the impact of stress and manage your health to study productively.

Strengthen your resilience Thursday 1 May 2019 3pm–4pm Business School, Room G03
How to prepare for upcoming challenges and develop a confident mindset.

Mind-body conditioning: getting a good night’s sleep Monday 13 May 2019 1pm–2pm Palmer Building, Room G03
Advice and tips to help you reduce the impact of stress and manage your health to study productively.

Life Tools talks are:
• Free to attend
• Open to all students
• No booking required

Life Tools Programme 2018–2019