THE LSESU SUMMER TERM SURVIVAL GUIDE
DE-STRESS FEST
DE-STRESS WITH LSESU THIS EXAM SEASON!

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>ACTIVITIES</th>
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<tbody>
<tr>
<td>Mon 23rd April</td>
<td>11am - 2pm</td>
<td>De-Stress pop-up with free smoothies, stress balls and exams essentials •</td>
<td>Outside Library</td>
</tr>
<tr>
<td>Mon 23rd April</td>
<td>12pm - 1pm</td>
<td>Mindfulness Mondays •</td>
<td>Faith Centre, 2nd Floor, SSH</td>
</tr>
<tr>
<td>Tue 24th April</td>
<td>9am - 9.30am</td>
<td>Stretch and breathe launch (every Tuesday, Wednesday and Thursday) •</td>
<td>Studio, 6th Floor, SSH</td>
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<tr>
<td>Tue 24th April</td>
<td>2pm - 4pm</td>
<td>NutraMino &amp; LSE Gym protein and energy products giveaway •</td>
<td>Sheffield Street</td>
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<tr>
<td>Tue 24th April</td>
<td>3pm - 4pm</td>
<td>Active Lifestyle Yoga •</td>
<td>Studio, 6th Floor, SSH</td>
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<tr>
<td>Wed 25th April</td>
<td>12.30pm - 1.30pm</td>
<td>PhD Academy Wellness Wednesdays •</td>
<td>PhD Academy, 4th Floor, Library</td>
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<tr>
<td>Thu 26th April</td>
<td>12pm - 1pm</td>
<td>Active Lifestyle Plates •</td>
<td>Studio, 6th Floor, SSH</td>
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<tr>
<td>Fri 27th April</td>
<td>10am - 11am</td>
<td>Active Lifestyle Yoga •</td>
<td>Studio, 6th Floor, SSH</td>
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<tr>
<td>Fri 27th April</td>
<td>11am - 2pm</td>
<td>International Students Brunch •</td>
<td>Studio, 6th Floor, SSH</td>
</tr>
<tr>
<td>Fri 27th April</td>
<td>2pm - 3pm</td>
<td>LSE Wellbeing stall with free massages, snacks and mind apples •</td>
<td>PhD Academy, 4th Floor, Library</td>
</tr>
<tr>
<td>Fri 27th April</td>
<td>2pm - 3pm</td>
<td>Craft n Chill with free snacks •</td>
<td>Studio, 6th Floor, SSH</td>
</tr>
<tr>
<td>Fri 27th April</td>
<td>3pm - 4pm</td>
<td>Active Lifestyle Zumba •</td>
<td>PhD Academy, 4th Floor, Library</td>
</tr>
<tr>
<td>Fri 27th April</td>
<td>6pm - 8pm</td>
<td>Active Lifestyle 5-a-side football •</td>
<td>Powerleague Shoreditch</td>
</tr>
<tr>
<td>Mon 30th April</td>
<td>2pm - 3pm</td>
<td>Active Lifestyle Plates •</td>
<td>Studio, 6th Floor, SSH</td>
</tr>
<tr>
<td>Wed 2nd May</td>
<td>9.30am - 10.30am</td>
<td>Study breakfast •</td>
<td>Studio, 6th Floor, SSH</td>
</tr>
<tr>
<td>Thu 3rd May</td>
<td>2pm - 4pm</td>
<td>Arcade •</td>
<td>Three Tuns</td>
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<tr>
<td>Fri 4th May</td>
<td>2pm - 3pm</td>
<td>Revive and Reenergise (with healthy snacks) •</td>
<td>Bao Yang, 6th Floor, SSH</td>
</tr>
<tr>
<td>Mon 7th May</td>
<td>11am - 2pm</td>
<td>Postgraduate pop-up •</td>
<td>Outside Library</td>
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<tr>
<td>Thu 10th May</td>
<td>9.30am - 10.30pm</td>
<td>Postgraduate Study Breakfast •</td>
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</tr>
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<td>2pm - 3pm</td>
<td>Unwind with Knitting •</td>
<td>Promo Space, 1st Floor, SSH</td>
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Find out more about all these events and our free Active Lifestyle classes at lsesu.com/whatson

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<tr>
<td>Mon 14th May</td>
<td>2pm - 4pm</td>
<td>Table Tennis •</td>
<td>Promo Space, 1st Floor, SSH</td>
</tr>
<tr>
<td>Wed 16th May</td>
<td>9.30am - 10.30am</td>
<td>Study Breakfast •</td>
<td>Studio, 6th Floor, SSH</td>
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<tr>
<td>Fri 18th May</td>
<td>2pm - 3pm</td>
<td>Crafternoon •</td>
<td>Promo Space, 1st Floor, SSH</td>
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<tr>
<td>Tue 22nd May</td>
<td>2pm - 3pm</td>
<td>Revive and Reenergise (with healthy snacks) •</td>
<td>Bao Yang, 6th Floor, SSH</td>
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<tr>
<td>Wed 23rd May</td>
<td>12pm - 1pm</td>
<td>Outdoor Yoga •</td>
<td>Lincoln’s Inn Fields</td>
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<tr>
<td>All Week</td>
<td>2pm - 4pm</td>
<td>Table Tennis •</td>
<td>Promo Space, 1st Floor, SSH</td>
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<tr>
<td>Wed 30th May</td>
<td>12.30pm - 2.30pm</td>
<td>De-Stress Dogs •</td>
<td>Sheffield Street</td>
</tr>
<tr>
<td>Mon 4th June</td>
<td>6pm - 9pm</td>
<td>TREAT YO’SELF Cupcakes &amp; Cocktails Party •</td>
<td>6th Floor terrace, SSH</td>
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</tbody>
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How well do you look after yourself during stressful times? We all know exams at LSE can be stress-inducing. From trying to find a study space to worrying about what comes after University. But we can learn to manage our mood during exams by taking regular breaks and practicing self-care. In fact, this makes us more productive, so we will be happier and perform better!

This is why LSESU runs De-Stress Fest, a programme of activity to give you a range of opportunities to take a break from your studies, relax and reenergise.

“"If you are overwhelmed by stress this will affect your concentration and ability to recall information. While your wellbeing is more important than any grade, feeling well is also the best first-step in getting the grades you want. Plan your self-care strategy on page 11.”
- Daniel Cayford, Community & Welfare Officer

“"Try not to compare yourself to other students – everyone has a different style of studying and it’s good to experiment to find what suits you. Check out the exam revision tips on page 3.”
- Esohe Uwadiae, Education Officer

“"Stress can take a toll on your mental health and it’s fine to ask for help. Our Support Services are always here if you need to talk – contact details on page 13.”
- Mahatir Pasha, General Secretary

“"This time of year can be particularly high-pressure for postgraduate students. That’s why we’re holding some events especially for postgraduates to come together and get some freebies.”
- Khadija Ahmed, Postgraduate Students’ Officer

“"LSESU offer a range of activities for you to engage in to help relieve stress. Whether you want to try something new, or join in with one of your favourite pastimes, we’ve got something for everyone in our events programme.”
- Megan Beddoe, Activities and Development Officer
Revision Myth Busters

“I don’t have time to take breaks – I’ll excel if I study non-stop.”

It has been found that taking regular, short breaks helps your attention, making you more productive overall.

“I need to work all night to get my work done.”

You are unlikely to continue to do your best work after studying all day. To make the most out of tomorrow, go home, get a good night’s sleep and come back rejuvenated.

“Sitting still and scrolling through social media is a good way to rest between studying.”

The best way to rest and ensure you retain information is to move the body and have a nutritious snack to refuel. If social media is too tempting, try deactivating your accounts during the exam period.

“Cramming information at the last minute never works.”

Everyone has different styles of studying, and you should experiment to see what suits you. LSE LIFE in the Library can help you with this.

ADVICE FROM PAST STUDENTS

What was the most useful thing you did to prepare for exams?

“Was very selective about what I did and didn’t study.”

“Went for a run every day at mid-day.”

“Explained concepts to my friends or parents.”

What was the thing you WISH you had done to prepare for exams?

“Planned my full revision calendar. I dedicated too much time to the earlier exams.”

“Had a specific place to go where I NEVER thought about studying.”

“Asked for help when I needed it. LSESU Advice Service could have helped me get the exam deferral I needed.”

What was the most USELESS thing you did or saw others doing?

“Planned to revise for 12 hours a day, then beat myself up when I didn’t manage it.”

“Talking endlessly with friends about the stressfulness of exams in the LSE Library bubble.”

“Revised for hours on end without taking breaks only to realise I hadn’t actually retained half the information.”
The perfect study space can be a key factor in the productivity of your revision session. Whether you prefer to study in silent or collaborative work spaces, there are multiple options available on campus and throughout London in general.

Finding the perfect study space can be very difficult on campus, knowing what spaces will be available when? The Students’ Union has been working closely with LSE to ensure that even more workspaces are available for students during summer term.

Here are a few spaces on campus which we highly recommend:

THE LIBRARY
You can reserve spaces online (lse.ac.uk/Library). LSE Life (Ground Floor Library) also provide silent study area during Summer Term.

SAW SWEE HOCK
There are a variety of study spaces available along with spaces to eat and a microwave.

32 LINCOLN’S INN FIELD
There are multiple rooms available to study in, the SU has reserved rooms including the PG common room.

NEW ACADEMIC BUILDING
There are multiple spaces in this building to study including mezzanines and often 8th floor (with amazing views).

ST. CLEMENTS HOUSE
There are many options for study spaces including computer rooms and group study spaces.

*Our major tip would be to take some time to explore buildings; there will be many empty classrooms during this time where you can study or spaces which you can use.

For a full list of study spaces check out the **LSESU Guide to Study Spaces** this also gives you best options to study in London including libraries close by you can use.

Exams at LSE can be intimidating, particularly if you’ve never sat them here before. But really, they are not so dissimilar to any exams you have sat before. Below is key information to ensure that everything goes as smoothly as possible.

IN ADVANCE
• Read exam procedures for candidates online
• Check your personal exam timetable for basic regulations
• Double check the exam start time and room

WHAT YOU NEED
• Pens, pencils, highlighters and relevant permitted materials (e.g. calculator)
• Printed copy of your exam timetable
• LSE ID card
• Mobile phone turned off
• Water bottle with label removed

ARRIVE IN GOOD TIME
• Allow for delays or travel disruptions
• Arrive 15 minutes before exam start

RELAX
• Once you sit down in the exam, implement your own coping strategies
• Practice breathing exercises
If something goes wrong

If an exam doesn’t go quite as planned (or your revision is interrupted by unforeseen circumstances) it can feel incredibly stressful. Whilst we hope that this term runs smoothly, it is important to know the options available should this not be the case.

The SU Advice Service can provide independent advice on your options and the Student Service Centre (SSC) can answer any procedural questions you may have (such as where to find the right form). You can find contact details on page...

DEFERRING AN ASSESSMENT

This enables you to postpone the assessment to the next academic year once you have received all of the tuition for that course. If you wish to request a deferral then you will need to complete a deferral form (which needs to be approved by the chair of the sub-board of examiners for your programme) and submit it, along with evidence, to the Results and Graduation Team in the SSC. The deadline is normally the day before the exam in question – however, there can be exceptions and so it is important to speak with the SSC as soon as possible if you have any questions about your situation.

INDIVIDUAL EXAM ADJUSTMENTS (IEAS)

LSE is required to make reasonable adjustments for students who are disabled, have a long term physical/mental health condition or who have a specific learning difficulty. You can also apply for IEAs for short term conditions (such as an unexpected medical condition during the exam period) via the SSC. You will need to complete an application for short term IEAs and provide evidence. It is important to do so as soon as possible to ensure there’s time to implement any agreed adjustments.

ARE YOU FIT TO SIT?

The School has a fit to sit policy, which means that entering the exam room can be seen as a declaration that you’re fit to do so. If you are feeling poorly it is advisable that you consider whether you really are well enough to take your exam.

EXAM MISCONDUCT

If you are accused of exam misconduct you can access independent, confidential advice from the LSESU Advice Service.

Guidance for all of these procedures (including the forms referred to above) can be found on the LSE website.

If you are in any doubt of your options then it is important to seek advice as soon as possible as some procedures involve strict deadlines.

SUPPORT

It is entirely normal to feel stressed and anxious during exam time, particularly somewhere as demanding as LSE.

Whilst the thought of your post-exam celebrations may be enough to get you through the next couple of months, sometimes it’s important to reach out for support. Everyone is different – whilst a quick chat with their academic adviser may work for some students, others may benefit from accessing the Counselling Service.
Taking care of yourself

It is easy to forget to practice self-care during stressful times. You may feel like you don’t have time to do anything but study. But it has been found that taking short regular breaks, grounding yourself in the reality of the present moment, and continuing to make time to do the things you love, will actually increase your attention, make you more productive and therefore improve your study ability.

BREAKS

• Get up and move around
• Avoid scrolling through social media
• Rehydrate and nourish yourself
• Drop in to one of our events

MINDFULNESS

During exams it can be easy to dwell in the past – “I wish I’d done more revision last week!” – or worry about the future – “What if I forget everything?” It is really useful to practice concentrating on the present moment. This means taking a few minutes to focus on your own thoughts and feelings, and to the world around you.

Even if you just take 5 minutes to pay attention your breathing, this could have an immense impact on your ability to manage anxious feelings. Try these useful apps which all have free, guided meditations, or come along to one of our sessions:

• Headspace
• Calm
• Insight Timer
• Pacifica

THE THINGS YOU LOVE

What makes you feel relaxed and reenergised? Taking a break to do something that will lift your mood will improve your ability to study. We are holding a range of activities you can pop in to through the term, to try something new or do something you already enjoy. Try to do one thing you love each day, such as:

■ Go to sleep when you are tired
■ Pick an outfit that makes you feel good
■ Take a long bath or shower
■ Make time for exercise (join the SU Gym between 9th-31st April and receive 20% off 1 and 3 month membership prices)
■ Eat your favourite food
■ Do something creative
■ Text or ring a friend for a chat
■ Go for a walk in the sunshine
■ Keep a mood diary
■ Ask for help – find a list of people you can talk to on the next page

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STUDENT SERVICES CENTRE
The SSC provides advice on a range of matters, including School processes and queries about exams.
Phone: 020 7955 6167
Email: ssc.advice@lse.ac.uk
Opening hours are normally Monday - Friday, 11am - 4pm

ADVICE TEAM
Responsible for providing pastoral support, academic advice, guidance on School regulations and policy

THE INTERNATIONAL STUDENT VISA ADVICE TEAM
Drop-ins Michaelmas and Lent Term: Monday to Friday: 13:00 to 2:30 pm, Summer Term and Vacation: 1:30 pm to 2:30 pm

FEES OFFICE
Drop in times during term - Monday, Tuesday, Thursday and Friday: 14:00 – 15:00, Wednesday: 11:00 – 12:00
Outside term - Monday and Friday: 14:00 – 15:00 and Wednesday: 11:00 – 12:00

FINANCIAL SUPPORT OFFICE
Drop in session normally held week days from 1pm - 2pm during term time.
Out of term times, drop in session is held on Mondays, Wednesdays and Fridays.

OFF-Campus SUPPORT SCHEME
Support for getting to know campus for those who don’t live in LSE Halls; this is a mentoring initiative that you can access via LSE For You: lse.com/lseforyou

LSE LIFE
LSE Life provides advice on any matter relating to studying, either via one to one sessions or their programme of events (which include Exam Practice workshops).
They’re open Monday - Friday, 10am – 6pm and you can find details of their events on the LSE website.

ACADEMIC ADVISORS
Set up a meeting with your Academic Adviser on anything you are struggling with, whether that’s academic or personal issues. They are there to listen and help you.

PEER SUPPORTERS
These are students who provide confidential advice as Peer Supporters (including postgraduate students and PhD students), both in LSE residences and across the whole of the campus. You can contact them via: facebook.com/LSEPeerSupport or info.lse.ac.uk/current-students/student-wellbeing/students-supporting-students/peer-support-scheme

WELLBEING, ADVICE AND SUPPORT NETWORK

LSESU ADVICE SERVICE
The LSESU Advice Service is independent from the School and can offer free and confidential support on academic issues, housing matters, and the LSESU hardship funds. If we can’t help you, we’ll make sure you get to the people who can.
Drop-ins: Students’ Union Reception, 3rd Floor, Saw Swee Hock Student Centre Reception, between 11am and 1pm, Monday to Friday. Or book an appointment in advance by contacting: 020 7955 7158 or emailing: ss.advice@lse.ac.uk

LSESU PART-TIME OFFICERS
Your Part-time Officers are here to campaign on your behalf, represent you, listen and point you in the right direction within their specific remits. You can find them here:

LSESU SABBATICAL OFFICERS
Your Sabbatical Officers are students who campaign and represent you full-time. They are paid and work for a year on the issues you care about. If you want to find out more about what they’re doing, get in touch:

STUDENT WELLBEING SERVICE
www.lse.ac.uk/studentwellbeing
Location: Tower 2, TW2

STUDENT COUNSELLING SERVICE
Drop-ins: Students’ Union Reception, 3rd Floor, Saw Swee Hock Student Centre
Phone: 020 7955 6167
Email: student.counselling@lse.ac.uk
or email: www.lse.ac.uk/counselling
Provides a number of groups and workshops, including a daily drop-in session from 3pm; this can be booked from 2.45pm and are first come first served.* To access these visit: www.lse.ac.uk/counselling or email: student.counselling@lse.ac.uk

DISABILITY AND WELL-BEING SERVICE
Contacting 020 7955 7158 or emailing:
Provides advice and support to disabled students, including putting together an inclusion plan.

LSE CAREERS
For specific disability and careers advice, contact Viki Chinn, Careers Consultant: v.e.chinn@lse.ac.uk

IMT
Provides IT-based disability advice. Contact Sebastiana Eldrich-Boersen: s.r.eldrich-boersen@lse.ac.uk

LSE HALLS OF RESIDENCE WARDENS
You can contact your warden by checking your hall web page at: www.lse.ac.uk/intranet/students/currentHallResidents

LSE FAITH CENTRE
Drop in to the LSE Faith Centre or, to join the mentor group, email Revd Dr James Walters, Chaplain to the School: j.walters2@lse.ac.uk

LSE FOR YOU
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STUDENT WELFARE OFFICE
Drop in times during term - Monday, Tuesday, Thursday and Friday: 14:00 – 15:00, Wednesday: 11:00 – 12:00
Outside term - Monday and Friday: 14:00 – 15:00 and Wednesday: 11:00 – 12:00

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*Check lse.ac.uk for most up-to-date drop-in times
This guide is full of info to help you through exam season including tips to de-stress, revision ideas and how to get extra support.

If you have questions about your exam or need more support you can get help here:

**FOR EXAM RELATED QUERIES**

School’s Student Services Centre  
bit.ly/ExamQuestions  
Phone: 020 7955 6167

**FOR SUPPORT**

LSE’s Counselling Service  
bit.ly/LSECounselling  
Phone: 020 7852 3627  
Email: student.counselling@lse.ac.uk.

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