

Mature Student Summer School 2024 Timetable

	Monday 24th	Tuesday 25 th	Wednesday 26 th	Thursday 27 th
AM 9.30 - 12	Intro Time Management	Note Making Reading Strategies	Literature Searching	Critical Writing
PM 12.45 - 3	Self-compassion	Finance Talk	Managing Stress and Anxiety around Exams and Assessments	Wollaton Park Picnic with accessible minibus

	Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th
AM 9.30 - 12	Referencing	Academic Writing Style and Proofreading	Preparing for Exams and Resits Chair Yoga	Digital Literacy Craft and Chill
PM 12.45 - 3	Boating and Golf	Imposter Phenomenon and your Career development	Games Session	Final gathering from 1pm BBQ and non-alcoholic refreshments

Session Descriptions

Academic

Time management - Delivered by Academic Skills, this session provides you with advice and resources to help you organise your time, create study schedules and boost your motivation.

Note making - Whether you are in a lecture, a seminar, or carrying out research, taking effective notes is a key skill and an important part of the learning process. We will explore a range of note making methods and help you to find note-making strategies that suit your learning preferences.

Reading Strategies - Reading underpins all academic study, so in this session, we offer strategies for developing a critical mindset when reading. On top of this, we showcase a range of digital and non-digital tools to help make the process of reading more accessible, comfortable, and efficient.

Literature searching - Finding reliable and relevant sources for your research and assignments is an important academic skill. This session aims to equip you with the skills you need to carry out an effective literature search.

Critical writing - The concepts of criticality and argument underpin all academic writing, but what are they? This session defines these concepts, demonstrates how critical reading shapes critical writing, and demonstrates how to use sources to support and develop your argument.

Referencing - What does it mean to reference, why does it matter, and how do you do it? We will explore the basic styles of referencing, what to do with tricky sources, and how to construct reference lists and bibliographies.

Academic writing style & proofreading - This session offers guidance to help you develop your academic voice and proofread your writing. We will look at different strategies to help make your writing flow, improve clarity and ensure your writing is formal. We will also share essential tips to help you edit and proofread your work.

Preparing for exams/resits - Preparation is key for exam confidence. This session will help you to strengthen your revision planning, consider different revision techniques, and provide you with strategies for ensuring you answer the question when exam time comes.

Digital literacy - Depending on the course you are studying, there are a wide range of digital skills that you may be required to use at university and in the modern workplace. In this session we will explore a range of digital tools which can help to support your studies.

Wellbeing & Advice

Self-Compassion Workshop – Delivered by the University Counselling Service, this session is an opportunity to learn about how to be more compassionate to yourself and others, and to nurture a sense of wellbeing, with a focus on university life and managing commitments.

Imposter Phenomenon and your Career development - Understand what Imposter Phenomenon is and how it can have an impact on you, your experience at university and your future career. Explore how you can take a strategic approach to give your career prospects an uplift with the Careers and Employability Team.

Finance - Gain financial advice, money management and budgeting tips especially for mature students from the Funding and Financial Support Team. This interactive session will explore the realities of student money management with a focus on the mature student experience. We'll look at budgeting, how to make your money go further, and support available at the university and beyond. This informal and non-judgemental session is open to all students and will support you to make informed choices based on your own situation and priorities.

Craft and chill - A relaxed session with the opportunity to take part in paper crafting activities with a wellbeing focus, whilst chatting with other mature students. Join [Thortify](#) for a mindful collage session and learn all about the art of self-care.

Managing Stress and Anxiety around exams and assessments - Hosted by the University Counselling Service, this session is an opportunity to learn about how to manage stress and anxiety in relation to exams and assessments.

Chair Yoga – Learn some basic yoga and stretching techniques which you can use at any time but may be particularly helpful as part of your study routine.

Games afternoon – Relaxed afternoon of games with a mix of board games, trivia quizzes and other activities.

Social activities

Boating and mini golf at Highfields boating lake – A chance to take part in either an 18-hole round of mini golf or to hire a boat for up to an hour.

Wollaton Park - Walk to and from Wollaton park, explore inside Wollaton Hall, bring your lunch and enjoy a picnic on the grass. Optional minibus for people who may have accessibility/mobility requirements and seating available for those who may not want to sit on the grass.

Final gathering, BBQ Social - A chance for everyone who has attended the summer school to get together for a final social gathering. There will be a free BBQ and non-alcoholic refreshments, seating, and outdoor games.