

TIME TO REVISE : SUPPORTING YOUR EXAM SUCCESS

Many students are currently revising for and sitting examinations, with A2 students undertaking trial examinations in preparation for their final linear ones.

These are crucial preparation for your final exams. As well as helping you to experience the exams environment, they are also a valuable opportunity to practice balancing your studies with your well-being. Our 'Time to Revise' package is designed to provide you with lots of help, advice and support with this. During this period you can access a flavour of the support available including:

- Meditation sessions to help you beat exam stress and develop strategies to manage any pressure: room 100, 10.30am. Running every day from Monday 14th - Friday 18th January.
- Tea and Chat drop ins. Informal opportunity to discuss any worries over a cuppa! Running Wednesday 16th, Thursday 17th and Friday 18th January in the Dining Area at 12.30pm.



CAREERS


Our Careers service is currently offering access to some fantastic opportunities, including a one day workshop with the NHS 'So you want to be a Doctor?', a talk from the Police and apprenticeship sessions.

The screens around College share further details or you can pop along to see the Careers team (located within the LRC). Remember, you can also make an appointment with a specialist advisor!

COULD YOU BE A STUDENT MENTAL HEALTH CHAMPION?

Here at HNC we continuously develop our Student Welfare support in response to your feedback. Our new Mental Health Champion will be working as part of our Student Welfare team to run a range of events and expand the range of help and advice available within College for mental health issues.

Soon we will be inviting applications for Student Mental Health Champions to support the events and focus weeks we will be running - look out for further details coming soon! Please remember that our Student Welfare/ Safeguarding service is available if you have any mental health concerns.



Don't forget you can download the 'Your HNC' app to be kept up-to-date with our news and receive any updates we are given from our NC bus providers!