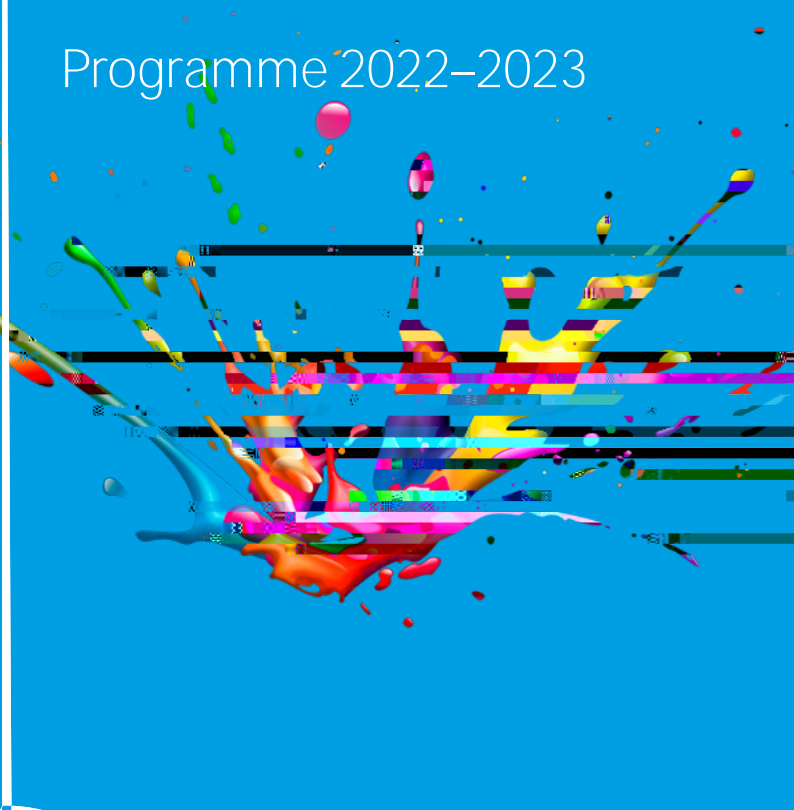




The guide to the

Programme 2022–2023







DATE			SELECT YOUR TALK
02	Ace Presentations and Collaborations	THU   13:00-13:45	
	Learners Mindset: Prevent procrastination and get things done	THU   14:30-15:00	
03	Stressed? Learn ways to maintain your health	FRI   13:00-13:45	
	Focusing or Forgetting?	THU   13:00-13:45	
10	Ignite your motivation: Keep Learning	FRI   13:00-13:45	
	Learners Mindset: Prevent procrastination and get things done	FRI   14:30-15:00	
16	Imperfect Perfectionism	THU   13:00-13:45	
	Learners Mindset: Prevent procrastination and get things done	THU   14:30-15:00	
17	Emotional Intelligence	FRI   13:00-13:45	
23	Bouncing Back from Setbacks	THU   13:00-13:45	
24	Feedback: food for thought	FRI   13:00-13:45	
	Learners Mindset: Prevent procrastination and get things done	FRI   14:30-15:00	
02	Imperfect Perfectionism	THU   13:00-13:45	a T4:
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## Stressed? Learn ways to maintain your health

Life at university can be very busy and at times it may become

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## Life Tools

 For more information,  
you can email:

[reading.ac.uk/life-tools](mailto:reading.ac.uk/life-tools)

 @

 @UoR\_studentlife

