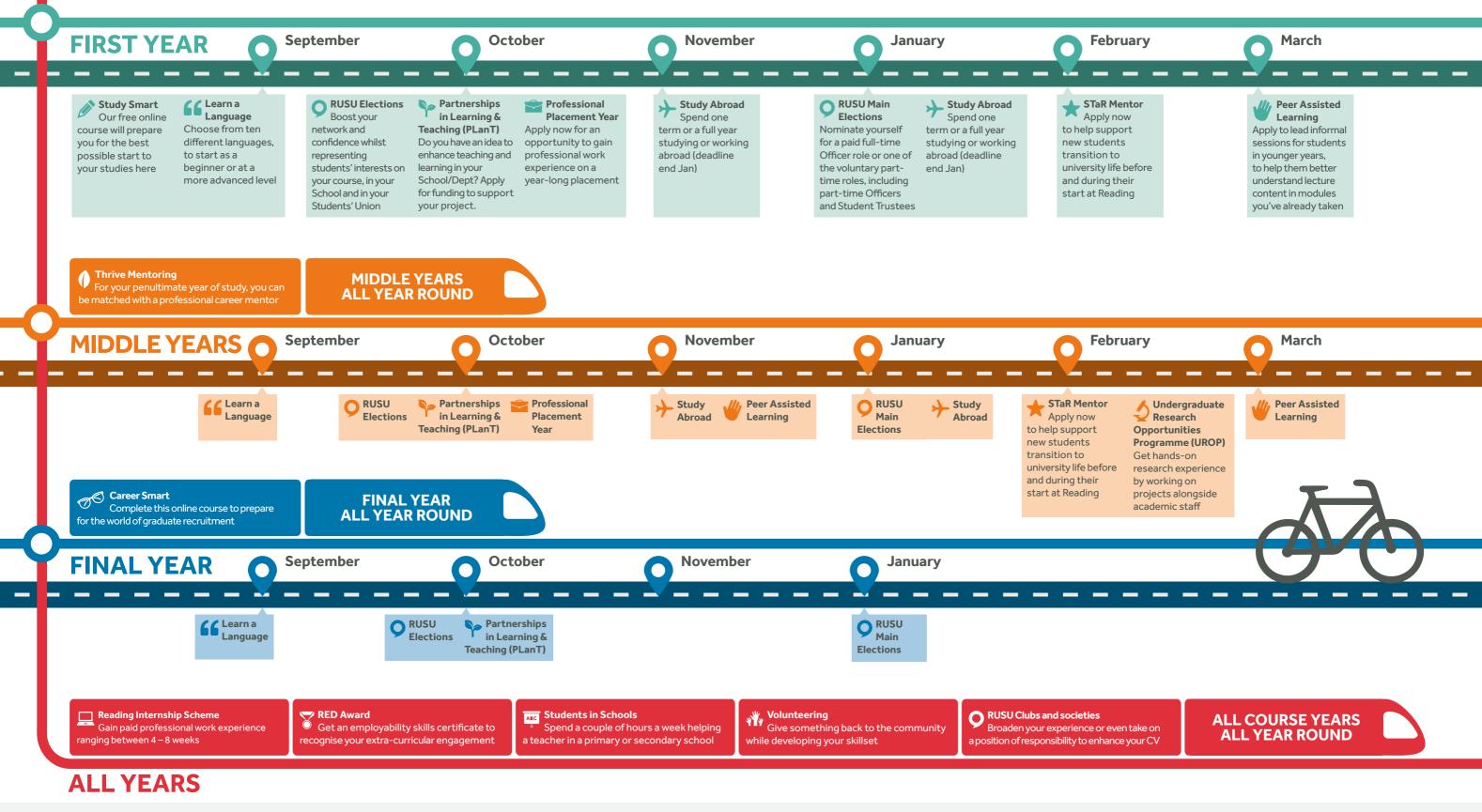
Opportunities timeline for undergraduate students

Create your own bespoke student journey – pick and mix from the wide range of opportunities we offer

Find out more at www.reading.ac.uk/opportunities





We have lots of help and advice all year round, ready when you need it: **Life Tools**: interactive workshops to help develop your skills, such as building resilience and confidence

Study Advice: our professional team are available to develop your study skills and achieve academic success

Maths Support: our drop-in service is available to help with mathematical topics to support your studies

Careers: as well as running a range of employer events and fairs, you can also book a one-to-one appointment to discuss your

Henley Business School Careers: support for HBS students

Academic Tutor: for advice relating to your academic progress, development, or study skills

Togetherall: a free, online support network, available 24/7

Student Welfare Team: here to help with personal difficulties such as homesickness, family, relationships, and issues related to drugs or alcohol, bullying and harassment

Counselling & Wellbeing: providing specialist mental health support

RUSU's Advice Service: offering free, confidential and independent advice on debt, welfare benefits, money, housing and academic matters

www.reading.ac.uk/looking-after-yourself