Student Support and Wellbeing (SSW) Newsletter, February 2023

# Introduction

This month, find out about checking your Inclusive Learning Plan (ILP), applying for accommodation for next year, and wellbeing opportunities and support.

# Check your ILP ready for exam season

As we move back to in-person exams, please check your Inclusive Learning Plan (ILP) contains the right adjustments:  
  
**1. Check current ILP:**Use the 'Student Support' tile in [KentVision](https://evision.kent.ac.uk/" \t "_blank) to check if you have an ILP and what it covers. Is it set up for what you need this year?  
  
**2. Create or modify ILP:**To set up or change ILPs, you need to [make an appointment with a Student Support and Wellbeing adviser](https://www.kent.ac.uk/student-support/seeking-support).  
  
**3. Check implementation:**Check how your Academic School is going to implement your ILP by contacting the [Student Support Officer in your Division](https://www.kent.ac.uk/guides/divisional-student-support-teams).

[More information on ILPs.](https://www.kent.ac.uk/guides/disability-support#ilp)

# Religious events during exams

If you wish to observe a religious commitment on a particular day during the [published examination periods](https://www.kent.ac.uk/student-administration/exams), you need to [complete a request](https://www.kent.ac.uk/student-administration/exams#religious-observation)**by Friday 3 February**.

[Exams information page.](https://www.kent.ac.uk/student-administration/exams)

# What else is going on this month?

## **[#TimeToTalk – 2 February](http://www.kent.ac.uk/student/wellbeing" \t "_blank)**

## Make space in your day for a conversation about mental health. [Find out what's on](http://www.kent.ac.uk/student/wellbeing) for this year's Time to Talk Day.

## **[Worried about strikes?](https://www.kent.ac.uk/student-support/1162/tips-to-boost-your-winter-wellbeing" \t "_blank)**

## Find out where you can go for [advice and support regarding the uncertainty surrounding industrial action.](https://www.kent.ac.uk/student/industrial-action/advice-and-support)

## [**Boost your winter wellbeing**](https://www.kent.ac.uk/student-support/1162/tips-to-boost-your-winter-wellbeing)

## Check out our [advice on boosting your wellbeing this winter](https://www.kent.ac.uk/student-support/1162/tips-to-boost-your-winter-wellbeing), including things to get involved with on campus.

## **Safety on campus group**

Want to get involved in our work to make campus safer? For info on the discussion group, email [WellbeingEvents@kent.ac.uk](mailto:WellbeingEvents@kent.ac.uk)

## [**Accommodation 2023/24**](https://kenthospitality.kent.ac.uk/MyAccommodation/)

Remember to declare health conditions or disabilities when you [apply to live on campus](https://kenthospitality.kent.ac.uk/MyAccommodation/) as this can help your application.

## [**Win a gift card or smart watch!**](https://survey.alchemer.eu/s3/90506676/ss)

Complete an [online mental health survey](https://survey.alchemer.eu/s3/90506676/ss) by Sunday 12 February for a chance to win a £50 gift card or smart watch.

**Remember to check the**[SSW events calendar](https://www.kent.ac.uk/student-support#events)**to find out about support groups where you can meet new people.**

# Stay connected

* [Student Support and Wellbeing webpages](http://kent.ac.uk/student-support)
* [@UniKentSSW on Instagram](http://instagram.com/unikentssw)
* Email [WellbeingEvents@kent.ac.uk](mailto:WellbeingEvents@kent.ac.uk)