Student Support and Wellbeing (SSW) Newsletter, March 2023

# Introduction

# Make sure you check your ILP ahead of exam season. And then take some time to relax and boost your wellbeing making the most of [events across Canterbury and Medway](http://www.kent.ac.uk/wellbeing).

# Deadline for exam adjustments

**Do you need adjustments (such as extra time, rest breaks, scribes, readers, specialist equipment) for this year's exams?**

**Check your ILP for current adjustments:**
To check your current ILP, use the 'Student Support' tile in [KentVision](https://evision.kent.ac.uk/%22%20%5Ct%20%22_blank) to check if you have an ILP and what it covers. Is it set up for what you need this year?

**Are there new or additional adjustments you need?**
The exams ILP (Inclusive Learning Plan) deadline is Friday 24 March - this is the date by which the ILP has to have been discussed with your Student Support and Wellbeing Adviser, with relevant evidence provided if needed.

If you'd like to discuss an existing or new exams ILP, please make an appointment with your Student Support and Wellbeing Adviser **as soon as possible** - it can take time to get an appointment, to obtain the relevant evidence and agree the ILP. Start this process promptly to give us sufficient time to organise what you need.

[Contact SSW reception to make an appointment.](https://www.kent.ac.uk/student-support/contact-us)

# What else is going on this month?

## **[Boost your wellbeing](http://www.kent.ac.uk/student/wellbeing%22%20%5Ct%20%22_blank)**

## Thursday 2 March on the Canterbury campus: therapy dogs, mindful colouring and free plants in Templeman 11:00-14:00, and a mindfulness talk at Waterstones Canterbury at 18:30 (with 15% off all books!). [Find out what's on](http://www.kent.ac.uk/student/wellbeing).

## **[Free journaling workshop](https://www.kent.ac.uk/events/event/59518/positive-student-planner-workshop%22%20%5Ct%20%22_blank)**

## Thurs 2 March, 13:00-14:00 in Templeman. Join Ali from The Positive Planner to [learn skills to organise your studies and mind](https://www.kent.ac.uk/events/event/59518/positive-student-planner-workshop)!

## [**Wellbeing events in Medway**](https://media.www.kent.ac.uk/se/34335/Well-beingMedway-March2023.pdf)

## [This March on the Medway campus](https://media.www.kent.ac.uk/se/34335/Well-beingMedway-March2023.pdf): crochet, craft, yoga, zumba, pet therapy, massages, nails... and more!

## [**£30k Masters scholarships**](https://www.snowdontrust.org/scholarships)

[Snowdon Masters Scholarships](https://www.snowdontrust.org/scholarships) support highly achieving and ambitious Disabled Students. Apply by Friday 31 March.

## [**Cost of living support**](https://www.kent.ac.uk/student/cost-of-living-support)

Check out [tips and advice](https://www.kent.ac.uk/student/cost-of-living-support) to help with rising costs, free and cheap food, and hardship funds you can apply for.

**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