

# The Final COUNTDOWN



Final years, we're helping you get your mind and body ready for exams and assessments over the next 3 weeks

## Monday 22 January

### Bru-Monday

10am – 12pm  
The Meeting House

Swing by The Meeting House for a cuppa, catch-up and biscuits. Chat with fellow students and staff – don't let your Monday be blue.



## Thursday 25 January

### Maximising your impact at employer events

4pm – 4.30pm  
Online – Zoom

This session will give you proven success strategies to help you approach any employer event with confidence.

## Tuesday 30 January

### Time to Talk

12.30pm – 4.30pm  
Hamilton Atrium

Join us for a friendly chat with our mental wellbeing staff. De-stress, get support, find others who may be feeling the same as you, learn about mental health and more.

## Tuesday 6 February

### How to excel in your first graduate job

4pm – 4.30pm  
Online – Zoom

Making the transition from University to professional working life can be daunting, this session will give you advice and tips on how to make this successful transition.

## Tuesday 23 January

### Top ten tips for writing your FYP or Dissertation

12pm – 12.30pm  
Microsoft Teams

Whether you're just starting or in the midst of your research, this session will cover essential strategies, common pitfalls to avoid, and practical advice to streamline your writing process.

## Friday 26 January

### Free fruit Fridays!

Available from 7am in Costa (1966) every Friday.



## Monday 29 January

### Bru-Monday

10am – 12pm  
The Meeting House

Swing by The Meeting House for a cuppa, catch-up and biscuits. Chat with fellow students and staff – don't let your Monday be blue.



## Tuesday 30 January

### Silent disco

1.30pm – 3.30pm  
The Venue (SU)

Studies show that dancing can boost your mood, reduce stress and improve cognitive function. Join us for silent disco to get your blood pumping and ready to tackle your final year.

## Thursday 1 February

### Understanding a literature review

11am – 11.30am  
Microsoft Teams

This session will focus on three main areas; the purpose of a literature review, how to read critically for a literature review and the steps to write a literature review section/ chapter.

## Wednesday 24 January

### Yoga

2pm – 3pm  
The Meeting House

Join our beginners Yoga session to experience the physical and mental benefits of exercise.

Free to join – come in loose, comfortable clothing and exercise trainers.

## Wednesday 31 January

### Creating a winning LinkedIn profile

4pm – 4.30pm  
Online – Zoom

Looking to develop an effective LinkedIn profile to raise your professional profile this session will share insight on how to put a winning LinkedIn profile together.

## Friday 9 February

### Free fruit Fridays!

Available from 7am in Costa (1966) every Friday.



## Wednesday 24 January

### Fuel your Focus

9am – 4pm  
The Meeting House

Ditch the brain fog and learn how to nourish your mind and body with delicious, vitamin-packed meals.

## Monday 29 January

### Critical thinking for your FYP or Dissertation explained

11am – 11.30am  
Microsoft Teams

This session will explore how, where, and when we use critical thinking in our FYP or Dissertation.

## Friday 2 February

### Free fruit Fridays!

Available from 7am in Costa (1966) every Friday.



Don't forget you can grab a free breakfast from The Junction, from 8am – 11am every week (Monday – Friday)



Look out for our Growing Gratitude tree popping up on campus this week – attach a tag to the tree of something that brings sunshine to your day. Follow [@brunel\\_support](#) to follow the tree.



**Brunel**  
University  
London