

Exam *plus*

*Stay calm
Keep healthy
Achieve your potential*

THIS IS KEELE

Keep an eye out for our Exam Plus Support and Activities!

- Support for Mental Health
- Revision recommendations
- Student Support availability
- Activities held across campus
- Healthy body and mind
- Exam advice and support
- Problems during assessments
- Student.services@keele.ac.uk



#KeeleBeKind.



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Activity Timetable

Wednesday 4th May

12 – 2pm

Exam Plus Launch

Join the Student Experience and Support Team on Union Square for the Launch of Exam Plus. Hot drinks, giveaways, games and a friendly face ready to offer advice and support.

1 – 3pm

Write Direction drop-in

Join the Write Direction Team who are available to help you develop your academic practice in a focused way, weekly drop-in session, in the Library or virtual - see [here](#) for more details.

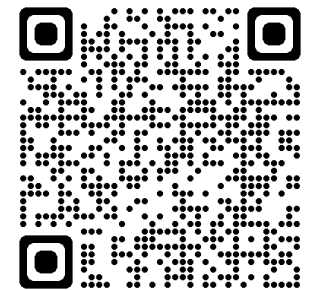
6 – 8pm

Board Games Night

Join us for our weekly Board Game night for a chance to socialise in a relaxed and informal setting. Attend as a group or as an individual and come and try one of our many games, ranging from card games, family classics and more modern games such as Catan and Pandemic. Chancellors Informal Learning Space.

All events are free of charge

Free Fruit & Water available in the Library



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Activity Timetable

Thursday 5th May

10 – 12noon

Origami

A relaxing session learning how to create simple origami, no previous experience or artistic talent required! All equipment provided. Library Training Room.

1 – 2pm

Ask the Experts

Join some of our Academics for a Coffee and a Chat, they will be available to answer any questions, worries or concerns you may have about exams and assessments. Library Training Room

3 – 4pm

Understanding and dealing with stress

This online session will provide guidance based on the five ways to wellbeing, including practical suggestions of how to embed these practices into your life at University especially during exam and assessments times. It will offer advice on managing low mood and anxiety, and how to access professional support both within the university and externally. Please sign up [here](#).

3 – 4pm

Nutrition and Wellbeing Session

Online session will focus on how good nutrition is the key to good mental and physical health it will include practical suggestions of how to embed these practices into your life at University especially during exam and assessments times. Please sign up [here](#).

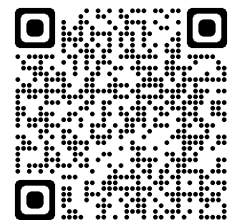
6 – 8pm

Relax & Revise

Join the Resident Advisers, see posters for details in Halls.

All events are free of charge

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Activity Timetable

Friday 6th May

11 – 1pm

Tea & a Study Tip

Join the Student Experience and Support Team in Chancellor's for a free hot drink and a chance to share your study tips with other students.

1 –2pm

Time Management for Revision

Join Annabel and Keiron from the Write Direction Team who are running a 'Time Management for Revision' session in the Library Training Room.

2 – 4pm

Tote bag decorating

Join the Student Experience and Support Team for relaxation activities, coffee, tea and a chat in the Library Training Room.

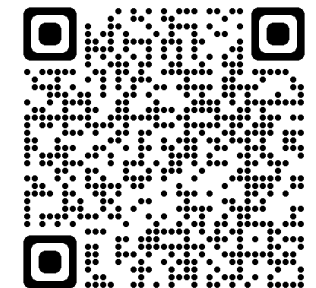
11 - 1am

Craft and Chat Session

Late night Craft and Chat Session, Darwin Building

All events are free of charge

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Activity Timetable

Monday 9th
May

10 – 11am
Free Study Snacks

The Student Experience and Support Team will be handing out study snacks in the Library

11 – 12.30pm
Drawing from Nature Session

Join us for a 30-minute walk (weather permitting) followed by 1 hour of mindful drawing and connecting to the nature and more-than-human-world that surrounds Keele University. We'll be using drawing and collage techniques to help us to notice the small, beautiful details in nature that are often overlooked, using art as a tool for connection and enchantment with the plant world.

The workshop will be in two halves; at 11am we will take a walk in the forest behind Keele Hall, gathering fallen plant matter to create compositions from, and then we'll return to Keele Hall at 11.30am to continue the exploration through guided drawing and collage.

You will be guided through a series of mindful drawing techniques and look towards fostering a deeper sense of connection to the more-than-human world. All materials will be provided, and all are welcome. We'll be working with a range of plant-based inks and charcoal, made from food waste and plant matter from around Keele.

If you would prefer to only join the indoor session, please meet us at Keele Hall Courtyard at 11.30am, before we head inside to the Raven Mason Suite to draw. You don't need to bring anything along, just turn up on the day! All are welcome.

2– 4pm
"Runes Joons and Troves"

Join us for a creative clay session in the Library Training Room. No artistic talent or previous clay experience required!

The relaxing session will be skilfully delivered by Cath Ralph who has over thirty years professional experience as an artist. [Click here to sign up](#)

All events are free of charge

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Activity Timetable

Tuesday 10th May

1 - 2pm

Yoga

Join Deb Jackson for a relaxing Yoga Session in the Sports Centre. Wear loose clothing and bring a bottle of water. No previous experience necessary.

1 – 2pm

Time Management for Revision

Join Annabel and Keiron from the Write Direction Team who are running a 'Time Management for Revision' session in the Library Training Room.

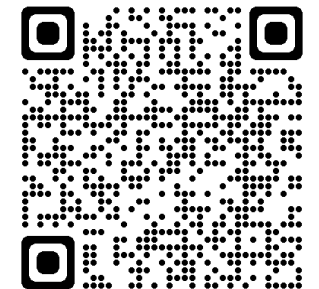
3 – 4pm

Understanding and dealing with stress

This online session will provide guidance based on the five ways to wellbeing, including practical suggestions of how to embed these practices into your life at University especially during exam and assessments times. It will offer advice on managing low mood and anxiety, and how to access professional support both within the university and externally. Please sign up [here](#).

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Activity Timetable

Wednesday 11th
May

1 – 3pm

Write Direction Drop-in sessions

Join the Write Direction Team who are available to help you develop your academic practice in a focused way, weekly drop-in session, in the Library or virtual - see [here](#) for more details

1 –2pm

Mandala drawing workshop

Join Stephanie in the Library Training Room for a relaxing session learning to draw a simple mandala - no previous experience or artistic talent required! All equipment provided.

2 – 4pm

Rock Painting

Join the Student Experience and Support Team for Rock Painting, coffee, tea and a chat in the Library Training Room.

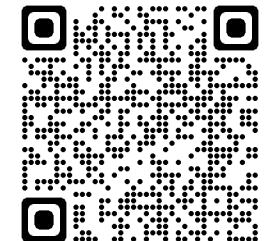
6 - 8pm

Board games night

Join us for our weekly Board Game night for a chance to socialise in a relaxed and informal setting. Attend as a group or as an individual and come and try one of our many games, ranging from card games, family classics and more modern games such as Catan and Pandemic. Chancellors Informal Learning Space

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Activity Timetable

Thursday 12th May

2 – 3pm

Assignment Writing for Open Book Exams

Join Annabel and Keiron from the Write Direction Team who are running an 'Assignment Writing for Open Book Exams' session in the Library Training Room.

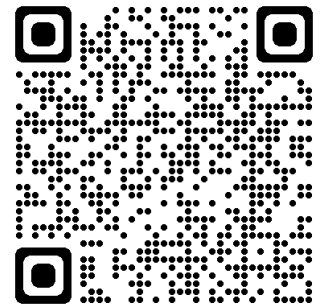
6 – 8pm

Relax & Revise

Join the Resident Advisers, see posters for details in Halls.

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Activity Timetable

Friday 13th May

11 – 1pm

Tea & a Study Tip

Join the Student Experience and Support Team in Chancellor's for a free hot drink and a chance to share your study tips with other students.

1 – 2pm

Meditation and Mindfulness

Join Lincoln from our very own School of Nursing for a Meditation and Mindfulness session, no previous experience required!
Library Training Room

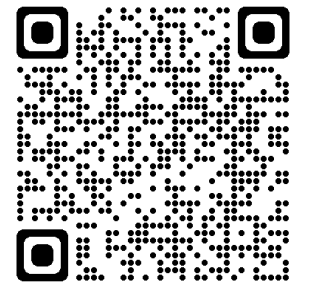
11 - 1am

Craft and Chat Session

Late night Craft and Chat Session, Darwin Building

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Activity Timetable

Monday 16th May

11 –12noon

Yoga

Join Deb Jackson for a relaxing Yoga Session in the Library Training Room. Wear loose clothing and bring a bottle of water. No previous experience necessary.

1 – 2pm

Understanding and dealing with stress

This online session will provide guidance based on the five ways to wellbeing, including practical suggestions of how to embed these practices into your life at University especially during exam and assessments times. It will offer advice on managing low mood and anxiety, and how to access professional support both within the university and externally. Please sign up [here](#).

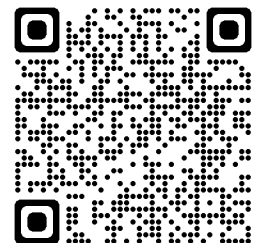
2 - 4pm

Origami

A relaxing session learning how to create simple origami, no previous experience or artistic talent required! All equipment provided. Library Training Room.

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Activity Timetable

Tuesday 17th May

11 –12noon

Free Study Snacks

The Student Experience and Support Team will be handing out study snacks in the Library

1 – 2pm

Note Taking session

Join Annabel and Keiron from the Write Direction Team who are running a 'Note Taking' session in the Library Training Room.

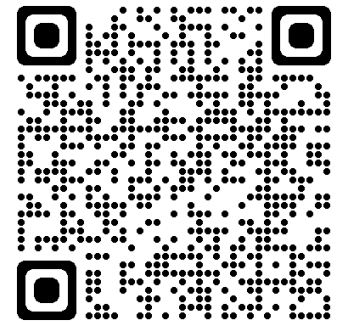
5 - 7pm

Free Sports and Pizza

Come along to the Sports Centre and take a break from your studies. Join in and get moving. Sign up [here](#).

All events are free of charge

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Activity Timetable

Wednesday
18th May

10 - 11am

Understanding and dealing with stress

This online session will provide guidance based on the five ways to wellbeing, including practical suggestions of how to embed these practices into your life at University especially during exam and assessments times. It will offer advice on managing low mood and anxiety, and how to access professional support both within the university and externally. Please sign up [here](#).

1 – 3pm

Write Direction Drop-in sessions

Join the Write Direction Team who are available to help you develop your academic practice in a focused way, weekly drop-in session, in the Library or virtual - see [here](#) for more details

1 – 2pm

Mandala drawing workshop

Join Stephanie in the Library Training Room for a relaxing session learning to draw a simple mandala - no previous experience or artistic talent required! All equipment provided.
Library Training Room.

2 – 4pm

"Runes Joons and Troves"

Join us for a creative clay session in the Library Training Room. No artistic talent or previous clay experience required!

The relaxing session will be skilfully delivered by Cath Ralph who has over thirty years professional experience as an artist. FULLY BOOKED

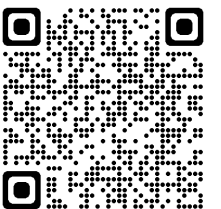
6 - 8pm

Board games night

Join us for our weekly Board Game night for a chance to socialise in a relaxed and informal setting. Attend as a group or as an individual and come and try one of our many games, ranging from card games, family classics and more modern games such as Catan and Pandemic.
Chancellors Informal Learning Space

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Activity Timetable

Thursday 19th May

11 – 1pm

Relaxation Activities

Join the Student Experience and Support Team for relaxation activities, coffee, tea and a chat in the Library Training Room.

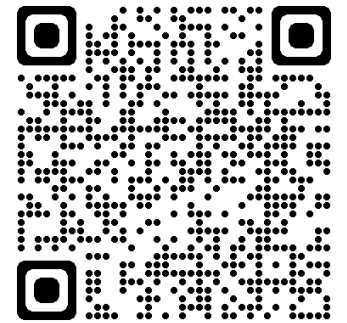
6 – 8pm

Relax & Revise

Join the Resident Advisers, see posters for details in Halls.

All events are free of charge

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Activity Timetable

Friday 20th May

10 –11am

Free Study Snacks

The Student Experience and Support Team will be handing out study snacks in the Library.

2 – 4pm

Tea & a Study Tip

Join the Student Experience and Support Team in Chancellor's for a free hot drink and a chance to share your study tips with other students.

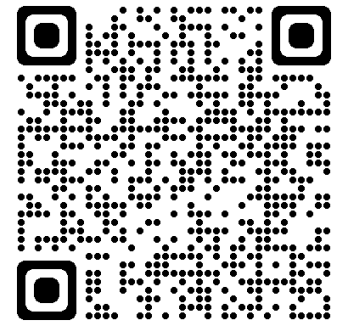
11 - 1am

Craft and Chat Session

Late night Craft and Chat Session, Darwin Building

All events are free of charge

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Activity Timetable

Monday 23rd May

11 – 12noon

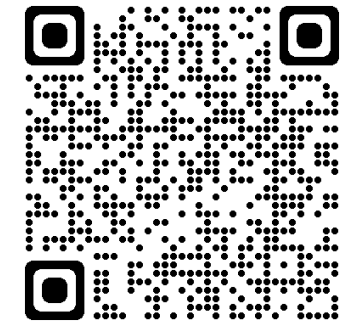
Free Study Snacks

The Student Experience and Support Team will be handing out study snacks in the Library.

3 – 5pm

Origami

A relaxing session learning how to create simple origami, no previous experience or artistic talent required! All equipment provided. Library Training Room.



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Activity Timetable

Tuesday 24th May

10 – 12noon

"Runes Joons and Troves"

Join us for a creative clay session in the Library Training Room. No artistic talent or previous clay experience required!

The relaxing session will be skilfully delivered by Cath Ralph who has over thirty years professional experience as an artist. FULLY BOOKED

1 – 2pm

Free Drinks

Bring your lunch and join the Student Experience and Support Team for a Coffee, Chat and a friendly face ready to offer advice and support.

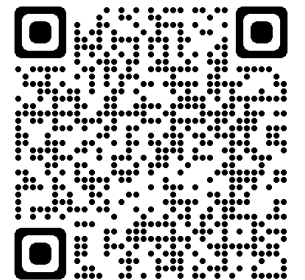
2 – 3pm

Anxiety and Low Mood session

This online session will provide guidance based on the five ways to wellbeing, including practical suggestions of how to embed these practices into your life at University especially during exam and assessments times. It will offer advice on managing low mood and anxiety, and how to access professional support both within the university and externally. Please sign up [here](#).

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Activity Timetable

Wednesday 25th
May

1 – 3pm

Write Direction Drop-in sessions

Join the Write Direction Team who are available to help you develop your academic practice in a focused way, weekly drop-in session, in the Library or virtual - see [here](#) for more details

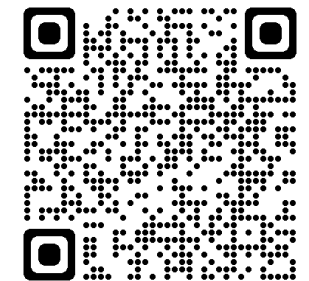
2 – 4pm

Relaxation Activities

Join the Student Experience and Support Team for relaxation activities, coffee, tea and a chat in the Library Training Room.

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Activity Timetable

Thursday 26th
May

1 – 2pm

Meditation and Mindfulness

Join Lincoln from our very own School of Nursing for a Meditation and Mindfulness session, no previous experience required!
Library Training Room

3 - 4pm

Free Study Snacks

The Student Experience and Support Team will be handing out study snacks in the Library.

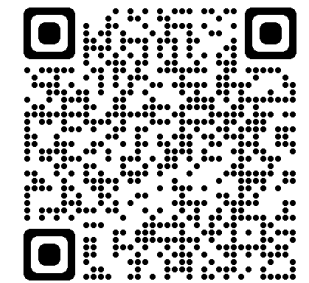
6 – 8pm

Relax & Revise

Join the Resident Advisers, see posters for details in Halls.

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Activity Timetable

Friday 27th May

11 – 12noon

Free Coffee

Join the Student Experience and Support Team in Chancellor's for a Coffee and a Compliment.

All events are free of charge

Free Fruit & Water available in the Library

