

## Personal Development Week Medway 21<sup>st</sup> to 25<sup>th</sup> January 2019

Monday 21 <sup>st</sup> January			
10:00 – 11:00	<b>Growth Mindsets for Academic Success</b> – Session 1 for Beginners. Would you like to improve your chances of academic success? Try the Growth Mindset approach.	Cathedral Court CCf14	This session is for students with no prior knowledge of Growth Mindsets theory.
11:30 – 12:30	<b>Growth Mindsets Overcoming Barriers to Academic Success</b> – Session 2.	Cathedral Court CCf14	This session builds on Session 1 and identifies the problems you are likely to encounter in developing Growth Mindsets and provides the knowledge and techniques to overcome them.

Wednesday 23 <sup>rd</sup> January			
09:00 – 16:30	<b>Medfest</b> Medfest is open to adult nursing students for both campuses. This is a fun, innovative opportunity for students to explore strategies to promote emotional resilience such as yoga, tai chi and mindfulness.	For details and booking information please see <a href="https://www.canterbury.ac.uk/health-and-wellbeing/events/medfest-23-Jan.aspx">https://www.canterbury.ac.uk/health-and-wellbeing/events/medfest-23-Jan.aspx</a>	Please note booking is essential

Thursday 24 <sup>th</sup> January			
09:00 – 13:00	<b>Partners in Learning Conference</b> – Developing Skills for Success at University & Beyond. For details go to: <a href="https://www.canterbury.ac.uk/students/student-voice/student-representation/partners-in-learning.aspx">https://www.canterbury.ac.uk/students/student-voice/student-representation/partners-in-learning.aspx</a>	Old Sessions House OG46	All students are welcome to hear our inspiring speaker at Canterbury
10:00 – 14:30	<b>Peer Mentoring Training</b> for students interested in becoming a Peer Mentor	Rochester House RH1.14 Please note travel expenses will be paid for Medway students attending this session at Canterbury and parking permits will be provided subject to availability	To book a place please contact <a href="mailto:peermentoring@canterbury.ac.uk">peermentoring@canterbury.ac.uk</a>
14:00 – 16:00	<b>Wellbeing Advice &amp; Support</b> Student Support, Health & Wellbeing	Drop in sessions in Cathedral Court	Booked appointments are also available between 10.15 and

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			12.00 Contact <a href="mailto:studentwellbeing@canterbury.ac.uk">studentwellbeing@canterbury.ac.uk</a>
15:00-16:00	Lecture Capture is coming to CCCU! Find out why and when, and more information about how this will affect your studies in this hour-long session with Duncan MacIver, Technology Enhanced Learning Manager for CCCU	Cathedral Court CCF14	All students are welcome

### Online Personal Development Resources

<b>LinkedIn profiles</b>	How to make the most of your LinkedIn profile. This is a free online course for students to help you learn how to tap into the power of LinkedIn	<a href="https://www.linkedin.com/learning/learning-linkedin-for-students/why-use-linkedin?u=2272746">https://www.linkedin.com/learning/learning-linkedin-for-students/why-use-linkedin?u=2272746</a>
<b>Social Media</b>	<b>Managing your Social Media Profile</b> An online PowerPoint presentation to help students to develop a better understanding of how to manage their digital identity and positively build their digital reputation.	Link to Blackboard will be provided in advance of PDW

**The Drill Hall Library at the Medway** campus will run a number of events during this week. These will appear on the library website events calendar in January. See link <http://campus.medway.ac.uk/about/library-events.html> for future study skills workshops at the Drill Hall Library open to all students at Medway. You can also follow Drill Hall Library on social media, Twitter [@drillhalllib](https://twitter.com/drillhalllib) | Facebook [@drillhalllibrary](https://www.facebook.com/drillhalllibrary) | Instagram [@drillhalllibrary](https://www.instagram.com/drillhalllibrary), and be amongst the first to find out about all the events in the library to help your study including Headspace wellbeing activities, exam tips etc.