



'Investing in your Academic Career' Lifeskills Programme

Semester One, 2024

All webinars are from **14:30 - 1 5:30**

Recordings may be accessed from the Student Support Services Learn2024 page: [CLICK HERE](#)

MARCH

DATE	TOPIC	ZOOM LINKS
5/3	Adjustment to University	CLICK HERE TO JOIN Meeting ID: 995 3337 0611 Passcode: 025261
7/3	Learning Styles	CLICK HERE TO JOIN Meeting ID: 942 6863 4195 Passcode: 911324
12/3	Time Management	CLICK HERE TO JOIN Meeting ID: 998 4312 2051 Passcode: I927711
13/3	Branding Yourself for the World of Work	CLICK HERE TO JOIN Meeting ID: 928 1507 6591 Passcode: 503067
14/3	Note Taking and Making the Most of your Lectures	CLICK HERE TO JOIN Meeting ID: 912 0243 8927 Passcode: I927711
19/3	Creating a Study Timetable	CLICK HERE TO JOIN Meeting ID: 927 0161 9683 Passcode: I927711
20/3	Healthy Relationships	CLICK HERE TO JOIN Meeting ID: 638 748 8263 Passcode: 2j1QCO
26/3	Webinar: Mental Wellbeing	CLICK HERE TO JOIN Meeting ID: 947 6145 9005 Passcode: 475101
27/3	Job Hunting Skills	CLICK HERE TO JOIN Meeting ID: 945 3312 6889 Passcode: 494684



APRIL

DATE	TOPIC	ZOOM LINKS
9/4	Motivation	CLICK HERE TO JOIN Meeting ID: 959 9910 9962 Passcode: 731097
10/4	Cover Letter & CV Writing	CLICK HERE TO JOIN Meeting ID: 942 6486 5022 Passcode: 611109
11/4	Substance use	CLICK HERE TO JOIN Meeting ID: 638 748 8263 Passcode: 2j1QC0
16/4	Career Pathing	CLICK HERE TO JOIN Meeting ID: 638 748 8263 Passcode: 2j1QC0
17/4	Cyberbullying	CLICK HERE TO JOIN Meeting ID: 983 4619 4695 Passcode: 659143
23/4	Webinar: Learning Styles	CLICK HERE TO JOIN Meeting ID: 932 7497 7108 Passcode: 619280
25/4	Managing Anxiety	CLICK HERE TO JOIN Meeting ID: 942 6554 9567 Passcode: 566695
30/4	Mindfulness	CLICK HERE TO JOIN Meeting ID: 638 748 8263 Passcode: 2j1QC0



MAY

DATE	TOPIC	ZOOM LINKS
2/5	Motivation	CLICK HERE TO JOIN Meeting ID: 638 748 8263 Passcode: 2j1QCO
7/5	Creating a study time table	CLICK HERE TO JOIN Meeting ID: 910 9012 4755 Passcode: I927711
8/5	Interview Skills	CLICK HERE TO JOIN Meeting ID: 917 2040 0323 Passcode: 390561
9/5	Study Strategies	CLICK HERE TO JOIN Meeting ID: 986 2652 8149 Passcode: 235072
14/5	The Power of study groups	CLICK HERE TO JOIN Meeting ID: 987 5116 7683 Passcode: 487684
16/5	Stress Management	CLICK HERE TO JOIN Meeting ID: 638 748 8263 Passcode: 2j1QCO
21/5	Stress Management	CLICK HERE TO JOIN Meeting ID: 953 6800 9573 Passcode: 698373
22/5	Work Ethics	CLICK HERE TO JOIN Meeting ID: 998 7012 3069 Passcode: 978870
23/5	Managing Anxiety	CLICK HERE TO JOIN Meeting ID: 940 6538 7336 Passcode: I927711