

Message to all postgraduate students from the Senior Tutor

Your wellbeing is a priority for us, and we all want you to have a fulfilling and rewarding experience during your time at the University of Bristol (UoB).

Moving to a new city and a new university – and moving from being an undergraduate to being a graduate student – can be exciting but can also be a period of significant change. A new system can be difficult to navigate! If you have any concerns about your physical or mental wellbeing, there are a number of routes for seeking help.

Within the School, you are always welcome to contact me, as Senior Tutor for Graduate Students (e.hendy@bristol.ac.uk), about any wellbeing concerns. I can help guide you through applying for [coursework extensions](#) for taught postgraduate work, or letting the School and University know about any [exceptional circumstances](#) that could be impacting your academic work. I can also signpost you towards other support services within the University.

- [The University Wellbeing Service](#) is available for all UoB students. There are links to emergency contacts, as well as the different ways that you can get in touch with the Wellbeing Service, through the online form, phone, or email, who will be able to guide you to the best source of help.
- The Wellbeing pages also have a wealth of self-help resources and workshops to help you on topics from '*becoming your most productive self*' to '*managing perfectionism*'. Academic study does involve stressful events – deadlines, presentations, and exams (if you are a taught postgraduate). Stress helps us perform optimally as long as we manage it effectively. Now is an excellent time to reflect on what did or didn't work for you in the past and further develop your strategies. The booking pages are on this [Self-Help](#) website page (scroll to the bottom for the links specific to 'Research Students' and 'Workshops').
- [Disability Services](#) provide confidential information, advice and guidance to graduate students. This is the University service that arranges [Study Support Plans](#) (including alternative assessment arrangements) specific to your needs. Disability Services also provide guidance on how to get a [diagnosis](#) and funding for additional support you may need. Alternatively, you can contact the School Disability Co-ordinator, Mary Benton (mary.benton@bristol.ac.uk).

I hope that you enjoy your time at the University of Bristol and one of the best ways to do this is to develop a supportive network of colleagues. To this end, you are encouraged to use the Common Room (G26) for breaks from your desk. You share this room with academic, professional and technical staff as well as other early career researchers - it is a great place to meet people, make career-long contacts, and engage with others in the School.

Good luck, and all the best, Erica
Dr Erica Hendy