LEARNING SUPPORT & WELLBEING WITH PLYMOUTH UNIVERSITY

THE LEARNING GATEWAY

+44 (0) 1752 587676
lsw@plymouth.ac.uk
www.plymouth.ac.uk/learninggateway
LSWwithPlymouthUniversity
The Learning Gateway is a one-stop-shop for the following services with the University of Plymouth.

- LEARNING DEVELOPMENT
- PEER ASSISTED LEARNING SCHEME (PALS)
- SUM:UP
- DISABILITY SERVICES
- MULTI-FAITH CHAPLAINCY
- STUDENT WELLBEING SERVICES comprising
  - COUNSELLING AND PERSONAL DEVELOPMENT
  - CARE LEAVERS AND WELLBEING SERVICE
  - MENTAL HEALTH SUPPORT
Learning Development

Studying at university offers new and exciting challenges. Learning Development is here to help with the academic demands of higher education, ensuring you get the most out of your studying and learning.

Students can access support in a range of different ways. This may include individual and group tutorials, taught sessions within programmes, online resources and study guides as well as our lovely Writing Café. Our team offers tailored support within your programme, so please check out our website for further information.

- Developing thinking
- Using literature critically
- Managing projects
- Articulating knowledge
- Communicating your ideas
- Writing and presenting
- Preparing for exams and assessment

Writing tutorials are also available from the Royal Literary Writing Fellow.

Study Guides

Our study guides introduce just some of the topics Learning Development cover, these and more can be found in greater detail at [www.plymouth.ac.uk/learn](http://www.plymouth.ac.uk/learn).

When starting at university please bear these points in mind:

**Independent study**

Whilst autonomy is encouraged in Higher Education, this does not mean that you are alone. Lecturers, tutors, advisors, other students and support staff, as well as family and friends, can offer you guidance too.

**Developing skills**

Your programme will provide you with many opportunities to develop a range of skills, from core academic skills to broader life skills, many of which will be valuable for employment. Make the most of these opportunities: put yourself forward and be enthusiastic whenever possible – it all adds up to a valuable learning experience.

**Learn to learn**

Your current study habits might be challenged, so be adaptable: prepare to experiment with new and creative approaches, and recognise that we learn different things in different ways – if it doesn’t seem to be working, try a different approach.

**Learning and teaching**

Whilst lectures and seminars play a central role in most degree programmes, increasingly diverse teaching methods and technologies are also being integrated into programmes to increase accessibility and to support and improve your learning.

+44 (0) 1752 587676
learn@plymouth.ac.uk
[www.plymouth.ac.uk/learn](http://www.plymouth.ac.uk/learn)
The Writing Café

As well as serving great coffee and locally sourced food, the Writing Café is a welcoming and purposeful space where you can explore techniques and strategies to improve your writing.

Building on the Learning Development team’s innovative work in developing skills for writing, the Writing Café is a unique and creative space where staff and students are welcome to come and have a conversation with a member of the Learning Development team, work with one of our trained student writing mentors, or take part in one of our many events and activities centred on writing. For the Writing Café opening times, please visit: www.plymouth.ac.uk/learn

Babbage 4th Floor
✉ thewritingcafe@plymouth.ac.uk
👥 PUwritingcafe

PALS Peer Assisted Learning Scheme

PALS – regular study sessions for students, by students.
PALS is a great way to work with other students, check that they understand what is expected of them, make friends and get to know second and third year students.

PALS offers opportunities for experienced students (usually in the second or third year of study) to be trained as peer learning leaders; they then facilitate regular group sessions with first and second year students within their programme to reinforce and discuss learning.

PALS Leaders not only develop professional and interpersonal skills, but boost their employability at the same time as reviewing their course content.

📞 +44 (0) 1752 584510
✉ pals@plymouth.ac.uk
✈️ @PlymouthPALS
SUM:UP
Mathematics Support

What is SUM:UP?
Maths of one kind or another is important in a lot of study programmes, for both specialists and non-specialists alike. For example, numeracy tests increasingly form part of many graduate recruitment processes. This might seem daunting if you aren’t confident with maths. If it is, don’t panic! Help is available for registered Plymouth University students through the University’s SUM:UP service. SUM:UP provides paper-based and electronic support materials for a huge range of topics and a drop-in service for one-to-one help and advice.

Drop-in centre
The SUM:UP drop in centre is the focus of our support system. We’re located in an accessible, central location in the Plymouth Campus library, so we’re easy to find. You’ll find that the atmosphere is relaxed and informal. Staffed by friendly and supportive tutors, the drop-in centre is open from 10:00am to 4:00pm every weekday during the teaching weeks in semesters one and two (with reduced hours of 10:00am to 1:00pm for the assessment weeks at the end of each semester). We have tutors with different specialisms so that you can get the help that you need. You simply drop in to the centre – there’s no need to book – and students from ANY programme are welcome to drop in.

Disability Services
Disability Services is part of Learning Support and Wellbeing and is here to help with your study support requirements if you have a disability. If you’re a prospective or current student, or a member of staff supporting students, we are here to help.

What is a disability?
Disability can mean different things to different people. It may include you if you have study support requirements related to a disability, for example:

- Dyslexia
- Specific learning disabilities

What we offer
- Help with getting support from the Disabled Students’ Allowance
- Guidance for admissions students
- Guidance on how to disclose a disability
- Exam Support (e.g. extra time, smaller examination room etc.)
- Placement Support
- IT equipment loan library
- A mental health diagnosis
- Autism
- A long-term health condition
- Advice regarding how to obtain a diagnosis if you think you may have dyslexia or another specific learning disability (e.g. DCD (dyspraxia), ADHD, autism).
- Sign posting to external organisations who may be able to help
- Liaison with tutors and other university staff
- Liaison with support workers
- Support groups for ADHD and autism

+44 (0) 1752 587676
ds@plymouth.ac.uk
www.plymouth.ac.uk/disability

+44 (0) 1752 587676
www.plymouth.ac.uk/sumup
Multi-Faith Chaplaincy

The Multi-Faith Chaplaincy is here for everyone on campus, staff and students, whether you have a faith, are searching for faith, or just want to meet people.

We are open between 10:00am and 4:00pm every weekday during term time, and offer free tea or coffee all year round in a comfortable lounge with wireless access to the university network. We also have a quiet room for prayer, reflection, meditation or just a place to think. There is also a Prayer Room located within our premises.

Throughout the year we put on a variety of events from social evenings and walks to lectures of faith issues, and courses introducing Christianity. We also have a weekly email which highlights these events, please contact us if you are interested in receiving them, or pop in to find out more!

+44 (0) 1752 587760
chaplaincy@plymouth.ac.uk
www.plymouth.ac.uk/chaplaincy

Student Wellbeing Services

We offer one-to-one consultations with a student counsellor, wellbeing officer or mental health worker and a whole range of personal development sessions and groups. If you’re off campus, you may want to think about E-counselling.

Student Counselling

We all get times when we run into difficulties. Many people find that just one or two sessions of counselling can be helpful. We’re here to help and won’t judge. No problem is too small.

In the therapeutic consultation we will look at your options with you and discuss whether short-term counselling with one of our Associates may help or whether you would benefit from some of our personal development sessions. We can also refer to other city services.

Contact us to find out how you can request an appointment online.

+44 (0) 1752 587676
studentcounselling@plymouth.ac.uk
www.plymouth.ac.uk/counselling
**Listening Post**

Feeling overwhelmed? Got things on your mind? Then drop in to the Listening Post to talk with a trained Listener. Come and offload to someone caring, confidential and impartial. The Listening Post is based in the Learning Gateway and you don’t need an appointment.

The Listening Post is open between 10:00-16:00 during Semester 1 and 2.

**Personal Development Sessions and Groups**

The Student Wellbeing Service runs a Personal Development Programme to help you get the most from your studies and personal life. There’s no need to book for most of the workshops or information sessions - just turn up. We’d love to see you.

Dates and details of workshops will be listed at the beginning of term. Here’s a sample of the kind of sessions you can attend:

- Mindfulness
- Mood Boost
- International Student Support Group, Global Buddies
- Look After Your Mate

Please check out our website for more information or pop into the Learning Gateway to find out more.

- +44 (0) 1752 587676
- studentcounselling@plymouth.ac.uk
- www.plymouth.ac.uk/counselling

**SHINE**

Inspiring well-being E-resources.

**Do you want information about mental health and wellbeing?**

SHINE created by students, support staff and researchers. Watch, read, listen, find apps and many useful links to the best online resources.

Explore Multimedia content on wellbeing issues that affect students such as anxiety, academic issues, depression, issues with sleep and many more.

- http://www.plymouth.ac.uk/shine
- @SHINEwithPlym
- SHINEwithPlym

For more information go to

www.plymouth.ac.uk/counselling
Student Wellbeing Support

Student Wellbeing Officers offer 1-1 sessions and groups which focus on practical solutions to the issues affecting your academic and university life.

Typical examples include:

- Managing stress
- Managing anxiety and panic
- Adapting to change
- Managing socialisation/isolation
- Establishing routines and independent living
- Support through unexpected life events.
- And much more...

Our aim is to offer you a safe space where you can explore issues and together devise a plan of support. Wellbeing appointments offer one to three sessions to help you develop coping strategies and skills to take you forward.

For more information and details of how to make an appointment please, see our web page at https://www.plymouth.ac.uk/student-life/services/learning-gateway/student-wellbeingsupport

Care Leavers Service

Part of the Student Wellbeing Services team, the Care Leavers Service provides confidential support for eligible care experienced students. If you would like any extra support, here’s what we offer:

- Someone to listen and offer moral support
- Dedicated one-to-one support throughout your course.
- Opportunity for new and current students to apply for the Unite Foundation Scholarship Scheme which offers successful eligible scholars three years of free accommodation in a designated Unite student property.
- Access to accommodation on campus for 52 weeks of the year
- Membership of the CAKE (Care Advisory Knowledge Exchange) group, offering discussion, socials and friendship led by and for current care leavers students
- Support with budgeting and accessing and applying for financial support
- Signposting and referral to internal and external services which will help you make the most of your time at university
- Confidentiality

For more information please visit our webpages –
www.plymouth.ac.uk/care-leavers

+44 (0) 1752 586733/ 587961
careleavers@plymouth.ac.uk
Mental Health Advice

The University Mental Health Advisers offer advice and assessment if you are experiencing difficulties with your mental health. We are able to liaise with internal university services or external services in the community to help get you the most appropriate support for your individual circumstances. If you have a previous diagnosis or are experiencing mental health difficulties such as disturbed thoughts, impulsive behaviour that could put you at risk or you are feeling out of control contact us for help and support.

You can visit us in the Learning Gateway for the Mental Health Drop In that is held daily where we can offer short term, practical advice and support.

For more information about our service please see our website www.plymouth.ac.uk/mental-health-support

+44 (0) 1752 587676
mentalhealthsupport@plymouth.ac.uk
Out of Hours Support

In an emergency, when somebody is at severe risk to themselves or others, contact the Emergency Services on 999

Derriford Hospital
Emergency Department
T: 01752 439091

NHS Direct
T: 111
www.nhsdirect.nhs.uk

The Samaritans Freephone
T: 116 123
www.samaritans.org

Plymouth University
Security Lodge
T: 01752 588400

Students Against Depression
www.studentagainstdepression.org

Domestic Abuse Helpline
T: 0808 200 0247
Contact Us

The University is committed to providing information in accessible formats. If you require this information in an alternative format please contact:

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✉️ lsw@plymouth.ac.uk
🌐 www.plymouth.ac.uk/learninggateway
🤗 LSWwithPlymouthUniversity