The Learning Gateway is a one-stop shop for support services with Plymouth University.

We incorporate the following services which offer help, advice and support:

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

Studying at university will offer new and exciting challenges. Learning Development help with the academic demands of higher education, ensuring you get the most out of your studying and learning. We offer one-to-one and small group tutorials, taught sessions within programmes, online resources such as study guides, and much more at the Writing Café, looking at:

- 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.

📞 +44 (0) 1752 587676
✉️ learn@plymouth.ac.uk
🌐 www.plymouth.ac.uk/learn
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.

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
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.

For first years, 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 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
Disability Assist

Disability Assist is here to help you 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 assist!

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
• Mental health diagnosis
• Autism
• A long-term health condition

What we offer

• Help with getting support from the Disabled Students’ Allowances
• Admissions Guidance
• Guidance on disclosing a disability
• Exam Support (e.g. extra time, smaller examination room etc.)
• Placement Support
• 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).
• Collaborative working with external organisations
• Liaison with tutors and other university staff plus external services where appropriate
• Liaison with support workers
• Support groups for ADHD and autism
• Equipment loan library

📞 +44 (0) 1752 587676
✉️ das@plymouth.ac.uk
🌐 www.plymouth.ac.uk/disability
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 an Islamic 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
Plymouth University Multi Faith Chaplaincy
@plymchaplaincy
Student Counselling and Personal Development

We offer one-to-one consultations and a whole range of Personal Development Sessions and Groups and, 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 initial 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.

📞 +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 term time only between 10:00am and 4:00pm.

Peer Support

Peer Support offers friendly, informal, but confidential support to students from students. We work as a first point of call if you are having difficulties. We are trained to listen, with an aim to take the pressures off you. As students ourselves, we have first-hand experience of the challenges university life can bring. peersupport@plymouth.ac.uk

Anytime Advice and Mental Health Helpline

All students are welcome to call the Anytime Advice and Mental Health Helpline for around the clock, free, confidential assistance for Plymouth University students.

The Anytime Advice and Mental Health Helpline is there for you and can offer you in-the-moment counselling support. Do feel free to call them at any time as they can offer a range of help. 0800 042 0134
https://www.plymouth.ac.uk/student-life/services/learning-gateway/anytime-advice-line

For more information on all above services go to www.plymouth.ac.uk/counselling
Personal Development Sessions

The Learning Gateway 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
- Managing Anxiety
- Mood Boost
- Dealing with Worry
  and a whole lot more...

Please check out our website for more information.

- +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, counsellors 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
JOIN

SHINE
SELF HELP
INSPIRING E-RESOURCES

SHINE WITH PLYMOUTH UNIVERSITY

@SHINEwithPlym
SHINE with Plymouth University
www.plymouth.ac.uk/shine
Inspiring wellbeing E-resources for Plymouth University students.
Care Leaver Service

Part of the Student Counselling and Personal Development team, the care leaver service provides confidential support for care experienced students. If you would like any extra support, here’s what we offer:

- 5 Unite Scholarships comprising free accommodation for the duration of the degree plus a £3,000 per year living allowance available to eligible students
- 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
- Someone to listen and offer moral support
- If you are care experienced and would like some support (regardless of age or course), did not declare your care leaver status at application stage, or have not heard from us, please get in contact.

For more information about funding and other support please visit our webpages – [www.plymouth.ac.uk/care leavers](http://www.plymouth.ac.uk/care leavers)

📞 01752 586733/ 587961
✉️ careleavers@plymouth.ac.uk
Mental Health Support

The University Mental Health Support team offer advice, assessment and support with getting you referred to appropriate services if you are experiencing mental health difficulties such as confused or disturbed thoughts, impulsive behaviour that could result in harm, or are feeling out of control.

If you find yourself in a mental health crisis please visit the Learning Gateway and talk to the Listening Post or visit our Drop-In where we can offer you short-term, practical support and advice.

For more information on Drop-Ins and our services please see our website. [www.plymouth.ac.uk/mental-health-support](http://www.plymouth.ac.uk/mental-health-support)

📞 01752 587676
✉️ mentalhealthsupport@plymouth.ac.uk
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.

📞 +44 (0) 1752 587676
🌐 www.plymouth.ac.uk/sumup
ANYTIME ADVICE AND MENTAL HEALTH HELPLINE

If there is something bothering you give us a call
• Available 24 hours a day, 7 days a week, 365 days a year
• In-the-moment emotional and counselling support
• Accessible by phone, email and via LiveCONNeCTSM instant messaging
• Information and advice on a range of studying, work, family and personal issues
• Confidential
• Completely independent from the university

CALL
0800 042 0134

iConectYou App
From iTunes or Google Play. Passcode 34800
Go to www.plymouth.ac.uk and search ‘Anytime Advice’ for more details

EMAIL
assistance@workplaceoptions.com
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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