

Dear Students

**We wanted to check-in to remind you that we continue to provide support to you in these times and that we will be regularly updating you and providing support remotely.**

The Student Support team are on emails during the week, can we ask that all emails are directed to the Student Support email address please ([med-studentsupport@buckingham.ac.uk](mailto:med-studentsupport@buckingham.ac.uk)). We will be scheduling dedicated time during the week for 'meetings' with the support team which can be via email, phone, face time or MS Teams, whichever you'd prefer. If you need to speak with someone, please email the Student Support email and we will arrange to contact you at a scheduled time.

Referrals for academic, pastoral, health or well-being support remain accessible, please just speak with a member of the team.

## **Top tips**

Now we are teaching the course online, here are a few tips on setting up a good structure for your days:

- **Get up at a normal time and get dressed.**  
It's surprising how much better this will make you feel and it helps you to have a routine and dress for 'work'.
- **Set your working hours.**  
Plan your day and have clearly defined hours that you will work. Don't exceed these and make sure you schedule regular screen breaks/coffee breaks and meal breaks.
- **Choose a dedicated work space.**  
Find somewhere quiet, with plenty of natural light and access to fresh air. Look at the space and arrange it so it works for you. If possible it should be away from your normal relaxation area. Make sure others in your house/flat know that if you're in your work space, you do not want to be disturbed.
- **Communicate regularly with others.**  
Talk with your friends and fellow students. Set up times to chat online/on the phone and just talk. It's always nice to hear a friendly voice and some normal chit chat, so make sure you do this on top of texting etc.
- **Schedule relaxation time.**  
Make sure you have some down time and relax. Go out for a walk/get some fresh air and do some exercise where possible.

**Take time this week to check you have the above set up and test your IT equipment to make sure you are able to connect to the internet and access the Medical School resources.**

If you remain on campus and would like to stay in communication please let us know and we can schedule regular meets or put you in touch with other students still on site.

Best wishes

***Student Support***