Information from the Institute for Academic Development for PGCert/PGDip/Masters students at the University of Edinburgh

July Highlights:
This months newsletter contains the following:
- Upcoming Events and Courses
- Study Skills Consultations
- Online Learning Resources
- The Feeling Good app
- Join our Masters Blog and Twitter
- Information on the Careers Service

What does the Institute for Academic Development (IAD) do?
Our aim is to help students and staff succeed in their current roles and in their future careers. We do this by providing University-level support for teaching, learning and researcher development.

For Taught Postgraduate students we provide courses, events, resources and advice. Find out more from www.ed.ac.uk/iad/postgraduates

Masters Blog
The blog provides useful information and signposts to events and resources. You can receive an email every time there is a new post by clicking on the ‘Follow’ button on the blog http://iad4masters.wordpress.com/

Study Skills Consultations
The IAD offers quick consultations with a study development advisor. Our scheduled appointments are finished for the year but you can organise an ad hoc meeting with an advisor by contacting iad.study@ed.ac.uk.

Feeling Good
The Foundation for Positive Mental Health is working with the University of Edinburgh to provide free access to the Feeling Good App - a mental skills training programme which teaches how to calm the mind and develop a positive mindset, enabling greater emotional resilience to deal more effectively with challenges of student life.

The app contains a safe and effective programme, Positive Mental Training, that is widely used within the NHS in Edinburgh, amongst other places in the UK, (by staff & patients) for increasing wellbeing and recovery from stress, worry and low mood.

It is a mind body programme derived from sports psychology, which takes you through a set of 12 physical and mental exercises.

Find out more here: https://edin.ac/2JH5yLb

Blog: http://iad4masters.wordpress.com
Twitter: @iad4masters
For a full list of workshops and descriptions, please visit our website (https://edin.ac/2DBKrrE)

Events/Courses (Online and On-campus)
July 2018

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<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Revisiting your Structure</td>
<td>05 July 18</td>
<td>10:00 - 12:30</td>
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<td>Just Write Session</td>
<td>11 July 18</td>
<td>09:00 - 13:00</td>
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<tr>
<td>Practical Proofreading and Editing</td>
<td>11 July 18</td>
<td>10:00 - 12:30</td>
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<tr>
<td>(Online) Proof Reading</td>
<td>12 July 18</td>
<td>10:00 - 11:00</td>
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<tr>
<td>(Online) Revisiting your Structure</td>
<td>17 July 18</td>
<td>15:00 - 16:00</td>
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<tr>
<td>Just Write Session</td>
<td>25 July 18</td>
<td>09:00 - 13:00</td>
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IAD Learning Resources:
As our workshops come to a close at the end of July, you can still find a variety of learning resources on the IAD website, including:
- Time Management
- Effective Studying
- Critical Thinking
- Literature Searching
- Managing Reading Workloads
- Presentations and Posters
- Assignments
- Effective Exams

You can find a full list of all our online Learning Resources here: https://edin.ac/2Db5Tmf

Careers Service
The Careers Service at the University of Edinburgh provide a range of support services for Taught Masters including guidance with career options, further study, job searches and effective applications. The Careers Service will remain open all through the summer, offering support. Please refer to the Careers Service website for more information: http://www.ed.ac.uk/careers

Booking and Cancellation Policy

Booking: Please note workshops usually open for booking 3 weeks before the event

Cancelling: If you need to cancel your booking, you must do so at least 3 days before the event or consultation. Someone else may be able to take your place, but we need time to contact them. Also, although you are not charged for an event, there are costs we incur (e.g. photo copying) which relate directly to places reserved. We maintain attendance registers; unexpected absences will be noted. If you consistently fail to attend, or repeatedly cancel with very short notice, you may be prevented from booking future IAD events.

How to cancel: you can cancel your booking via MyEd Event Booking Channel. Click on “My Bookings” - here you will have the option to cancel your place.