October Highlights:
This months newsletter contains the following:

- What does the IAD do?
- Study Hub
- Upcoming PGT Workshops
- Study Skills Consultations
- Support for Physical Activity Service
- 5 Ways to Wellbeing - Be Active

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.

We provide workshops and resources for postgraduate taught students (online and on-campus students), to help you gain the skills, knowledge, and confidence needed for studying at postgraduate level.

Study Hub

Blog: blogs.ed.ac.uk/studyhub/
Learning Resources: https://edin.ac/2IhoAZj

Study Hub is designed to give taught students at the University of Edinburgh the tools to develop more effective working and learning strategies in order for them to make the most of their university studies.

It is a collection of self-help study development resources and a companion blog and twitter feed, openly available online 24/7, to enhance the student experience. It is for students who want quick advice on specific topics and our aspiration is that Study Hub is accessible to all, open and inviting.
Support for Physical Activity

The Support for Physical Activity Programme is a one-to-one free consultation service available to all students, designed to help you set and achieve your goals, increase your physical activity, and just feel a bit better!

Upcoming PGT Workshops:

- Booking for all workshops opens three weeks before the event date.
- (Online) Get the best from your library
  03rd October 19  19:00 - 20:00
- (Online) Effective Slide Design
  08th October 19  19:00 - 20:00
- Critical Reading, Assignment Planning and Writing
  10th October 19  14:10 - 17:00
- (Online) Working Effectively around your life
  15th October 19  12:10 - 13:00
- (Online) Being Critical
  18th October 19  13:10 - 14:00
- It's About Time...Managing Time Personal Efficiency and Effectiveness
  21st October 19  13:10 - 16:00
- Speed Reading
  22nd October 19  09:00 - 12:00

For a full list of workshops and descriptions please visit our workshop pages here:
https://edin.ac/2DBKrrE

Study Skills Consultations

The IAD offers 30 minute one to one consultations with a study development advisor. They can help students develop effective study strategies and enhance current study skills.

Support for Physical Activity

The Support for Physical Activity Programme is a one-to-one free consultation service available to all students, designed to help you set and achieve your goals, increase your physical activity, and just feel a bit better!

5 Ways to Wellbeing

The '5 Ways to Wellbeing' are 5 distinct actions to help improve personal wellbeing. Sport, exercise and physical activity play a key role in both your physical and mental wellbeing. Being active is about doing something that suits you.

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.