

New Year New UniSkills

Jumpstart your January
with a UniSkills workshop.



Read more about what we have in store at
tinyurl.com/NewYearNewUniSkills

Monday 21st January

Workshop: 'Get to grips with mark scheme tips'
12pm – 1pm, Willow Room

Tuesday 22nd January

Workshop: 'Building your resilience toolbox'
12pm – 2pm, Willow Room

Wednesday 23rd January

Workshop: 'How to be keen in 2019!'
12pm – 1pm, Willow Room

Thursday 24th January

Workshop: 'Introduction to Mindfulness'
12pm – 2pm, Wilson, W13

Friday 25th January

Workshop: 'Learn to engage to start on the right page'
12pm – 1pm, Willow Room

Plus join us
all week for
activities in Catalyst

21st – 25th Jan
10am – 4pm

Book on at: ehu.ac.uk/workshops