



# Student Bulletin

14 March 2019

## CGP Books

The Library will be taking orders for CGP books for students. The closing date for payments and orders is Thursday 28 March and the books should be available for collection from Wednesday 3 April. You will be emailed as soon as they are here.



The books should be useful for Biology, Chemistry, Physics and Mathematics. A list of titles will be available at the library main desk.

Michelle Junnor

## Free Online Counselling

All students can access free and confidential online counselling via Kooth: <https://www.kooth.com/> Sign up to Kooth, choose a username and password to create a free account, and you can chat online with a professionally trained counsellor, as and when you need to. You can even click on 'meet the team' to see who the counsellors are.



Sometimes it can feel easier to chat about feelings and personal issues with a counsellor online because you can stay anonymous. You can also choose when and where to log in and access support, for example in the privacy and comfort of your bedroom. Online counselling is also available via Childline: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/> Here is another brilliant website for under 25s, which offers information and support around all kinds of different issues: <https://www.themix.org.uk/get-support/speak-to-our-team>

Remember, if you need support with any personal issues, or you would like to see a professional counsellor face-to-face, do come and speak to the College Safeguarding Officers in the Student Services area, or any member of the College Safeguarding Team, and we can help you.

Lucy Tobin Howard

## Free Mini Taster Week (L6)

Essex University are offering a free mini taster week this April.

### Wednesday 3 April 2019

Psychosocial and Psychoanalytic studies  
Mathematics  
Hotel School (hotel and events management)  
Literature, Film studies, Journalism and Drama

### Thursday 4 April 2019

History  
Nursing  
Occupational Therapy  
Philosophy

### Friday 5 April 2019

Languages and Linguistics



University of Essex

To find out more about the sessions on offer each day please visit our website where you can download a copy of the programme for each taster day.

We will be offering a travel bursary up to **£100** to cover individual students travel costs

Enquiries: [schools-link@essex.ac.uk](mailto:schools-link@essex.ac.uk)

Joanna Greatwich

## You Can Help

The canteen has made some major changes to its use of single use plastics but you can do your bit to help them achieve more.

Purchase a reusable hot drink mug and get two free drinks and use china plates if eating in the canteen. Just ask any of the staff and of course remember to use your loyalty cards.



College Canteen