



University of
Reading

The guide to the

Life Tools

Programme 2025–2026



Learn > Develop > Succeed

Creating the pathway to academic and personal success.

Life Tools programme

How the Life Tools programme benefits you

The programme is designed by experts to contribute to your ongoing personal, academic and professional development.

During Welcome Week, talks will be on campus. During the academic year, the talks will be delivered both in person and online (hybrid) as well as webinars. The talks/webinars consist of a 45-minute interactive presentation, followed by time for questions about the topic. We use MS Teams for hybrid sessions. You can use the mic, chat and Mentimeter to participate.

There are no assessments or evaluations. You can try them out to see what topics interest you and learn more about the programme. You can check the details of the programme and book your place at reading.ac.uk/life-tools, and also find the link to the Life Tools Blackboard organisation.



The Life Tools programme is free and open to all students.

Blackboard

You can access online resources on our Blackboard organisation. You can find the link on the Life Tools page on Essentials. Once you enrol, you can access recordings, podcasts and receive a weekly email with information about upcoming webinars/talks.



Manage academic demands
Invest in your academic and professional development
Enhance personal wellbeing

Our Life Tools programme won the RSU staff-student partnership excellence award in 2018-19

The topics covered are categorised under the following headings:

- **Creativity**
to develop strategies to increase your ability to problem-solve and find creative solutions.
- **Knowledge**
to increase your awareness to inform your decisions and actions to do well both personally and academically
- **Tools**
Strategies to develop skills to do well in your studies
- **Wellness**
to develop strategies to enhance your emotional resilience and keep well
- **Global awareness**
increase your understanding of cultures and adapt to new situations in the workplace in the future



Creativity



Knowledge



Tools



Wellness



Global Awareness

Each talk is colour coded by the category it most relates to, although most of them have a crossover with other categories.

Life Tools

Talks/Webinars Programme

DATE	TALK/WEBINARS	DAY	TIME *	SELECT YOUR TALK	
SEP 23	Living and studying in the UK	TUE	10:00-10:45		
	Prepare for university	TUE	12:00-12:45		
	Maximise your university experience	TUE	14:00-14:45		
	24	Prepare for university	WED	11:00-11:45	
		Settling in, getting to know others	WED	13:00-13:45	
		Live well on a student budget and prevent debt	WED	15:00-15:45	
25	Maximise your university experience	THU	11:00-11:45		
	Living and studying in the UK	THU	13:00-13:45		
	Settling in, getting to know others	THU	14:30-15:15		
26	Studying in a second language	FRI	13:00-13:45		
OCT 01	Settling in, getting to know others	WED	13:00-13:45		
	02	A good night's sleep	THU	13:00-13:45	
	08	Focusing or forgetting?	WED	13:00-13:45	
	09	Managing uncertainty: Adapting to change	THU	13:00-13:45	
	15	Stressed? Learn ways to maintain your health	WED	13:00-13:45	
	16	Under pressure?	THU	13:00-13:45	
	22	Ignite your motivation: Keep learning	WED	13:00-13:45	
	23	Jump-starting your brain	THU	13:00-13:45	
	29	A good night's sleep	WED	13:00-13:45	
		Mental health mini-series: Understanding anxiety	WED	15:00-15:30	
	30	Introduction to mindfulness	THU	16:00-16:45	
		Learners mindset: Prevent procrastination and get things done	THU	15:00-15:30	
NOV 05	Confidence: "I can" and "I will"	WED	13:00-13:45		
	Mental health mini-series: Understanding low mood	WED	15:00-15:30		

* For more details, and to book a place on a webinar, go to reading.ac.uk/life-tools



@UoR_LifeTools



@UoR_student

DATE	TALK/WEBINARS	DAY	TIME *	SELECT YOUR TALK
NOV 06	● AI: Studies and wellbeing	THU	13:00-13:45	
	● Learners mindset: Prevent procrastination and get things done	THU	15:00-15:30	
	● Introduction to mindfulness	THU	16:00-16:45	
	● Focusing or forgetting?	WED	13:00-13:45	
	● Mental health mini-series: Understanding loneliness	WED	15:00-15:30	
	● Balancing social media: Studies and responsibilities	THU	13:00-13:45	
	● Introduction to mindfulness	THU	16:00-16:45	
	● Learners mindset: Prevent procrastination and get things done	THU	15:00-15:30	
	● Imperfect perfectionism	WED	13:00-13:45	
	● Mental health mini-series: Maintaining boundaries to prioritise wellbeing	WED	15:00-15:30	
20	● Under pressure?	THU	13:00-13:45	
	● Learners mindset: Prevent procrastination and get things done	THU	15:00-15:30	
26	● Emotional intelligence	WED	13:00-13:45	
27	● Preparing for exams: Evidence-based revision techniques	WED	13:00-13:45	
	● Learners mindset: Prevent procrastination and get things done	THU	15:00-15:30	
JAN 21	● A good night's sleep	WED	13:00-13:45	
	● Preparing for exams: Evidence-based revision techniques	THU	13:00-13:45	
22	● Learners mindset: Prevent procrastination and get things done	FRI	14:30-15:00	
	● Stressed? Learn ways to maintain your health	WED	13:00-13:45	
28	● Learners mindset: Prevent procrastination and get things done	WED	15:00-15:30	
	● Under pressure?	THU	13:00-13:45	
29	● Under pressure?	THU	13:00-13:45	

DATE	TALK/WEBINARS	DAY	TIME *	SELECT YOUR TALK
FEB	04 ● Imperfect perfectionism	WED	13:00-13:45	
	05 ● Bouncing back from setbacks	THU	13:00-13:45	
	11 ● Ignite your motivation: Keep learning	WED	13:00-13:45	
	● Learners mindset: Prevent procrastination and get things done	WED	15:00-15:30	
	12 ● Focusing or forgetting?	THU	13:00-13:45	
	18 ● Ace presentations and collaborations	WED	13:00-13:45	
	● Mental health mini-series: Understanding anxiety	WED	15:00-15:30	
	19 ● A good night's sleep	THU	13:00-13:45	
	● Learners mindset: Prevent procrastination and get things done	THU	15:00-15:30	
	25 ● Feedback: Food for thought	WED	13:00-13:45	
● Mental health mini-series: Understanding low mood	WED	15:00-15:30		
MAR	04 ● Emotional intelligence	WED	13:00-13:45	
	● Mental health mini-series: Understanding loneliness	WED	15:00-15:30	
	05 ● Balancing social media: Studies and responsibilities	THU	13:00-13:45	
	● Learners mindset: Prevent procrastination and get things done	THU	15:00-15:30	
	● Introduction to mindfulness	THU	16:00-16:45	

* For more details, and to book a place on a webinar, go to reading.ac.uk/life-tools



@UoR_LifeTools



@UoR_student

DATE	TALK/WEBINARS	DAY	TIME *	SELECT YOUR TALK
MAR 11	● A good night's sleep	WED	13:00-13:45	
	● Mental health mini-series: Maintaining boundaries to prioritise wellbeing	WED	15:00-15:30	
12	● Stressed? Learn ways to maintain your health	THU	13:00-13:45	
	● Learners mindset: Prevent procrastination and get things done	THU	15:00-15:30	
	● Introduction to mindfulness	THU	16:00-16:45	
18	● Preparing for exams: Evidence-based revision techniques	WED	13:00-13:45	
	● Learners mindset: Prevent procrastination and get things done	WED	15:00-15:30	
19	● Managing uncertainty: Adapting to change	THU	13:00-13:45	
	● Introduction to mindfulness	THU	16:00-16:45	
APR 22	● Preparing for exams: Evidence-based revision techniques	WED	13:00-13:45	
	● Learners mindset: Prevent procrastination and get things done	WED	15:00-15:30	
23	● Stressed? Learn ways to maintain your health	THU	13:00-13:45	
29	● Ignite your motivation: Keep learning	WED	13:00-13:45	
	● Learners mindset: Prevent procrastination and get things done	WED	15:00-15:30	
30	● A good night's sleep	THU	13:00-13:45	
MAY 06	● Beyond university	WED	13:00-13:45	
	● Learners mindset: Prevent procrastination and get things done	WED	15:00-15:30	
07	● Looking ahead: You and the workplace	THU	13:00-13:45	



Welcome

Live well on a student budget and prevent debt

Balance essential expenses and treat yourself. Make your budget work for you. Find out about Blackbullion, an online tool to manage your budget at **blackbullion.com**

Wed 24 Sep
15:00–15:45

Palmer 106

 **OUR TOP TIP:**
Keep track of your expenses and plan for what you want to do.

YOUR TIP:

Living and studying in the UK

Useful information on how to adjust to a new environment and to a different cultural and educational system.

Tues 23 Sep
10:00–10:45

Thur 25 Sep
13:00–13:45

Palmer 106

 **OUR TOP TIP:**
Ask others about life in the UK, and practise your language skills.

YOUR TIP:

Maximise your university experience

Find out about how to manage the transition to university, enhance your study skills and increase your knowledge.

Tues 23 Sep
14:00–14:45

Thur 25 Sep
11:00–11:45

Palmer 106

 **OUR TOP TIP:**
Create a healthy routine and focus on learning.

YOUR TIP:

Week

For more information
visit [reading.ac.uk/
life-tools](http://reading.ac.uk/life-tools), or

 @UoR_LifeTools

Prepare for university

Improve concentration, avoid procrastination, and be productive. Learn about the Life Tools Certificate, Blackboard and blog. Maximise your potential to do well academically.

Tues 23 Sep
12:00-12:45
Palmer G10

Wed 24 Sep
11:00-11:45
Palmer 106

 **OUR TOP TIP:**

Focus on what you want to learn and maintain a regular routine.

YOUR TIP:

Settling in, getting to know others

Whenever we go to a new place, what interests us most is getting to know people, and establishing relationships that have the potential to last.

Wed 24 Sep
13:00-13:45

Thur 25 Sep
14:30-15:15

Palmer 106

 **OUR TOP TIP:**

Explore what activities are available and try one to learn something new.

YOUR TIP:

Studying in a second language

This is an ideal opportunity to learn more about your subject and about the culture. It can be challenging at times, when not feeling fluent enough. This will include strategies to manage the transition and facilitate your progress in your studies.

Fri 26 Sep
13:00-13:45

Palmer 106

 **OUR TOP TIP:**

Speaking in English every day means more practice and increases confidence and fluency.

YOUR TIP:

AI: Studies and wellbeing

AI is changing how to study – but how to use it wisely? In this talk we will explore the benefits and challenges of AI in academic life, with practical tips on using it ethically, managing expectations, and protecting your wellbeing.

Thu 6 Nov 13:00–13:45

 **OUR TOP TIP:**

Think of AI as an assistant. Check the output for accuracy and validity.

YOUR TIP:

A good night's sleep

Sleep is essential for our health and wellbeing. It is also key to learning and remembering. Find out about what influences your sleep pattern and tips to help you sleep better.

Wed 2 Oct 13:00–13:45

Wed 29 Oct 13:00–13:45

Wed 21 Jan 13:00–13:45

Thu 19 Feb 13:00–13:45

• Wed 11 Mar 13:00–13:45

 **OUR TOP TIP:**

Plan technology free time before bedtime.

YOUR TIP:

Ace presentations and collaborations

Developing working relationships with others is an essential skill for academic collaboration. A good presentation can help you to manage group projects effectively.

Wed 18 Feb 13:00–13:45

 **OUR TOP TIP:**

Simple is clearer, consult with each other

YOUR TIP:

Balancing social media: Studies and responsibilities.

Balancing social media, academic pursuits, and personal responsibilities can be challenging. Find out practical ways to navigate the digital landscape and make choices that enhance rather than hinder your academic and personal development.

Thu 5 Mar 13:00-13:45

Thu 13 Nov 13:00-13:45

OUR TOP TIP:

Pause, reflect if checking your phone contributes to your goals. Delay checking until you have a break.

YOUR TIP:

Bouncing back from setbacks

Life at university can present many challenges, and sometimes things do not work out as hoped. Dealing with setbacks is a key skill to learn from these situations.

Thu 5 Feb 13:00-13:45

OUR TOP TIP:

Listen to yourself, maintain energy levels

YOUR TIP:

Confidence: "I can" and "I will"

Do you find that although you know what to do, you doubt yourself? Do you wonder how to achieve your goals? Are you concerned about making mistakes? Learn strategies to develop a confident mindset, challenge negative thinking and develop strategies to maintain your health and well-being.

Wed 5 Nov 13:00-13:45

Thu 26 Feb 13:00-13:45

OUR TOP TIP:

Change from "I can't" to "I can". Focus on possibilities.

YOUR TIP:

Emotional intelligence

People who know themselves well and can manage their emotions effectively do well both at work and in life. Learn strategies to communicate with others effectively. This is a key competency for work and life.

Wed 26 Nov 13:00–13:45

Wed 4 Mar 13:00–13:45

OUR TOP TIP:

Increase self-awareness, self-manage and relate to others well.

YOUR TIP:

Feedback: Food for thought

Managing sensitive feedback is key to make progress with your studies. Find out ways in which you can make the most of the information and advice so that you can develop your knowledge and skills that you can then take into the workplace.

Wed 25 Feb 13:00–13:45

OUR TOP TIP:

It's not personal, it's to improve your work

YOUR TIP:

Focusing or forgetting?

In the digital age we are constantly surrounded by stimuli that distract us. Do you notice that you read a lot, but find it hard to remember the material? Find out how to manage distractions, focus better, remember what you are learning and make progress in your studies.

Wed 8 Oct 13:00–13:45

OUR TOP TIP:

Switch off distractions and create a calm, focused work environment.

YOUR TIP:

Ignite your motivation: Keep learning

Learn about what influences our motivation and understand your preferred style of studying better, identify your priorities and structure your time to complete tasks in time. Find out strategies to motivate yourself so that you can increase your knowledge and enjoy your learning.

Wed 22 Oct 13:00-13:45

 **OUR TOP TIP:**

Identify your priorities, and structure your day.

YOUR TIP:

Imperfect perfectionism

Do you find that you want to continually improve your work? Does it feel frustrating when it is not just so? Do you find yourself going over your work many times and do not feel you are making progress?

Find out why good enough is good enough.

Wed 19 Nov 13:00-13:45

 **OUR TOP TIP:**

Failure is part of life. We learn from it to make progress going forward.

YOUR TIP:

Jump-starting your brain

Difficult to get started? Can't get finished? Fear of making mistakes? This creates unnecessary pressure to meet unrealistic standards. Find out what you can do to get started, make progress and hand in your work in on time.

Thu 23 Oct 13:00-13:45

Check the Learner's mindset section for information on webinars on this topic during the academic year.

 **OUR TOP TIP:**

Break tasks down into small chunks.

YOUR TIP:

Learners mindset: Prevent procrastination and get things done

Do you find it challenging to get started or continue with your assignments? Do you feel there is too much to do and do not know where to start? It can be frustrating, worrying and demotivating.

Academic work requires focused time and effort. Studying for your degree requires reading lengthy and more complex texts. It can be challenging to focus on one task for a set period when we are used to scanning websites and reading content online presented in a bite-sized format. As a result, it takes longer to get work done.

But it does not have to be this way. The Learner's Mindset webinars provide the space to review

strategies to prevent procrastination so that you can make progress with your work.

Learning to prevent procrastination requires consistent effort and practice. Having a group of people with the same goal – to do well in your degree – is a great way to feel energised and motivated to do your work.

Each week's webinar (30 mins) we cover different strategies and tips to develop skills. It is your opportunity to ask questions (you can use the chat, Mentimeter and mic). The webinars provide the opportunity to ask questions and exchange ideas with others. It is space for learning.

Thu 30 Oct 15:00-15:30
 Thu 6 Nov 15:00-15:30
 Thu 13 Nov 15:00-15:30
 Thu 20 Nov 15:00-15:30
 Thu 27 Nov 15:00-15:30
 Thu 22 Jan 15:00-15:30
 Wed 28 Jan 15:00-15:30
 Wed 11 Feb 15:00-15:30
 Thu 19 Feb 15:00-15:30
 Thu 26 Feb 15:00-15:30
 Thu 5 Mar 15:00-15:30
 Thu 12 Mar 15:00-15:30
 Wed 18 Mar 15:00-15:30
 Wed 22 Apr 15:00-15:30
 Wed 29 Apr 15:00-15:30

OUR TOP TIP:

Create reminders to get started and focus on the benefit of making progress.

YOUR TIP:



Managing uncertainty: Adapting to change

Studying for a degree and preparing for the future, requires learning to manage change. Find out about ways to maintain your balance as you adapt to new situations and keep well and develop your potential.

Thu 9 Oct 13:00-13:45

Thu 19 Mar 13:00-13:40

★ OUR TOP TIP:

Focus on what you can do now and maintain your energy level.

YOUR TIP:

Mental health mini-series

Studying at university can present some challenges. In this series of webinars (30 mins each) we will focus on providing information to understand anxiety, low mood, loneliness and managing boundaries to restore balance and maintain wellbeing.

Maintaining boundaries to prioritise wellbeing

Wed 19 Nov 15:00-15:30

Wed 11 Mar 15:00-15:30

Understanding anxiety

Wed 29 Oct 15:00-15:30

Wed 18 Feb 15:00-15:30

Understanding loneliness

Wed 12 Nov 15:00-15:30

Wed 4 Mar 15:00-15:30

Understanding low mood

Wed 5 Nov 15:00-15:30

Wed 25 Feb 15:00-15:30

★ OUR TOP TIP:

Acknowledge your emotions. Then, take time each day to do something that energises you.

YOUR TIP:



Introduction to mindfulness

In a busy world we need to create space to pause. This enables us to manage our thoughts, reduce the impact of demands and derive a sense of wellbeing. Find out what mindfulness is about, and the benefits for health and learning.

Led by an experienced mindfulness teacher, this 3-week series will explore 3 core mindfulness themes:

- 1) How to train our attention and how this can shape our experiences.
- 2) Learning new ways of being and how this can help support us in any moment.
- 3) Recognising the difference between responding and reacting, and exploring how this understanding can shape our quality of life.

Experience for yourself how each can benefit wellbeing and learning.

If you cannot attend all three, you are welcome to join when you can.

Thu 30 Oct 16:00–16:45

Thu 6 Nov 16:00–16:45

Thu 13 Nov 16:00–16:45

Thu 5 Mar 16:00–16:45

Thu 12 Mar 16:00–16:45

Thu 19 Mar 16:00–16:45

OUR TOP TIP:

Mindfulness is the opposite of mindlessness. Take time each day to check in with yourself.

YOUR TIP:

Preparing for exams: Evidence-based revision techniques

Do you feel you have a lot to revise in a short period of time? Are you worried about your results, or what to do if an exam doesn't go well? If so, you are not alone. Find out how to do well and keep well while under pressure.

Learn how to regulate emotions to increase concentration and memory, boost motivation, and reduce procrastination to manage your revision and exams effectively.

Thu 27 Nov 13:00–13:45

Thu 22 Jan 13:00–13:45

Wed 18 Mar 13:00–13:45

Wed 22 Apr 13:00–13:45

OUR TOP TIP:

Start early, do a bit each day. Manage your energy levels.

YOUR TIP:

Stressed? Learn ways to maintain your health

Life at university can be very busy and at times it may become stressful. Managing symptoms at an early stage is key to prevent them from having a negative impact on your health, wellbeing, and ability to study. Find out strategies to help reduce the impact of stress and maintain your health to study productively.

Wed 15 Oct 13:00-13:45

Wed 28 Jan 13:00-13:45

Thu 12 Mar 13:00-13:45

Thu 23 Apr 13:00-13:45

★ OUR TOP TIP:

Eat well, sleep well, get some fresh air.

YOUR TIP:

Under pressure?

Preparing for a degree requires higher levels of depth in your work, while juggling multiple deadlines and managing expectations to achieve the academic standards required.

Build on your strategies to manage pressure, maintain your strength, and learn better while keeping well.

Thu 16 Oct 13:00-13:45

Thu 20 Nov 13:00-13:45

Thu 29 Jan 13:00-13:45

★ OUR TOP TIP:

Set realistic goals and be your best friend.

YOUR TIP:

** For more details, and to book a place on a webinar, go to reading.ac.uk/life-tools*

✕ @UoR_LifeTools
@UoR_student

The Life Tools Certificate

The aim of the certificate is to provide some structure so that you can maintain your motivation and feel productive by developing habits that support your progress towards your academic and personal goals.

To obtain the Life Tools certificate, you must:

- **Attend 6 webinars/talks.** Your department may be offering some of the talks as part of your course. Attending these will count towards the certificate too. To make the most of the programme, begin to apply the knowledge and strategies as soon as you have been to a talk so that you can identify what works for you.
- **Attend 2 group training sessions.** This element of the programme gives you the opportunity to discuss what you have found when applying the knowledge and strategies. There will also be an opportunity for questions and answers. The focus of the discussion will be on identifying what helps or hinders applying what you are learning, as well as having an opportunity to expand on your interest in the topics.
- **Write a reflective piece (about 2 sides of A4).** The purpose of this exercise is to reflect on what you have learned, your experience of applying the knowledge and strategies in a more consistent manner, and how you plan to take your learning experience into the future.

You can find out how to enrol on the Life Tools blackboard organisation and more information about the requirements for the certificate by going to the Essentials page at reading.ac.uk/essentials/Support-And-Wellbeing/Life-Tools

Check the Life Tools page on Essentials for additional webinars/talks during the year (for example, "**Understanding ADHD**", and "**AI: Studies and wellbeing**").

Register on the Life Tools Blackboard organisation to receive a weekly email with details of upcoming talks/webinars.





“ The Life Tools programme acts as the foundation for the freshers or first year university students because it equips you with knowledge on how to take care of yourself and give good pointers on bracing the real working world once graduation, particularly in handling stress and emotions in times of distress that may lead to anxiety. It is also great to participate and learn from this programme especially for those who come far away from home to start their journey due to its simple yet impactful knowledge. ”

(Third year student)

A large, vibrant splash of multi-colored paint (including yellow, purple, pink, orange, and blue) at the bottom of the page.

For more information
go to reading.ac.uk/life-tools

Student feedback

“ I remember entering my student hall for the first time and seeing the Life Tools brochure on my table. I was very excited to see what it had to offer students. Attending the first talk during Welcome Week was one of the best decisions I made. The talk was well-structured, and we had the opportunity to interact with fellow students and contribute to the discussions. The online webinars after Welcome Week addressed most of the issues I had, such as settling in, procrastination, stress management, sleep management, and more. I highly recommend any student give it a try, as it is very helpful. ”

(2nd year student)

“ As an international student, this programme put many university struggles into context. For example, financial management, confidence, and settling in. Better yet, the weekly talks create a sense of community. It's good to know that you are not alone in feeling unsure about the future. ”

(3rd year student)

“ I have been attending the Life Tools programme since my first year and each time I have left the webinars/seminars feeling much more positive and knowledgeable. It has the perfect balance of personal and academic advice! ”

(3rd year student)

“ I have attended multiple of the Life Tools webinars now and they have been so helpful in supporting me through my studies and mental health. I particularly enjoyed the ones ran during exam periods and the mental health series as I took away key skills from those! Some of them are 30 minutes but make a huge difference so I would recommend them to anyone who has time to spare! ”

(3rd year student)

“ The Life Tools programme has transformed my academic journey by teaching me the importance of quality sleep, effective time management, tackling procrastination, and maintaining motivation, all while enhancing my overall well-being and mental health. ”

(Master's student)

** For more details, and to book a place on a webinar, go to reading.ac.uk/life-tools*

 @UoR_LifeTools
 @UoR_student

Other services

Study Advice

0118 378 4242 studyadvice@reading.ac.uk
visit reading.ac.uk/study-advice

RSU activities

0118 378 4100 enquiries@rusu.co.uk visit readingsu.co.uk

Student Financial Support

0118 378 5555 studentfunding@reading.ac.uk
visit reading.ac.uk/money

Blackbullion (online financial resource) visit blackbullion.com

International Student Advice

int.adv@reading.ac.uk visit reading.ac.uk/essentials/international

Accommodation

Halls hotline 0118 378 7777 visit reading.ac.uk/essentials/accommodation

Accommodation 0118 200 5011 visit reading.ac.uk/accommodation

Sportspark

0118 378 8799 sport@reading.ac.uk visit sport.reading.ac.uk

Careers

0118 378 8359 careers@reading.ac.uk
visit reading.ac.uk/careers

Student Welfare Team

0118 378 4777 studentwelfare@reading.ac.uk
visit reading.ac.uk/welfare-team

Counselling and Wellbeing

0118 378 4216 counselling@reading.ac.uk
visit reading.ac.uk/counselling

Wardens and Hall Mentors

0800 029 1984 wardens@reading.ac.uk visit rdg.ac/wardens-and-hall-mentors

24/7 Confidential Student Support Line

0800 023 2466 (free)
or live chat with qualified experts via the **Wisdom AI** app

Discover Life Tools on Instagram



@UoR_Student

Follow **@UoR_Student** for student-made content
all about the Life Tools programme.





The Life Tools programme is free and open to all students.

Life Tools

 For more information, you can email: talks@reading.ac.uk
reading.ac.uk/life-tools

 @UoR_LifeTools

 @UoR_student

