

February 2019 newsletter

University Mental Health Day 2019

University Mental Health Day is a national campaign promoting the mental health of people who live, work and study in Higher Education. It takes place on Thursday 7 March and this year focuses on the power of using your voice.

Find out about events taking place on campus to mark the day.

- [University Mental Health Day 2019](#)



Careers inside and outside academia



Forthcoming careers sessions for those considering careers both in and outside of academia. Find out more:

- [Beyond the PhD: Academic Careers, 27 February](#)
Covering Research Fellowships, Teaching Fellowships, and Academic Careers.
- [Beyond the PhD: Careers Outside of Academia, 6 March](#)
Explore your strengths, career motivators and develop your understanding of what non-academic employers are looking for.

Pushing through procrastination

Do you tidy, check emails or constantly find ways to distract yourself from your work? Come to the 'Pushing through procrastination' workshop to find better ways to work. The next sessions take place on 27 February or 14 March (postgraduate-only session).

- [Pushing through procrastination](#)

HINTS AND TIPS
TO HELP YOU
PUSH THROUGH
PROCRASTINATION

#UoWellbeing



LGBT History month



To celebrate this year's York LGBT History Month, the University is holding a wide range of events throughout February.

Events still to come include: Transgender Talk, Culture and Religion panel discussion, and the Queer Cabaret After Party.

- [LGBT History month](#)

Learn to code

IT Services and the Library are offering you the chance to learn coding as part of their Digital Wednesdays programme.

The sessions will be fun, creative, and an ideal introduction for beginners - they're open to all members of the University, and you can pick and choose from the sessions, depending on what appeals to you.

- [Learn to code](#)



Take part in the International Researcher Mobility Survey

Are you undertaking a doctorate outside of your main country of residence or have you spent more than one month based in a different research institution to the one where you're registered for your doctorate? The Doctoral College and Centre for Research Capability and Development at Coventry University wants your thoughts and experiences on doctoral mobility.

- [International Researcher Mobility Survey](#)

Wonders on Wednesday

Why are the collections at the University of York so special? They are full of treasures, some old, some new, and some unexpected! Join expert Library and Archive staff to learn more about the stories that the collections can tell.

- [Wonders on Wednesday](#)

All these news items and more can be found at the [York Research Student Community](#)

www.york.ac.uk/YGRS

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