



YOUR
← →
POSTGRAD
← →
GUIDE

to summer at
University of York



A message from Jia Ying, your VP Wellbeing & Community

It's really easy to lose focus as a student on what your time at university should be like, and think only of your academic needs. Deadlines, dissertations, final projects and supervision meetings can feel like they pile up if you aren't able to properly rest and socialise. I know that's how I felt when I was a student and it really doesn't help when so much of campus closes over the summer.

That's why myself and the wonderful GSA events team have worked to put a calendar of events together that all Postgrads can get involved with. We've got low cost campus activities, day trips across Yorkshire, activities in town, and communal study sessions to give you a range of different opportunities. Getting proper rest, doing things with your friends, and taking the time to be away from your work will make you feel good, but also help to make you more productive and focused on your work when you're back at it.

I really hope you have a good summer and best of luck with everything you're working on!

GSA Strategy Consultation

Summer is the perfect time to sit back and think about how your year has gone so far.

It just so happens that's what the GSA has been doing too. We've been thinking about how we can improve the student experience and make the University of York a better place. In doing so, we want to design and implement a new three year strategy that will improve the entire Postgraduate experience.

It's important stuff. But we can't do it without you.

If you haven't already, please fill in our Student Strategy Consultation at <https://bit.ly/gsastrategy>

We need you to sit back, think, and tell us what you think should be improved at the University of York.



Wellbeing Support

If things aren't going well, please come and talk to us at the GSA. We have academic and welfare advisers on hand who can provide you with all the options available and support you in making informed decisions. The GSA Advice Service is completely free, confidential, impartial and independent from the university, so if you come and speak to us, your department will not be informed of your visit. Even if you are unsure that we are the right people to speak to about a certain issue, just book an appointment anyway and our advisers can signpost you where necessary.

To book an appointment email advice@yorkgsa.org to speak to one of our advisers (it's all free).

If you are struggling with your mental health, the Open Door Team and various other counselling services are also available over the summer for appointments. To access these services please visit the University's Health & Wellbeing web page.

If you are feeling lonely, homesick or stressed, remember you can also get in touch with your college's welfare team - even if you live off-campus. You can find contact details for your college team on their website, and all of the college websites at york.ac.uk/colleges.

Every two weeks on Wednesday afternoons, the GSA Advice Service also hold a postgraduate welfare 'get together' called Chill Chat in the Wentworth Downstairs Common Room. This provides a space for students to socialise over free refreshments, games, and crafts - keep an eye out for further information in our weekly newsletters.

Postgraduate Free Sport

The GSA's Free Postgraduate Sport is friendly, non membership based and open to all genders. It's casual and non-competitive, built around the ethos of 'anyone can play.'

It's also back for the summer, so you can still play sport even when much of the rest of campus is closed!

PG Free Sports Sessions include:

Football - 8-9pm - Monday - 3G Heslington East
Badminton - 1:30-3pm - Tuesday - York Sport Centre
Tennis - 4-5pm - Tuesday - Tennis Dome, York Sport Centre
Badminton - 1:30-3pm - Thursday - York Sports Centre
Swimming TBC

You can also take part in Wentworth Taekwondo which is part funded by our Postgrad Community Fund and free!

Check out <https://www.yorkgsa.org/wellbeing-community/sports/> for more details



www.yorkgsa.org



GSA Office
120 Vanbrugh College
University of York
Heslington
York
YO10 5DD

Telephone: 01904 21 2718
Email: info@yorkgsa.org
Website: www.yorkgsa.org
Twitter: @GSAYork
Facebook.com: [fb.com/YorkGSA](https://www.facebook.com/YorkGSA)
Instagram: @gsayorkuni