

STUDENT SUPPORT BULLETIN

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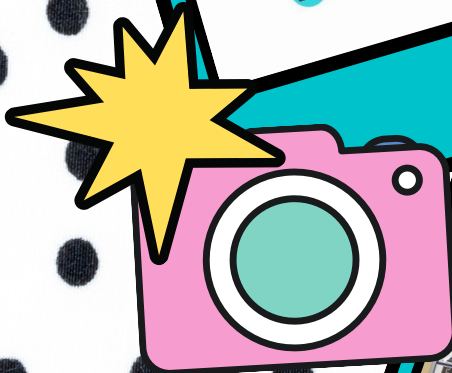
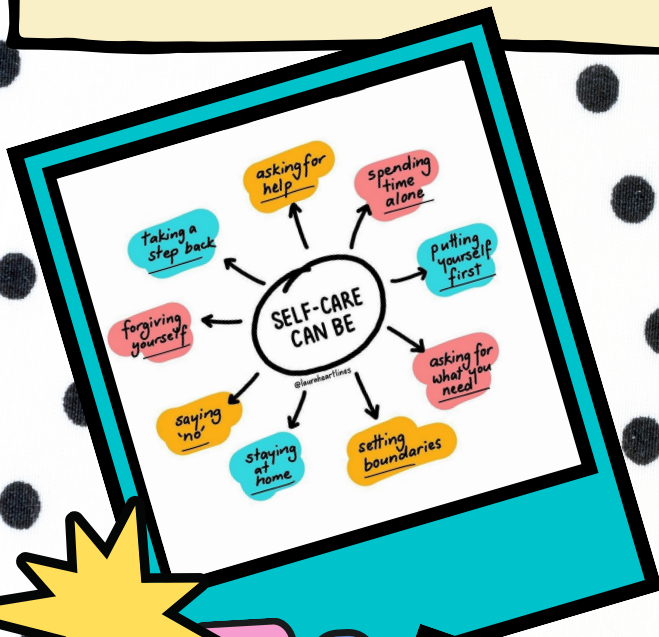
ISSUE 12 - FRIDAY 18TH MARCH 2022
ACADEMIC YEAR 2021-2022

CV Workshop

Jenny, the Careers Adviser is offering CV drop in's. If you have a CV already e-mail it to jenny.greenland@stcg.ac.uk or click [HERE](#) for a CV template

World Sleep Day 18th March

Friday is World Sleep day. Why not complete the course on [Togetherall](#) to help improve your sleep. This course is suitable for those who would like to improve their sleep quality or for those who have insomnia and get very little sleep at all. You are shown a variety of lifestyle tips and sleep hygiene habits, that promote deeper and more restorative sleep



Thank You

Thank you to everyone who attended the careers fair last week. We hope you got lots out of it. Remember you can access more Careers Information on the Student Support Moodle page [HERE](#).

FOCUS OF THE WEEK

BETTER SLEEP

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Relaxation Strategies for a Better Nights Sleep



Try using the two apps below for better sleep quality



Sleep Cycle



Calm

If you are aged between 16-18 and are having trouble sleeping, the Education Wellbeing Practitioners (EWP's) offer 3 1-to-1 sessions of guided-self-help focused on learning techniques to help with sleep. If you would like to be referred, please visit the Student Support Centre at your College.

[CLICK HERE](#)

Teen Sleep Hub

HAVE YOU BEEN CALLED LAZY?
YOU'RE NOT... AND THERE IS SCIENCE BEHIND IT!

JOIN THE CONVERSATION
TEENSLEEPHUB.ORG.UK
#TEENSLEEPMATTERS

POWERED BY the sleep charity