

**Tuesday 9 March**

**Looking After Yourself: Wellbeing Sessions**

4:15pm - 5:40pm

**Part 1 - Staff Mental Health & Wellbeing**

Taking care of yourself and others with the Dorset Mind Team

A session designed to help you develop and sustain a mentally healthy workplace using an action plan called SALSA. It will provide practical hints and tips to apply the principles of SALSA to your own working environment, and to confidently share with your colleagues. The Dorset Mind team will be available for a Q&A after the session.

5:45pm - 6:15pm

**Part 2 - Your Spine & Stress Workshop**

Relieving stress on your spine through relaxing and accessible practical activities

For many, working from home has had a detrimental effect on our posture and stress levels. This workshop will explore the intrinsic relationship between our posture and stress, and will include gentle stretching that focuses on exploring movement of the spine and relieving tension in the neck and shoulders. The exercises can be practised either sitting on the floor or in a chair.

*You may wish to use a yoga mat and perhaps a cushion or two during the session, but this is not essential.*

**Thursday 11 March**

**What's new at BU?**

4:15pm - 5:15pm

Our schools & colleges offer, faculty & facility updates

Join us as we share 'what's new at BU' with updates on our course portfolio and facilities from Heads of Department. You will also get the opportunity to meet the Schools Liaison & Partnerships Team to hear more about our schools and colleges programme, and to ask us about all-things-BU.

**Monday 15 March**

**Alternative HE Pathways Explained**

4:15pm - 5:15pm

Foundation years, foundation degrees & degree apprenticeships

Are you confused by the changes in the HE sector and unsure which qualifications would suit your learners best? Join us as we explain the difference between a foundation year, a foundation degree, and a degree apprenticeship and who can access them.

**Wednesday 17 March**

**Preparing for Higher Education**

4:15pm - 5:15pm

Wellbeing, transitions & student voice

Staff from across BU will share our approach to supporting transitions into HE and outline the ongoing wellbeing support that is available. You will also hear from current students as they give an honest account of what it has been like to study during the pandemic, and our Estates Team will walk you through what they have done to make campus a safe environment for the BU community.

**Wednesday 21 April**

**University Admissions Explained**

4:15pm - 5:15pm

Navigating applications, offers & clearing

We will be joined by Admissions staff from Arts University Bournemouth and AECC University College to outline what impact the cancellation of exams will have on students joining us in September 2021, and those yet to make an application. We will also be chatting about the admissions review and what that could mean for your students in the future, with a Q&A session with our expert panel.

If you have any questions, please contact us at [schoolsliasion@bournemouth.ac.uk](mailto:schoolsliasion@bournemouth.ac.uk) – we look forward to seeing you soon!