

Hartpury University and Hartpury College

Monthly Newsletter



HARTPURY

Issue 09
May 2022

Dates for your diary

Hartpury will be at the following events:

Royal Three Counties: 17th—19th July

We will also be at the following UCAS events:

- Kent— 9th June
- Birmingham 20th & 21st June
- Bedfordshire 27th & 28th June
- Cardiff—1st July

Virtual Campus Tour

If you can't wait until our open events, you can explore campus via our new virtual campus tour. You'll discover more about why we're so special, as you explore our 360-hectare estate, specialist facilities and student hot-spots from the comfort of your own home.

Click [here](#) to explore our campus

Video

Revision Tips—Beating Exam Stress
Click [here](#) to watch



Did you know?

Hartpury is hosting the following events:

- Open Farm Sunday—Sunday 12th June
- NAF Five Star Hartpury Showjumping Spectacular—Sunday 26th June
- NAF Five Star Hartpury Festival of Dressage—Tuesday 5th to Sunday 10th July
- FEI European Championships—Monday 25th to Sunday 31st July
- NAR Five Star Hartpury Horse Trails— Wednesday 10th to Sunday 14th August

Dealing with exam stress

Exams can cause a lot of stress, so here are some tips of how you can handle exam stress.

Get a good night sleep—Don't stay up late at night revising, set yourself a bedtime and stick to it to ensure you get the correct number of hours sleep.

Exercise— Exercise is a great way to handle stress. It increases your overall health and your sense of well-being. Exercising also releases endorphins which is a feel good hormone.

Create a good schedule—Ensure that you create a schedule which allows you to stay on track but also have breaks. Within your schedule, change subjects every few hours so that you don't get bored on one topic.

Form a study group—Study with friends to keep each other on track but also have someone there for support when required. Study groups can be great for quizzing each other and comparing notes/revision techniques.

Reach out for help if you need it—If you are struggling with stress, speak to a loved one, friend, teacher or charity.

Remember, Don't let what you cannot do interfere with what you can do. – John Wooden

Support at Hartpury College

When you become a student at Hartpury, you become part of something bigger, part of a community. The 'pury family', as we know it, is a very special one indeed. That aspect of our student experience was recognised by Ofsted in 2016 when they rated our pastoral care and support for residential students – most of whom are living away from home for the first time – as outstanding.

At Hartpury, there's a network of support staff to ensure that you make a smooth transition from school to college life. You'll be assigned a personal tutor as soon as you arrive, who is there to provide you with all the support you need to reach your academic goals. If you need a friendly ear, our Student Services and Wellbeing Teams can help with guidance and advice on everything from finance and accommodation to health and wellbeing.

The Wellbeing and Counselling Service teams offer a secure, caring and confidential environment where students feel valued and respected. We provide wellbeing support and free short term counselling.

Exam and revision tips

With revision season in full swing, we've put together lots of revision tricks and tips to help you succeed in your exams!

Get organised – A revision timetable is a quick way to keep you focused and motivated. It allows you to see exactly what's needs to be done and when by, it will make you revise much more efficiently and wisely.

Take regular breaks – It's important you take regular breaks whilst revising otherwise you may find it difficult to concentrate. To stay motivated, take breaks and treat yourself with a sweet treat or a stroll in the park.

Set realistic goals – Setting achievable goals every time you sit down and revise will keep you on track and ensures you're getting something out of every study session.

Test yourself - Time spent testing yourself pays off. It makes you understand what you're revising by thinking it through. You could also get your friends and family to test you too!

Look after yourself – Get a good nights sleep, eat well, move your body and reward yourself.

“GCSEs are not important, people don't look at your grades”

False! Your GCSE's are just as important as any other qualification, especially your English, Maths and Science results.

All students are required to have at least a Grade 4 in their English and Maths GCSE, if you don't achieve this at the time you will have to carry on studying them alongside you're A levels, BTEC Diploma or Apprenticeship.

Whether you decide to get a job or go on to university after you finish your mandatory education, Maths and English will always be the minimum requirement for any application. Your other GCSE results are important if you plan to study the same subject at a sixth form or college, and then also if you intend to go onto University.

Remember to work hard when studying your GCSE's because one day they will be important.

FALSE

The accommodation, lecture halls and facilities are surrounded by a collection of hacking trails and public footpaths. This is what drew me to Hartpury as I've always dreamed of living in the countryside.

Lucy James
BSc Bioveterinary Science



HARTPURY

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www.hartpury.ac.uk/about-us/work-with-us