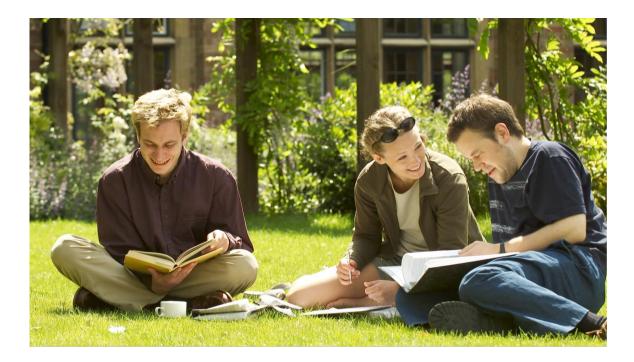
Ready for Eddie's

A Bridging Programme for New Undergraduates



Submit your questions!



slido.com #4032 784



St Edmund's College University of Cambridge

Today's webinar

- Who is the Bridging Programme for?
- What it will involve
- Practicalities
- Key dates
- Questions and answers









St Edmund's College University of Cambridge

Who is the Bridging Programme for?

- New students from both the UK and overseas
- Those who are new to university
- Those who already hold a degree
- In short everyone!





What will it involve?

- A series of sessions on all aspects of student life
- Divided into three components:
 - Academic skills
 - Living in Cambridge
 - Wellbeing
- Each led by key people









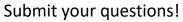
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Timetable of events

ay I - Monday 23 September			
Morning, Arrival in Cambridge	Lunch in College	Afternoon, Introduction to Cambridge	Dinner in College
ay 2 - Tuesday 24 September		,	
Morning, Overcoming 'Imposter Syndrome'	Lunch in College	Afternoon, Reading & critical thinking	Introduction to Formal meals
y 3 - Wednesday 25 September			
Morning, Find out more about your Tripos	Lunch in College	Afternoon, Writing & time management	Dinner in College
ay 4 - Thursday 26 September			
Morning, Getting around Cambridge	Lunch in Cambridge	Afternoon, Fieldtrips to departments	Pizza & Movie Night!
y 5 - Friday 27 September			
Morning, Student finances and health	Lunch in College	Afternoon, Food shopping & essentials	Dinner in College
y 6 - Saturday 28 September			
Social activities in College and around Cambrid	ge (note: only a mid-m	orning meal is served in College on this day)	
y 7 - Sunday 29 September			
Time to explore, spend time with new friends an	nd settle in to College	(note: no food is served in College on this day)	
ay 8 - Monday 30 September			
Morning, Building academic resilience	Lunch in College	Afternoon, Equality, diversity & inclusion	Dinner in College

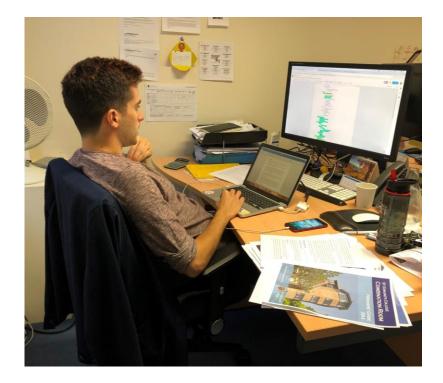




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Academic skills



Sessions to equip you with key skills in:

- Ways of reading
- Critical thinking
- Academic writing
- Time management

Plus, Tripos orientations



Living in Cambridge

Both an orientation to Cambridge as a city:

- Where everything is located
- How to get from 'A' to 'B'
- Essential services (e.g. banks, doctors, food)



As well as...



Living in Cambridge

Essential tips and advice (e.g. budgeting, the added costs of living in Cambridge)

Exposure to all that Cambridge has to offer (e.g. things to do, places to visit)





Wellbeing



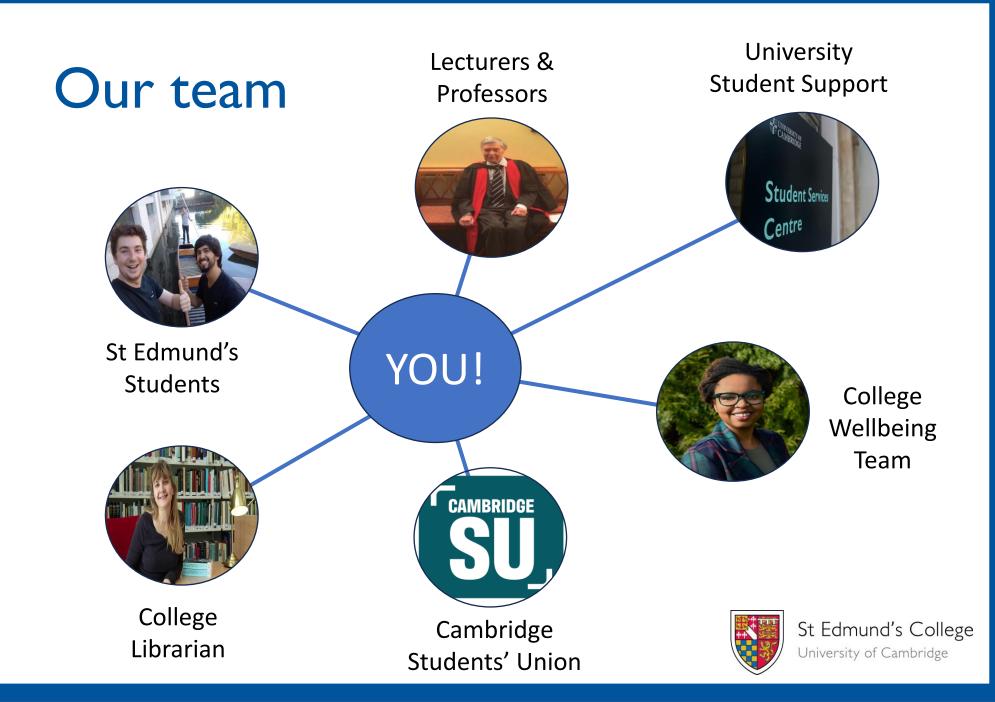
Sessions to help you:

- Adjust to your new life
- Cope with anxiety & stress

Workshops to help you:

- Understand 'difference'
- Maintaining a community of inclusion & respect





Practicalities

Things to think about:

- Arrival date & travel to Cambridge
- Accommodation in College

The costs of participation:

- Sessions are free to all students
- Accommodation and meals free for UK students, with possible partial assistance for overseas students





Begins on Monday 23 September

Runs from Monday 23 – Monday 30 September

College and University Freshers' Week from 1 October onwards Ensure you arrive by Monday 23 September!

Then, everything else will be planned for you



Any Questions?



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