

Ready for Eddie's

A Bridging Programme for New Undergraduates



Submit your questions!



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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



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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

Day 1 - Monday 23 September	Morning, Arrival in Cambridge	Lunch in College	Afternoon, Introduction to Cambridge	Dinner in College
Day 2 - Tuesday 24 September	Morning, Overcoming 'Imposter Syndrome'	Lunch in College	Afternoon, Reading & critical thinking	Introduction to Formal meals
Day 3 - Wednesday 25 September	Morning, Find out more about your Tripos	Lunch in College	Afternoon, Writing & time management	Dinner in College
Day 4 - Thursday 26 September	Morning, Getting around Cambridge	Lunch in Cambridge	Afternoon, Fieldtrips to departments	Pizza & Movie Night!
Day 5 - Friday 27 September	Morning, Student finances and health	Lunch in College	Afternoon, Food shopping & essentials	Dinner in College
Day 6 - Saturday 28 September	Social activities in College and around Cambridge (note: only a mid-morning meal is served in College on this day)			
Day 7 - Sunday 29 September	Time to explore, spend time with new friends and settle in to College (note: no food is served in College on this day)			
Day 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



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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...



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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)



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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



Our team



St Edmund's Students



Lecturers & Professors



University Student Support



College Wellbeing Team



College Librarian



Cambridge Students' Union



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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



Key dates

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



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Any Questions?



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