

VET PEER SUPPORT

Confidential Support | For Students | By Students

What?

The Peer Support team are a group of vet students, just like you! We're trained by the counselling service to provide completely confidential support, and are always on hand with a nice cuppa for those trying Vet School/Uni/Life moments.

Where?

Email any of us, any time. Just type our name into the "find someone" box in the Uni email system.

FREE Tea & Coffee sessions - There's also biscuits ... and no student says no to a free biscuit!

Peer Support T-Shirts; oh they're blue and beautiful... Spot us around campus.

Confidentiality

Anything you choose to discuss is completely confidential and therefore goes no further.

The only circumstances in which we break confidentiality is if we feel yourself, or, someone else is in danger. In these cases we will always let you know what is happening.

Surviving Vet School

Safe to say we haven't exactly chosen an easy career path for ourselves... We all know the "I just don't think I could put an animal to sleep" chat we've had with every, single, one of our relatives, but little do they know that's not the worst of it.... Exams... Exams are hell. And not just 1 or 2 but 4,5,6 even 7 exams, TWICE A YEAR. How do we survive this torture?! HOW?! No Fear... Peer Support are here!

- 1) **Recognising the signs** of stress can help you sort out any problems before they can become overwhelming. Exhaustion, change in appetite or sleep, headaches, crying, feeling anxious, frustrated, apathetic with the typical mood swings can all be symptoms.
- 2) Get yourself some **coping mechanisms**. Learning how to manage stress effectively is key to successful survival. Below we've given you some of our top tips, and also suggested websites with good self-help tips and for extra help.
- 3) **Knowing when to seek help**. We can manage a certain degree ourselves, and the amount of stress we can deal with is very individual. If you find it's all getting on top of you and you're finding it hard to cope on your own, that is what your PDP tutor, Peer Supporters or the Counsellors at the Counselling service are here for.



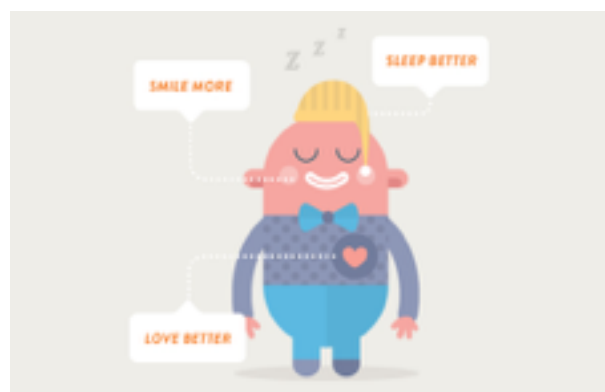
BEATING STRESS

Our 5 Top Tips

1. Don't skimp on sleep! How can you expect your brain to work at its best when it's tired? Plus, give yourself a cool down period before bedtime to de-exam your brain!
2. Eat proper food! Skipping meals and eating junk does nothing for your concentration. Try to eat healthy and stay hydrated to improve brain function. <http://www.bbcgoodfood.com/howto/guide/eating-exams>
3. Meditation: Help clear the mind and relax the body. The University Counselling Website has some simple and effective relaxation exercises,
4. Get some Headspace! - The "Headspace" app is a great way to get into mindfulness, and it's recommended by the NHS #fancy
5. Keep things separate! Don't study where you expect to relax... This will help you stop thinking about work when all you're trying to do is forget about it.

Studying

- Technique - Try different ways of studying so you don't get stuck in a rut. Some people like words, others pictures, others sound etc.
- Pace yourself. No-one can be productive for 10 hours straight... No-one! Take regular breaks to keep your mind active.
- Timetabling - Prioritise the most important, include breaks and cross things off once they're done! 45 minute sessions have been proved most effective.
- Sometimes you literally can't revise everything, and that's ok. Accept it, and take the day off.
- Change your study location from time to time so that you don't stagnate. Sitting in the HC for 10 hours, everyday, for weeks, isn't good for anyone!
- Ignore EVERYONE - You know how hard you're working so why does it matter what everyone else has done? It doesn't.
- Re-sits are there for a reason. Just because you fail an exam doesn't say you're never going to be a vet... It just means you have slightly less of a Summer. Which isn't great, but it isn't the end of the world is it?



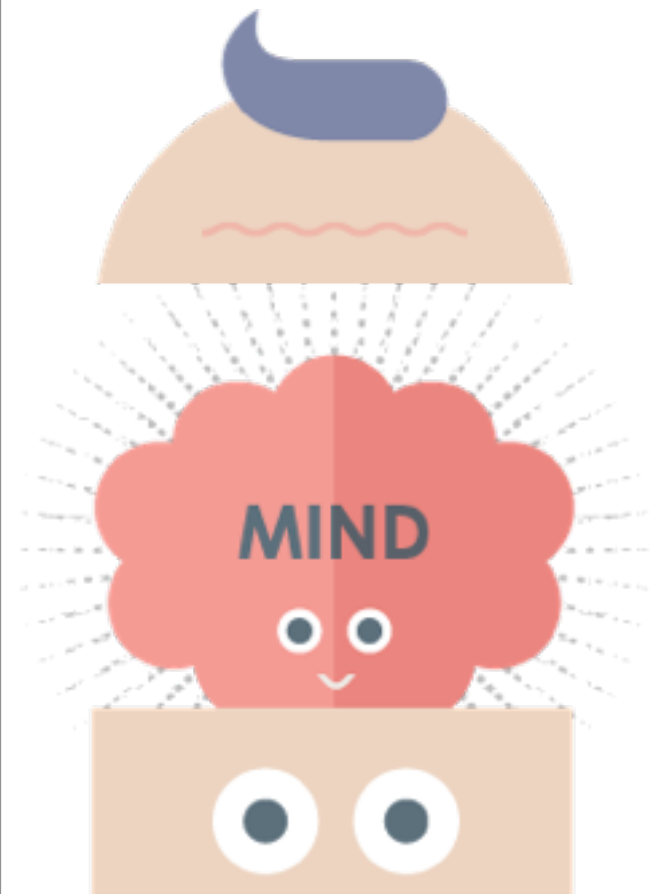
EXAM TIME...

Pre-Exam

- Be organised! Know when and where your exams are. Make sure you have everything you need - do you need a University calculator and rubber?
- You have to stop working at some point! "OMG I don't know about the venous supply to the goats hoof"... The night before the exam - who cares?! You need sleep and rest! Whilst you sleep you're brain can recuperate and process all that important revision you've done.
- Try not to go to sleep stressing. Take a good long break before hand, have a bath or go for a run. Anything to calm the nerves so you can have a decent nights sleep!

The Day of the Exam

- Give yourself time! Set an alarm at a decent time before the exam so you don't have to rush around stressing. Have a nice leisurely breakfast, maybe listen to the radio for 15 minutes... Calm.
- Eat and drink! A proper breakfast and a bottle of water into the exam will do you wonders.
- Ignore EVERYONE - Avoid the negativity of peoples pre-exam stress. Anxiety can be contagious! And none wants that 15 minutes before you start writing.



WHEN IN NEED

University of Liverpool Counselling Service - Advice on counselling services, exam relaxation tips and an online relaxation programme. <https://www.liv.ac.uk/studentsupport/counselling/dropin/>

Vetlife Students - A veterinary profession website, with loads of free advice for students, and a confidential phone service. <http://www.vetlife.org.uk/students-help-advice-and-support>

iLearn - A Uni website with loads of tips on exams, communication and writing skills, group work and loads more. Just log in with your Uni username and password. <http://www.liv.ac.uk/ilearn/>

Peer Support Webpage - Loads of information on the service we offer and how to contact us. <http://www.luvs.org.uk/peer-support.html>

Student Support Website - The Uni website for information on counselling, disability support, international support, financial support and more. <https://www.liv.ac.uk/studentsupport/contacts/>



Peer Support are here for you! And going through it ourselves we completely understand the insanity exams can bring. Contact us for further advice or a little extra helping hand!

