

WHO'S WHO IN COLLEGE

& why you might want to see them (1 of 2)

THE CHAPLAINS

are glad to see all members of College about any issue in confidence. Chaplains are often first ports of call and can help connect you with other support.



Christopher Stoltz *Chaplain*

M6 Blue Boar Court
cs617@cam.ac.uk



Paul Dominiak *Chaplain*

F2 Whewell's Court
pad39@cam.ac.uk

THE COUNSELLOR

welcomes you to contact her if you have a personal or work-related problem or if you are feeling unhappy, anxious or depressed.



Helen Acton *Counsellor*

counsellor@trin.cam.ac.uk
Voicemail 01223 761532

THE WELFARE OFFICERS

are fellow students and are available to talk to you at any time, no matter how big the problem or small.



Amelia Rowan *Female Welfare Officer*

azr23@cam.ac.uk
Mobile 07585 134980/Drop-in Sat 1-6pm



Eddie Reynolds *Male Welfare Officer*

er405@cam.ac.uk
Mobile 07585 132429/Drop-in Sat 3-5.30pm

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Stan Wang *BA Welfare Officer*

ba.liaison@trin.cam.ac.uk
By appointment

THE TUTORS

are a good starting place should you have a problem with academic work or in your personal life. Simply contact them directly or through the relevant tutorial secretary.

PEER2PEER COUNSELLORS

are fellow students trained in basic counselling and are glad to speak in confidence. This year they are Kelvin Wong (jhw49), Lucy Wark (lhw23), Fan Wei (fw292) and Amelia Rowan (azr23)

LINKLINE

is the student-run Nightline for Cambridge University. They offer an anonymous and confidential listening service. The phone lines (744444 or 367575) are open from 7pm-7am every night of full term for students to call.

THE NURSE

is available for help relating to any health issues at the Health Centre at B Nevile's Court. The nurse (Teresa Crouchman) is on call at all times for urgent medical care or advice via the Porters. Email surgery@trin.cam.ac.uk or voicemail 01223 338471.

UNIVERSITY COUNSELLING SERVICE

is available to all undergraduate students in residence and graduate students on the register.
2-3 Bene't Place, Lensfield Road
Email reception@counselling.cam.ac.uk
or tel: 01223 332865

TRINITY COLLEGE



How to
Survive & Succeed
in Exams

Termcard

Easter 2013



Stay connected to news and events:
Trinity College Students' Union

COLLEGE EVENTS

relax and unwind (1 of 2)

- Evensong and Compline** **As advertised**
Enjoy the award-winning College Choir and relax on an evening in the beautiful Chapel. *trinitycollegechapel.com*
- TCMS Concerts** **As advertised**
Enjoy some fine classical music and unwind from studies. See the TCMS website for details. *tcms.org.uk*
- Chapel Film Night** **Date and time tbc**
Come to the Antechapel and enjoy the 1928 classic *La Passion de Jeanne d'Arc*. Screened in French, with subtitles. All members of College are welcome. *Christopher (cs617)*
- Subsidised Swimming** **Any time**
Each student is allowed 2 free swimming sessions at Kelsey Kerridge swimming pool. Pay on the day, but hand the receipt to the welfare officers for reimbursement. *TCSU*
- Petanque on the Backs** **Any time**
Two petanque/boules sets available for free use on the backs. Kept at the library reception. *TSCU*
- Yoga** **Sundays in term**
Adrian House Seminar Room, 6-7.15pm: just bring comfy clothes and £2. *BA Society*
- TCSU Film Nights** **April 27, May 4 & 11**
Escape the library and have a nice and relaxing evening with snacks. JCR 7.30pm start. *TCSU*
- Late Evening Music** **Tuesdays 10pm from May 7**
Free choral music in chapel. Music by Strauss (May 7) and Bach (May 14). *TCMS*
- Getaway to the Fitz Museum** **Saturday May 11**
All junior members of college are invited to take a brief break from studies and enjoy the Fitzwilliam Museum. Free to all and packed lunch included. *Paul (pad39)*
- Night Muse** **Tuesdays 9.30 pm from May 16**
Listen to poets perform their work, enjoy free refreshments, and relax in the beautiful Antechapel. Listen to Rowan Williams (May 16), Richard Berengarten (May 23), Clive Wilmer (May 30), and Malcolm Guite (June 6). Sponsored by the Trinity Literary Society and Chapel. *Paul (pad39)*

COLLEGE EVENTS

relax and unwind (2 of 2)

- Free Fruit Fridays** **May 17, 24, 31 & June 7**
Come along to the JCR and Burrell's Field Common Room and pick up something healthy to eat. *TCSU*
- Getaway to Westminster** **Saturday May 18**
Escape Cambridge, and visit London. Enjoy private guided tours of Parliament and Westminster Abbey, as well as Choral Evensong. £14 non-refundable deposit covers all costs except travel and food. Places are limited. *Paul (pad39)*
- Afternoon Tea** **Thursdays 4-5 pm from May 23**
Come and take a break, enjoy a cup of tea or coffee, some cake, and a chance to chat with others and the Chaplain. F2 Whewell's Court. No invitation needed! *Paul (pad39)*
- BA Events** **As advertised**
Fortnightly sports days on the backs, and a special Sports Tournament with St John's. *trin.cam.ac.uk/basoc*
- BA Dinners** **Fridays as advertised**
An excellent way to relax after a long week in the lab or library, with some good food and good company. Tickets must be reserved online. *BA Society*
- BA Brunch and Movie Night** **Alternating Sundays**
Brunch at noon, movie nights at 8pm, beginning on April 28. See website for more details. *BA Society*

LIFE AFTER EXAMS

things to look forward to

- May Ball** **June 17**
- Leavers' Service** **June 26**
- Graduation**

...and the summer months!

SURVIVE & SUCCEED

prepare for exams

- Quiet Space and Time** **Every day**
The Chapel is available as a quiet space at all times, but is especially reserved for silence 12.30-1.00pm.
- Survive and Succeed Fair** **Saturday April 27**
Over lunch (11.30am-1.30pm) pick up helpful exam survival guides and talk to your pastoral carers in College over free tea and coffee. *Trinity College Main Hall*
- Overcoming Work Block** **Tuesdays in term**
For problems of work block, procrastination, lack of motivation etc. No ongoing commitment but reserve a space. Runs 4.30-6pm. *University Counselling Service*
- Exam Prep Guidance** **April 29 & May 6**
Two part workshop on exam technique – planning, revision, memory and handling the exams themselves. Runs between 4-5.30pm and reservation essential to secure a spot. *University Counselling Service*
- Mindfulness Introduction** **Thursday May 2**
For those who get lost in thoughts. Practical exercises to increase awareness and focus on the present moment. Runs between 5-6.30pm and reservation essential to secure a spot. *University Counselling Service*
- Relaxation** **Monday May 20**
Learn how to switch off and relax. Tips, techniques, and a chance to try them out. Runs between 4-5.30pm reservation essential. *University Counselling Service*
- Doughnuts under the Wren** **Exam Period**
Take a break and enjoy free doughnuts and fruit. Just don't forget to clean your hands before returning to the books. *Paul (pad39)*
- Free Massages** **Wed, Thurs, & Fri from May 1**
For a small fee, take a break and enjoy a professional massage. Booking (Porter's Lodge) essential. *TCSU*
- Centering Prayer** **Tuesday May 28**
Come and hear the contemplative author and teacher Cynthia Bourgeault about inner awakening. Places must be reserved and are limited. *Paul (pad39)*