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Issue

University newsletter



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free

It's that time of year again, whether you're sitting exams, finishing that dissertation or finishing your assignments...

Don't get stressed out help is at hand!

You can contact the HE Learning Advisor for help with study skills and exam techniques.

If you just need somebody to talk to the Chaplain and the Student Counsellor are available on Mudford Road Campus. For more information on their services please see the Student Guide or ask in the UCY reception.

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support

And here's a reminder of ways that you can help yourself; experts say that you can help your body to cope with stress by:



- Getting plenty of sleep
- Having little breaks when revising
- Keeping some time for yourself
- Eating more fresh fruit
- Trying not to do too much work each day

UCY Sports student wins National Championship

Powerlifting student Gary Clarke had cause to celebrate after winning the UK Open Disability Powerlifting Championships held in Cardiff.

The UCY Sports student was competing in the 67.5kg class Bench Press event. His winning lift was 97.5kg which was a personal best for the Chard athlete; and good enough to beat the stiff competition in his weight group.

Gary is in his second year of a Foundation Degree in Sports Coaching and Development at the UCY. He is combining his studies with intense training at the Yeovil College Elite Performance Centre and is part of the TASS (Talented Athlete Scholarship Scheme) receiving support which includes expert coaching as well as guidance on nutrition, psychology and movement analysis.

Gary was delighted with his win, saying “It felt good to win and get a personal best”; he is now looking forward to preparing for the European Championships later in the year to be held in Greece.



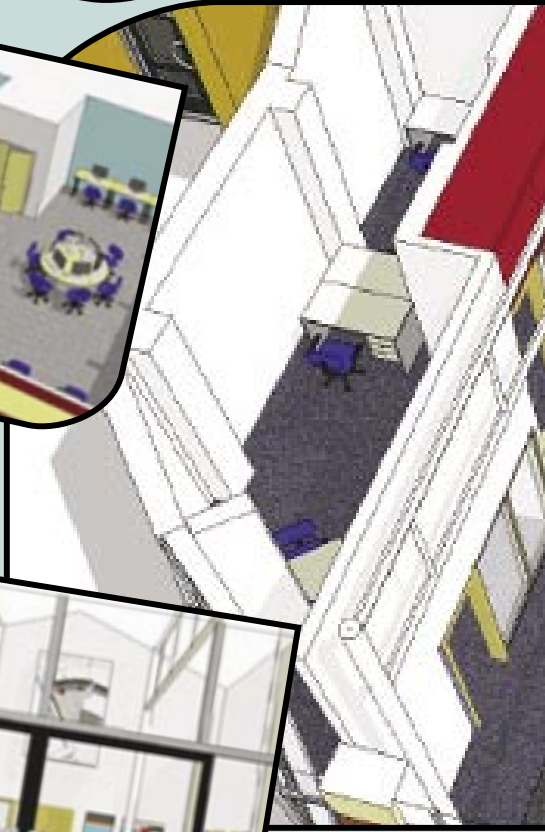
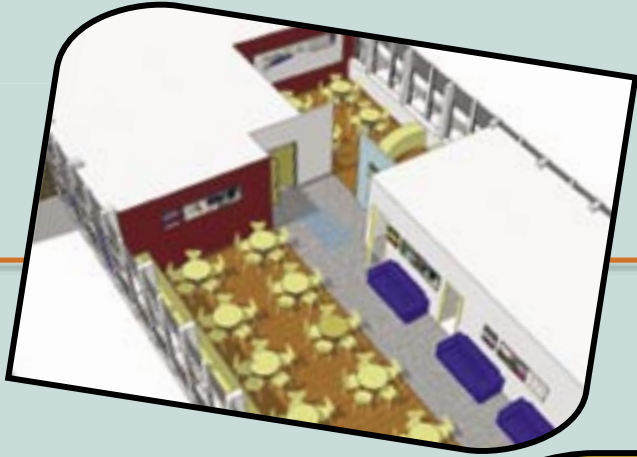
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new build



The UCY £1 million building renovations are still on track...

Hot off the press are these artist impressions. Key features include:

New Student Support Area

Increased number of Lecture Rooms

New Open Access IT, Cafe & Study areas



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new build

Cacophony Theatre's first performance proves to be a success!



Cacophony Theatre are a group of mixed aged students who are all studying for a Foundation degree in Contemporary Theatre Practice, at the UCY.

They all hold interests in different aspects of theatre, and feel it makes them stronger as a group as they each have different skills and qualities, which they can draw upon.

They prefer to tackle relevant and up-to-date issues with the pieces they create and perform. This was illustrated by their first piece "Chaise Longues" a piece which dealt with issues of transsexualism in modern day society. The group received lots of positive feedback including comments from Lecturer Julie Read, who stated:

"big congratulations on an impressive first production, the piece was testimony to your excellent group dynamic and supportive team work skills. This was a serious and promising piece a very firm foundation from which your theatre company can build to even greater successes"

For more information on the group and their forthcoming productions, check out their website; www.cacophonytheatre.org

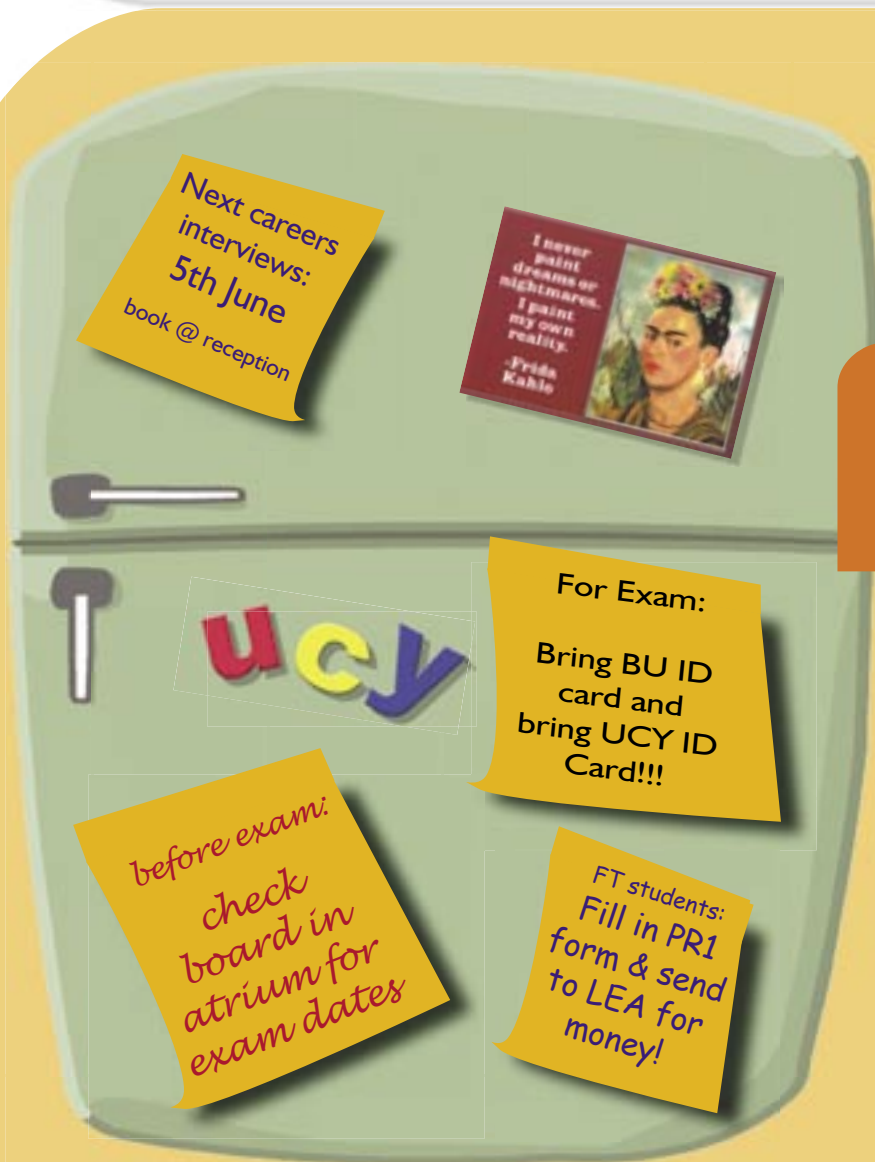
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Fridge Door

Check out your important reminders. Let us know if you have an interesting point/reminder which you think needs to be stuck on the fridge!

email drew.llewellyn@yeovil.ac.uk



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fridge

Focus on Fun

When the exams are over, let you hair down and have some fun.

Remember, as a UCY student you have access Bournemouth University facilities, including the SUBU nightclub The Old Firestation.



The Old FireStation is officially one of the best student union venues in the country, situated at the top of Bournemouth town, the Old FireStation offers unrivalled diversity of events.

Featured acts in the past include:

Rock: The Ordinary Boys, Athlete, Maximo Park, The Levellers, Million Dead, InMe, The Leaves, Zane Lowe.

Dance: 2ManyDJs, Soulwax, John Digweed, Brandon Block, Tim Lyall, Pendulum, Rob de Bank, Justin Robertson.

Urban: Kano, David Banner, Dizzee Rascal, Roll Deep, Blak Twang, Skinnyman, The Ugly Ducklings, Blade.

BU SUMMER BALL 9th June 2007!

Tickets are £28 and are available now.

The event is only open to students from BU associated Colleges, staff and their guests.

For more information please email ajames@bournemouth.ac.uk

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Student Prices at Public Events!

As a BU/UCY student you receive student drinks prices at every Firestation event from gigs to Hed Kandi. Simply tell the crew on the door that you are NUS or show the bar staff your NUS card. They will provide you with a wristband which will get you cheap drinks throughout the night. No need to do this on a student event as everyone receives cheap drinks!

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