**RES LIFE ONLINE: OCTOBER**

JOIN US AT ANY OF OUR EVENTS ON ZOOM ID: 974 6334 9087

<table>
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<th>Date</th>
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| TUESDAY 29 SEPTEMBER | **Show and Tell** 6pm - 7pm  
Get to know your neighbours and chat about your culture, food, and other favourite things! |
| THURSDAY 01 OCTOBER  | **Adulting 101 | Useful Student Life Hacks** 4pm - 5pm  
Learn life hacks to make your student life easier! |
| TUESDAY 06 OCTOBER  | **Practical Ways to Look After Your Mental Health** 4pm - 5pm  
An overview of holistic evidence-based techniques to manage and optimise wellbeing. In collaboration with Inside Out! |
| WEDNESDAY 07 OCTOBER | **Ultimate Sussex Trivia Night** 5pm - 6pm  
Test your general knowledge, play against your friends and flatmates, and win a special prize! |
| THURSDAY 08 OCTOBER | **Adulting 101 | Living by yourselves: 10 things we wish we knew** 4pm - 5pm  
Learn life hacks to make your student life easier! |
| TUESDAY 13 OCTOBER | **Managing Stress and Workload** 5pm - 6pm  
Learn holistic evidence-based stress management techniques |
| THURSDAY 15 OCTOBER | **Adulting 101 | Survival (but healthy) Life Hacks** 4pm - 5pm  
Learn life hacks to make your student life easier! |
| TUESDAY 20 OCTOBER | **Let's Talk | Black Mental Health** 5pm - 6pm  
Discuss factors contributing towards mental health difficulties in the Black community and consider practical ways to tackle mental health discrimination. In collaboration with Inside Out! |
| WEDNESDAY 21 OCTOBER | **Hot Drinks and Hot Topics** 4pm - 5pm  
Grab a hot drink and chat about hot topics including celebrity gossip, current events and more! |
| THURSDAY 22 OCTOBER | **Let's Talk | Academic Tips and Hacks** 4pm - 5pm  
Learn life hacks to make your student life easier! |
| TUESDAY 27 OCTOBER | **Intersectionality and Having Difficult Conversations** 5pm - 6pm  
Explore the impacts of ethnicity, positionality and structural oppression on mental health. In collaboration with Inside Out. |
| THURSDAY 29 OCTOBER | **Cluedo | Murder Mystery at Sussex** 7pm - 8pm  
Join us for a game of Cluedo over Zoom, with some familiar crime scenes to investigate! |

**RES Life Support**  
Peer guidance to support you

**Res Life Connect**  
Relaxing activities to connect you with new friends

**Res Life Educate**  
Educational talks about wellbeing & social responsibilities

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**UNIVERSITY OF SUSSEX | RESIDENTIAL LIFE TEAM IN COLLABORATION WITH INTERNATIONAL STUDENT SUPPORT AND THE BUDDY SCHEME**

**IF YOU GET INVOLVED TAG US ON INSTAGRAM @RESLIFESUSSEX #RESLIFEONLINE**