

Residential Life Team



# RES LIFE ONLINE

Engaging events hosted by your Residential Life Connectors on zoom!

[Zoom ID : 974 6334 9087](#)

Monday

## Res Life Wellbeing Check in | Album Listening 16th Nov

**10:00** Bring your tea or coffee and  
- start your morning with a  
**10:30** calming, chilled chat with Res  
Life Connectors and other  
residents.

**19:30** Expand your playlist or spread  
- some of your favourite songs!  
**21:00** Collaboration of Res Life  
and Album Listening Society.

Tuesday

## Dealing with Depression & 'Off' Days 17th Nov

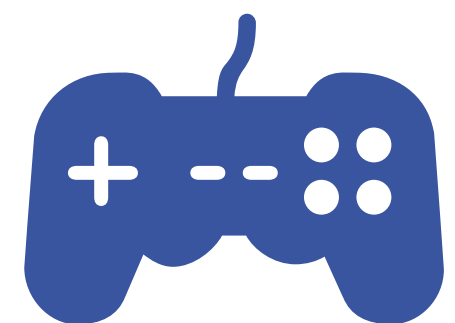
**17:00** Understand behaviour patterns in  
- depression and learn  
**18:00** coping mechanisms to manage and  
optimise mental wellbeing!



Wednesday

## Among Us 18th Nov

**16:00** Join us on Zoom to play Among Us! Meet new  
- people and work out who the imposters are  
**17:00** with your crew mates.



Thursday / Friday

## International Networking night 19th Nov | ResLife 20th Nov Wellbeing Check in

**18:00** Come along to meet other  
- international students over  
**19:00** Zoom! We will talk about lots of  
topics in the main room and  
break out rooms as well.

**10:00** Bring your tea or coffee and start  
- your morning with a calming,  
**10:30** chilled chat with Res Life  
Connectors and other residents.



@RESLIFESUSSEX



**Collaborations with International Student Support and Inside out!**

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Monday

## Res Life Wellbeing Check in | Album Listening 23rd Nov

**10:00** Bring your tea or coffee and  
- start your morning with a  
**10:30** calming, chilled chat with Res  
Life Connectors and other  
residents.

**19:30** Expand your playlist or spread  
- some of your favourite songs!  
**21:00** Collaboration of Res Life  
and Album Listening Society.

Wednesday

## Help a Friend: Suicide Prevention 25th Nov

**17:00**  
- Consider how we can all contribute  
**18:00** towards suicide prevention.



Thursday

## Movie Night 26th Nov

**19:00**  
- Watch a Movie and interact with other  
**21:00** residents on Zoom!



Friday

## ResLife Wellbeing Check in | Adulting 101: Saving money 27th Nov

Bring your tea or coffee and  
**10:00** start your morning with a  
- calming,  
**10:30** chilled chat with Res Life  
Connectors and other residents.

Tips on how to save money and still  
**17:00** have a good time at university.  
- This event includes discussions,  
**18:00** sharing ideas and informing  
students on some scholarships that  
the uni offers.



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**Collaboration with Inside out!**