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

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

Album Listening

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

Tuesday

TED Talk & Discussion

19:00 Join us for an evening of thought-provoking TED talks about
20:00 university life & other interesting topics.

Wednesday

Improve your mood and procrastination

17:00 Understand the psychology of procrastination and learn evidence-based techniques to improve productivity!

Friday / Saturday

Res Life Wellbeing Check in

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

International Music Exchange

20:00 Join us for an evening of music as we share songs from across the world - whether you want to spread the joy of the music popular back home or just share your passion for the music you love!
21:00

You’ll need to log in to Zoom with your Sussex student account to join any of our events.