



University of  
East London

# LOOKDOWN LEARNING

Your learning mirrors  
your future career.

# DON'T

We're living in historical times. The world is in lockdown, schools and colleges have closed and exams are cancelled. So, what should you do?

## **Carry on learning.**

We've created this handy Lockdown Learning guide to help you stay engaged and navigate your journey through isolation, social distancing and the future,



# PANIC

## **Keep learning**

Einstein said that if anyone spends 15 minutes a day learning something new, in a year they will be an expert! Keep that mind sharp by using your time in lockdown to try new things, discover new places and learn new skills.

## **Stay active**

Staying active is a great way to ward off some of the psychological issues associated with being cooped up for an extended period. Exercise helps lower stress hormones (cortisol) and promotes the release of feel-good hormones (endorphins).

## **Keep connected**

Although you may not be able to see family and friends in real life it is important for your mental health to try and stay connected. Organise virtual parties, play games online and do plenty of facetime.

## **Document your experience**

We're living through unprecedented times so document your experience. Take pictures for your Instagram photo album, create Tiktok videos or start a blog. It will keep you busy and could lead on to other creative pursuits.

## **Food for thought**

Now's the time to find your inner chef. Try new ingredients or experiment with new recipes to keep your mind healthy and your belly full.



# TAKE CONTROL OF

Adding some structure to your day can greatly improve health and wellbeing as well as productivity. We are creatures of habit so make sure yours are healthy ones.

Time blocking is a method used by successful CEOs, entrepreneurs and productivity experts including Bill Gates and Elon Musk.

Take a leaf out of their book and block out time in your diary for learning, admin and other tasks. Make sure to include exercise, entertainment and fun (whatever that may mean to you).

Time blocking involves 4 main steps you need to follow:

## **1) Plan**

Decide what activities you want to do or what tasks you want to complete.

## **2) Time block**

Dedicate time to the activities you have chosen.

## **3) Follow your schedule**

Try and stick to the schedule as much as possible.

## **4) Test and revise**

You may find activities take longer than expected or you may have interruptions and distractions. Learn from your experience and adapt as you go along.

# YOUR TIME

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM	○	△	●	△	●	□	×
BREAK							
10AM	○	×	○	△	○	△	●
BREAK							
11AM	□	×	○	×	○	△	●
BREAK						Free	Free
1PM	□	×	□	×	○	Free	Free
BREAK						Free	Free
2PM	□	●	□	×	□	Free	Free
BREAK						Free	Free
3PM	△	●	□	●	△	Free	Free
4PM	Review	Review	Review	Review	Review	Free	Free

SUBJECT 1 ○

SUBJECT 2 □

SUBJECT 3 △

SUBJECT 4 ×

SUBJECT 5 ●

# HOW TO

Lockdown has brought a lot of anxiety to the surface for many of us. It's easy to feel anxious about your future, schoolwork and loved ones.

You may have found yourself spending most of your time indoors, cut off from your family or friends and worried about vulnerable relatives.

To feel slightly less powerless, it's good to shift the focus on things we can take ownership of. Here are some helpful ways to keep anxiety at bay.

## **Mindfulness**

Mindfulness encourages living in the moment, adopting positive thoughts and healthy feelings. It's been proven to soothe our minds, relax our busy overthinking brains and calm our bodies.

Tune in to [Insight timer](#) for over 2000 free talks and podcasts on life advice and inspiration or use the [my.life](#) app to help you check in with how you're feeling. You can also try short activities tuned to your emotions.

# STRESS LESS

## **Meditation**

Now's the time to have a go at meditating. There are meditation apps for fidgety skeptics like [10 percent happier](#) app, virtual retreats with the [Insight Meditation Society](#) or you can meditate along others in group meditations with the [do nothing project](#).



## Sleep

Prioritise your sleep, the NHS explains [here](#) how being chronically under-rested can lead to serious health conditions — including anxiety and depression. So, make sure you get that much needed shut eye. HuffPost has some great tips [here](#) on sleeping better during pandemic-related anxiety.

## Keep in touch

Staying connected with loved ones. Give granny a call, check-in on your friends and get social. You can do challenges on Tik Tok, go to a virtual [Houseparty](#), play games on [Jackboxgames](#) or take a quiz together on [Quizup](#).

## Take a break from news and social media.

The information machine bombarding us with facts and figures can get a bit much at times. You may find that your mood improves when you reduce how much news you consume. Read books, socialise with friends and listen to music instead.

**“ While I wouldn’t wish a pandemic of any sort again, I’m thankful to be able to take the time to slow down and do my favorite thing again — walk along the UEL dockside and admire the sunset.”**

**Bianca Franco,**  
student at University of East London.

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# LOCKDOWN

Use your lockdown time to learn new things, improve yours skills and contribute to society.

# LEARNING

## **Make history**

The Museum of London is seeking objects as well as firsthand experiences that reflect Londoner's lives in lockdown through their Collecting Covid initiative which aims to educate future generations about this extraordinary period. If you would like to donate objects or share experiences get in touch via social media @MuseumofLondon.

## **Build your skills**

Perhaps you're interested in learning how the COVID-19 virus is going to affect you? Or you want to start a coding club for you and your mates? Why not look at short courses from [futurelearn](#) where you can find courses from UEL industry partners like the British Council or world-renowned institutions such as New York's Institute of Finance and the Raspberry Pi foundation.

**“ Learning is lifelong. Any time spent on learning is never a waste, whether this be learning a new skill or consolidating what you already know. Due to the unique nature of lockdown many otherwise paid-for resources are now available to the student community for free. You should use this time in getting ready for your upcoming academic year or if you are graduating on adding to your skillset.”**

**Gurav Malik**, Senior Lecturer in  
Computer Science and Informatics

### **Discover a new language**

The borders to many European countries may be closed but there's nothing to stop you learning a new language from the comfort of your home with [the BBC](#), [Duolingo](#) or [Babbel](#).

### **Explore**

Come face to face with a Jurassic giant, journey through ancient culture or fly around contemporary artists' works with [Google arts and culture](#). You can explore London through the lens of black British history, take part in a collective poem and virtually tour most well-known buildings and sites.

# LOCKDOWN

Continue to navigate our metropolis in lockdown with our favorite picks of world-renowned institutions that have relocated their work, art and activities to the digital sphere.

# LONDON

## **London Underground**

Miss getting around on the London Underground? London Transport Museum's [digital collection](#) means you can get your transport fix from the comfort of your home through photos, virtual exhibitions, posters and loads more.

## **National Maritime Museum**

Time seem a bit slow? Days beginning to merge? Take it up with the National Maritime Museum in Greenwich. You can find out about Britain's rich maritime history (spoiler alert: we invented time) and why the clocks spring forward by an hour in March or consider how much a ticket to space should cost.

## **Thames Clippers**

Glide through the capital with Thames Clippers virtual tours on their [twitter account](#). You can take in iconic landmarks like The O2, Tower Bridge, Houses of Parliament, Tate Modern, The London Eye and Old Royal Naval College. There will be video content, photos, fun facts and loads more.

## Royal Academy

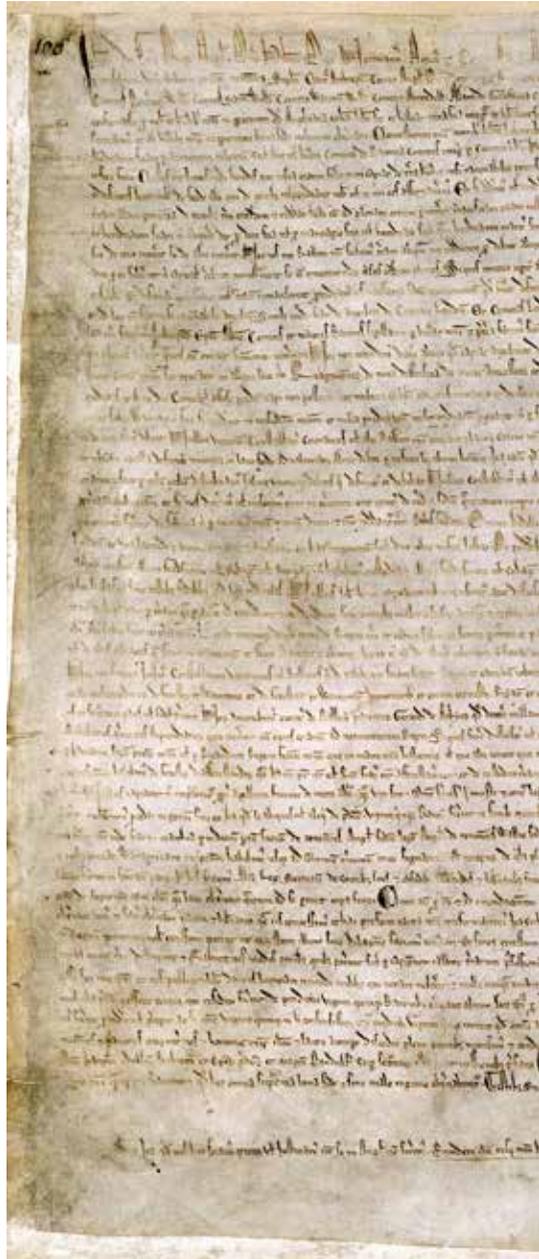
The Royal Academy has an outstanding collection of British art and you can explore the online collection [here](#). They also have a practical [Family How To](#) section that has brilliant activities for all ages including stop-frame animation, making your own paintbrush and printing with fruit and vegetables.

## British Library

If a book gets printed anywhere in the UK – the British Library is sent a copy so it houses some of the world's most important and beautiful manuscripts including the Magna Carta, Gutenberg's bible and the original handwritten copy of Alice's Adventures in Wonderland. Take a trip down the rabbit hole as you explore the library's collection online [here](#).

## Poplar Union

Poplar Union is a fully-fledged arts & community centre which was purpose built to showcase and nurture the untapped creativity of Poplar. They may be closed to the public but they have a [virtual programme](#) including mindfulness and meditation sessions, music, book clubs and drawing classes. All free.





## Design Museum

Enjoy a snapshot into the lives and work of familiar faces from the world of design, fashion and architecture with [#DesignDispatches](#).

## British Museum

The British Museum was the world's first national public museum and has objects from around the world spanning two million years of human history. The museum's website includes information about the collection in each of the [galleries](#), and virtual tours of [Prints and Drawings](#) and [Oceania](#).

## Victoria & Albert Museum

The Victoria and Albert Museum is home to one of the world's greatest art and design collections. Go behind the scenes of the V&A by watching Secrets of the Museum on [BBC iPlayer](#) or explore the museum's online collection via the [website](#).

## TATE

You may not be able to visit this iconic art gallery in person, but you explore some of the rooms and artworks within the gallery [here](#). As well as guides and images from the current Andy Warhol exhibition you can take a [digital walk through the Tate Modern on the theme of migration](#) or watch some performing art as [dancers respond to the collection](#) at Tate Britain.



# STAY ACTIVE

We may be under lockdown but there's still lots you can do to keep moving. Physical activity helps you stay in shape, keeps the immune system strong and improves mental health. You can take part in virtual classes, go jogging or even try wild swimming.

## **Here are our top picks for staying active:**

### **Sportsdock**

Our world-class Sportsdock facility may be temporarily closed to the public but we have moved services to the digital sphere. There is a daily activity to get you moving from the comfort of your home, whether you're into yoga, dance or HIIT. Check the online timetable [here](#).

### **Hammers at home**

Our Industry partners at West Ham have launched the [Hammers at Home initiative](#). This online community features a variety of exercise ideas as well as daily challenges and cooking tips.



### **Queen Elizabeth Olympic Park**

Take a stroll through the Olympic Park with its award-winning parklands and waterways. Check out the street art along the canal, feed the ducks or simply take in the natural landscape.

### **Wild swimming**

East London has some great wild swimming spots so dip a toe in the Lea River, take a dip at Wanstead Park in Alexandra lake or even on the banks of the Thames. Water a bit chilly? You could just admire the views, the body of water and the open spaces.

### **London Lions**

Our partners at London Lions have created some short exercise videos for inspiration [here](#). These can be done from the comfort of your home and don't require any equipment.

# NEXT

Once lockdown is lifted you may start thinking about your next steps. This may include a gap-year, an apprenticeship, a job or University.

# STEPS

## **Work:**

Getting a job may be a little more difficult under lockdown but there are still plenty of ways you could get some experience in the industry you're interested in. At the University of East London we offer apprenticeships so you can learn and earn at the same time. We work with some great employers including TFL, NHS, Network Rail and Barclays.

## **Holiday:**

We all deserve a holiday after lockdown, If you're planning a gap year, you could use that time to explore the world and learn about new cultures or do more research into what you want to do for the future.

## **University:**

Starting your higher education journey is always exciting. As a graduate you're likely to earn more throughout your lifetime than someone who hasn't been to uni.



At the University of East London, we pride ourselves in making sure our students are fit for the future. Our unrivaled support ensures students are well looked after both during and out of lockdown. Our careers support is above and beyond with expert advice, mentoring and internships.

Today's world is constantly changing and we want to make sure that we're the right fit for you. As well as world-class teaching facilities our inclusive and diverse community will embrace you – whoever you are.

# HOW TO APPLY

If you decide that University is the right step for you, and decide to become part of our diverse East London community, here are some FAQs on applications.

**Question: Given exam cancellations, should I still apply to university now or wait until information is clearer?**

Answer: Applications to our courses remain open. We are working with the relevant organisations to ensure we keep our guidance as up to date as possible.

**Question: Do I need to apply direct to UEL or is UCAS still operating as normal?**

Answer: UCAS are operating as normal and applications can be submitted as normal.

**Question: Do the normal UCAS deadlines for offers and acceptances apply?**

Answer: UCAS has extended the May deadline dates by 2 weeks for undergraduate applications to 19th May. They have introduced rolling deadlines for UCAS Teacher Training applicants. Full information can be found at [www.ucas.com](http://www.ucas.com)



**Question: Will UEL accept people based on predicted grades?  
Or something else?**

Answer: When we assess applicants, we review a number of things to ensure we have a strong well-rounded view of the individual - in order to make the correct offer. Things we review include

- predicted grades for level 3 qualifications
- previous completed qualifications
- personal statements and references
- work experience gained to date.

**No exams? No problem**

1. We will look at your predicted grades and other factors to make a decision on offers for places in September 2020
2. Search for the course you want and click 'Apply to UEL' on the course page
3. Our Admissions team will contact you within 5 working days
4. Read our FAQs for [future applications](#) and [international students](#)

# WHY UNIVERSITY OF EAST LONDON?

Your future starts at the University of East London. However big your ambitions, we want to help you achieve them. But don't worry if you're not too sure what the future may hold. You can discover that on your higher education journey alongside amazing lecturers, specialist facilities and of opportunities.

Here are the top 5 reasons to join us at UEL:

## 1. Stand out from the crowd

We do more than just degrees. Our unique Professional Fitness and Mental Wealth modules prepares you with sought-after skills that add extra value to your qualification. We nurture individual intelligence, cultural awareness and digital proficiency and combine that with our career support, industry links and placement opportunities so you'll be well placed after you graduate.

## 2. City campus

We're one of the only London-based universities to have a self-contained campus. You have London on your doorstep but still benefit from a traditional campus experience. When you want to network or explore the city, all you need to do is hop on the DLR outside Docklands. If you're living locally and commuting in, you'll have an easy journey to campus too.

## 3. East London

A new tech company launches every hour here. East London is one of the most multi-cultural neighbourhoods in the UK and brimming with creativity, culture and career opportunities. We're part of the local community and well-connected to the rest of London. And, with City Airport on our doorstep, you can explore Europe easily too.



#### **4. Study your way - around your lifestyle**

If you want to join us, we want to make it happen. We have programmes for refugees, run foundation years, and accept students from non-traditional backgrounds. We also offer part-time options and childcare on campus. New Beginnings offers places to mature students and others without formal qualifications

#### **5. Join a supportive community**

Everyone has a different story to tell – and we can't wait to hear yours. We'll cheer you on, share opportunities, support you if things don't go to plan. We offer a wide range of financial, academic and employability support.

# WHAT OUR STUDENTS SAY

Our Docklands campus and accommodation is set in a beautiful, calm location, right next to the river, with the Docklands Light Railway (DLR) on your doorstep (and free UEL buses running to Stratford). You'll live in stunning surroundings, and you're also never far from the action and work experience opportunities of central London.

**“ The location of the Docklands campus is simply amazing. During my very first day in university, it was early morning, I was quite nervous, but when I saw the sunrise and the reflection of the sun in the river, that made me stop, think and calm down.”**

**Kristiyan Krastev**

BA (Hons) Computer Games Design:  
Story Development

**“ By living on campus you’re at the centre of all the action and there is a real sense of community here. There’s always something to do, things to get involved with and always someone to talk to.”**

**Lauren Wheeler**

BA (Hons) Drama, Applied Theatre  
& Performance

### **Support**

University can be a life-changing experience, and at UEL we ensure that you get the support you need along your journey. Our Centre for Student Success has a dedicated Career Coaching team, as well as one to-one advice from our academic tutors, study skills sessions, mental wellbeing support, and peer advice from recent graduates to help you stay on track.

We’ll advise and encourage you from the moment you apply to the day you graduate – and beyond.



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