

Wellbeing Transition Day 2024

Thursday 22nd August – Llandaff Campus, Western Avenue, Cardiff, CF5 2YB

When?	What?	Who?	Where?
9:00	Arrival and check-in Support to collect Met Card	Wellbeing team Print Studio	Main Reception Print Studio The Atrium, Cardiff School of Management - CSM
10:00	Welcome and introduction to the day	Wellbeing team	CSM 00.23
10:05	Introduction to Sustainability at Cardiff Met	Madalina Voicu	CSM 00.23
10:15	Introduction to Wellbeing	Wellbeing Advisers	CSM 00.23
10:20	Introduction to Wellbeing Practitioner Support	Pierre Codron	CSM 00.23
10:25	Introduction to Counselling Service	Andy Devonshire	CSM 00.23
10:30	Introduction to Finance Advice	Vicky Gurner	CSM 00.23
10:40	Parents / Carers / Families invited to leave		
10:40 – 11:10	BREAK		
11:10	Forging connections activity	Lianne Davies	CSM 00.23
11:20	Introduction to Moodle	Helen Bhanaut	CSM 00.23
11:35	Introduction to Library / Academic Skills	Stuart Abbott	CSM 00.23
11:55	Personal Academic Tutoring	Sarah Stacey	CSM 00.23
12:25	Introduction to IT	Paul Muggleston	CSM 00.23
12:45 – 1:30	LUNCH		
1:30	Introduction to Res Life	David Owen	CSM 00.23
1:40	Met Active and support to download the App	Allison Jones / Met Active Team	CSM 00.23
2:00	Campus Tour: Gym, Library	Student Ambassadors	Campus
3:00	Introduction to Student Union	Ondrej Kucerak	CSM 00.23
3:15	Q&A Wellbeing & feedback	Wellbeing, Student Ambassadors	CSM 00.23

4.00	Family back by 4:00		
4.00	Free to visit student halls of residence if desired. Finish, if not visiting halls	Students and parents – optional part of the day	Halls Plas Gwyn
5:00	Finish		