

## Wellbeing Transition Day 2024

Friday 23<sup>rd</sup> August – Cyncoed Campus, Cyncoed Road, Cardiff, CF23 6XD

When?	What?	Who?	Where?
9:00	Arrival and check-in Support to collect Met Card	Wellbeing team Print Studio	Main Reception Print Studio
10:00	Welcome and introduction to the day	Wellbeing team	Lecture Theatre 4
10:05	Introduction to Sustainability at Cardiff Met	Lianne Davies	Lecture Theatre 4
10:15	Introduction to Wellbeing	Wellbeing Advisers	Lecture Theatre 4
10:20	Introduction to Wellbeing Practitioner Support	Pierre Codron	Lecture Theatre 4
10:25	Introduction to Counselling Service	Andy Devonshire	Lecture Theatre 4
10:30	Introduction to Finance Advice	Alaw Griffiths	Lecture Theatre 4
10:40	Parents / Carers / Families invited to leave		
10:40 – 11:10	<b>BREAK</b>		
11:10	Forging connections activity	Lianne Davies	Lecture Theatre 4
11:20	Introduction to Moodle	Helen Bhanaut	Lecture Theatre 4
11:35	Introduction to Library / Academic Skills	Stuart Abbott	Lecture Theatre 4
11:55	Personal Academic Tutoring	Sarah Stacey	Lecture Theatre 4
12:25	Introduction to IT	Paul Mugleston	Lecture Theatre 4
12:45 – 1:30	<b>LUNCH</b>		
1:30	Introduction to Res Life	David Owen	Lecture Theatre 4
1:40	Met Active and support to download the App	Allison Jones / Met Active Team	Lecture Theatre 4
2:00	Campus Tour: Gym, Library	Student Ambassadors	Campus
3:00	Introduction to Student Union	Ondrej Kucerak	Lecture Theatre 4
3:15	Q&A Wellbeing & feedback	Wellbeing, Student Ambassadors	Lecture Theatre 4
4.00	Families return		
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 Cyncoed
5:00	<b>Finish</b>		