Hilary Term 2023 Book Display

*The Academic Skills Handbook* by Diana Hopkins and Tom Reid

“This is your complete guide to acing your assignments and getting the most out of your time at university. Packed with tips, tools and a digital companion loaded with real-life examples, this book will help you: communicate your ideas with confidence and clarity, watch your skills grow with diagnostic tools, create your own study plan tailored to the skills you need, know what your tutor is looking for and how to deliver, turn your skills into success after university. This book is specially designed to show you where your strengths are and what you need to work on, so you get a practice plan that is perfect for your needs. It then arms you with the principles and practice to get ahead in your academic writing, presentations and group work.’

– Sage Publishers Website

*Anxiety @ University* by Dr Dominique Thompson

This illustrated pocket book offers advice, practical tips and useful exercises for students to recognise and manage anxiety at university. Written by the award-winning student mental health specialist, Dr Dominique Thompson, this easy-to-read guide will help readers understand where their anxiety comes from, and why it exists. Whatever the source of individuals’ worries or phobias, this book will help readers understand their anxiety and help them develop the tools they need to handle it. With lots of real-world examples, Dr Thompson shows how anxiety affects people in many different ways - helping readers develop the kinds of strategies that will help them in ways that are truly meaningful for their experience. Just as importantly, readers will learn about the kinds of unhelpful things that people try to do to deal with anxiety which actually do more harm than good. Above all, this book will help students navigate their life at university, without feeling like their anxieties are in charge of them. -Waterstones

*The Arts Good Study Guide* by Ellie Chambers and Andrew Northedge

Now in its second edition The Arts Good Study Guide has been thoroughly revised and updated to address the challenges of studying in a fast changing world where computers and the internet have become basic study tools. A bestseller for over a decade, The Arts Good Study Guide has provided help for over 100,000 students. Developing your learning skills is one of the best investments you can make. Based on the experience of real students, this book will stimulate, guide and support you. It will change the way that you study by helping you think about yourself and how you learn. Topics include: Motivating yourself and managing your time; Taking full advantage of your computer; Reading and understanding written, visual and aural texts; Flexible note-making strategies; Getting the most out of lecturers, group discussions, audio-visual media and visits to galleries, museums and the theatre; Writing fluently and convincingly, making good use of textual illustration and evidence; Making presentations; Research techniques, including online research and report writing and Doing justice to yourself in exams. The book is designed for students of arts and humanities subjects, including art history, classical studies, cultural studies, film studies, history, law, languages, literature, music, philosophy, and religious studies. It is full of practical advice whether you are studying full-time or part-time, in your own home or with other students and a tutor. – Amazon

*Be Well, Learn Well: Improve Your Wellbeing and Academic Performance* by Gareth Hughes
Help your students take control of their university experience, one step at a time. In Be Well, Learn Well, Gareth Hughes explores the different dimensions of student wellbeing (physical, psychological, social and academic) and helps students understand the connection between their wellbeing and academic performance. Be Well, Learn Well begins by considering the impact of factors such as diet, exercise, hydration, sleep and sunlight on learning, before examining how 'deep' learning can improve wellbeing. Subsequent chapters help students create meaningful connections with their studies, build motivation and approach exams, presentations and group projects with confidence. The final chapter challenges unhelpful narratives around career trajectories and helps students to take small, manageable steps towards their goals.

This inspirational guide by the lead author of the UK's University Mental Health Charter will empower students of all disciplines to study more effectively, feel calmer and take control of their time at university. – Bloomsbury Publishing Website

Critical Reading and Writing for Postgraduates by Mike Wallace and Alison Wray
Reading critically, and writing using critical techniques, are crucial skills you need to apply to your academic work. If you need to engage with published (or unpublished) literature such as essays, dissertations or theses, research papers or oral presentations, this proven guide helps you develop a reflective and advanced critical approach to your research and writing.

New to this edition: two new chapters on basic and advanced writing skills, more advice on self-bias and perception, updates and additional examples throughout, updated online resources providing additional support.

A Companion Website provides additional resources to help you apply the critical techniques you learn. From templates and checklists, access to SAGE journal articles and additional case studies, these free resources will make sure you successfully master advanced critical skills. – Sage Publishing Website

How to Use Your Readings in Your Essays by Jeanne Godfry
Reading is part and parcel of academic writing, and knowing which sources to include in assignments and how to go about this process can be challenging. That's where this handy guide comes in. With over 20 years' experience in the field, Jeanne Godfrey is no stranger to essay writing. Taking students step-by-step through the process, from choosing their sources to checking their work, she helps students to develop the skills and confidence they need to use their reading effectively in their essays and get the best marks possible for their work. Concise and practical, it breaks down the 'why' and 'how' of using reading in academic writing and contains valuable guidance on paraphrasing, comparing the views of different authors and commenting on sources.

This book is ideal for students of all disciplines, and can be used by college students, undergraduates and postgraduates. -Bloomsbury Publishing Website

Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing by Vidyamala Burch and Danny Penman

Pain, suffering and stress can be intolerable – but it doesn't have to be this way. Mindfulness for Health reveals a series of simple practices that you can incorporate into your daily life to relieve chronic pain and the suffering and stress of illness. Clinical trials show that mindfulness meditation can be as effective as prescription painkillers and also enhances the body's natural
healing systems. Mindfulness can also reduce the anxiety, depression, irritability, exhaustion and insomnia that can arise from chronic pain and illness.

Mindfulness for Health is based on a unique meditation programme developed by Vidyamala Burch to help her cope with the severe pain of spinal injury. Taught at Breathworks in the UK – and its affiliates around the world – this programme has helped tens of thousands of people cope with pain, illness and stress.

The eight-week programme at the heart of this book takes just 10-20 minutes per day. You’ll be surprised by how quickly your suffering melts away, leaving behind a deep-seated love of life. – Breathworks Publishing Website

The Organized Mind: Thinking Straight in the Age of Information Overload by Daniel Levitin
The information age is drowning us with an unprecedented deluge of data. At the same time, we’re expected to make more—and faster—decisions about our lives than ever before. No wonder, then, that the average American reports frequently losing car keys or reading glasses, missing appointments, and feeling worn out by the effort required just to keep up.

But somehow some people become quite accomplished at managing information flow. In The Organized Mind, Daniel J. Levitin, PhD, uses the latest brain science to demonstrate how those people excel—and how readers can use their methods to regain a sense of mastery over the way they organize their homes, workplaces, and time.

With lively, entertaining chapters on everything from the kitchen junk drawer to health care to executive office workflow, Levitin reveals how new research into the cognitive neuroscience of attention and memory can be applied to the challenges of our daily lives. This Is Your Brain on Music showed how to better play and appreciate music through an understanding of how the brain works. The Organized Mind shows how to navigate the churning flood of information in the twenty-first century with the same neuroscientific perspective. – Goodreads

Overcoming Perfectionism by Roz Shafran, Sarah Egan, and Tracey Wade
Striving for something can be a healthy and positive attribute; it's good to aim high. But sometimes whatever we do just isn't good enough; we want to be too perfect and start setting unrealistic goals.

Such high levels of perfectionism, often driven by low self-esteem, can turn against success and develop into unhealthy obsession, triggering serious mental-health problems, such as anxiety, depression and eating disorders. Cognitive behavioural therapy (CBT), on which this self-help book is based, has been found to be a highly effective treatment and provides relief from that disabling sense of not being good enough.

In this essential self-help guide, you will learn: how clinical perfectionism manifests itself and effective coping strategies with invaluable guidance on how to avoid future relaps. – Overcoming Website

Proofread Your Essay by Louise Connolly
Want a quick way to boost your grades and confidence? Learn practical techniques and strategies for proofreading your essays that you can apply straight away.
This book will help you to: quickly identify errors in grammar, spelling and punctuation, check you are meeting assignment requirements, write clearly and succinctly, incorporate criticality into your writing. – Sage Publishers Website

**Staying Well and Safe @ University by Dr Dominique Thompson**

This illustrated pocket book offers advice, practical tips, and useful exercises for students who want to safely navigate the unique pressures and pleasures that life at university brings. Written by the award-winning student mental health specialist, Dr Dominique Thompson, this easy-to-read guide will ensure that readers have all the tools they need to combat issues around leaving home, exam stress, socialising, safety, sex, and substances, so that they can truly make the most of their time as a student.

The book follows the timeline of a student preparing for university, finding their way through freshers’ week, the first term, the interruption of holidays, and returning to family. The format makes the book suitable for sixth formers planning ahead for university, as well as first year students. The material is easy to dip in and out of, and addresses all of the major issues they’ll experience as a new student. It is written from a non-judgemental perspective, and features extensive contributions from students talking about their own experiences, the things they learned, and the things they'd wished they'd known.

This is the book that everyone wishes they'd had when they started university! – Waterstones

**Stepping Stones to Achieving Your Doctorate By Focusing on Your Viva from the Start by Vernon Trafford and Shosh Leshem**

The starting point to achieving your doctorate is to appreciate how your thesis will be examined. The criteria that examiners use, the questions they ask in vivas and their reports provide templates against which theses are judged. So, why not start from this endpoint as you plan, undertake, write and defend your research?

This book focuses specifically on how you, as a doctoral candidate, can raise your level of thinking about your chosen topic. Doing so will improve the quality of your research and ultimately contribute to knowledge. It also explores the nature of conceptualization which is sought by examiners in theses. As a candidate, the book provides those essential characteristics of doctorateness that examiners expect to find in your thesis.

The book will also appeal to supervisors, examiners and those who conduct workshops for doctoral candidates and supervisors.

This practical book includes extracts from theses, examiner reports and cameo accounts from doctoral examiners, supervisors and candidates. It also contains numerous visual models that explain relationships and processes for you to apply and use in your doctoral journey.

Based upon contemporary practice, *Stepping Stones to Achieving your Doctorate* is an essential tool for doctoral candidates, supervisors and examiners. -Amazon