

## CREATIVE CONTEST



### Lockdown Living: Study Space Competition

Words: Sophie Hamilton

Do you fancy winning a £20 Amazon voucher? Are you proud of your make-shift study space?

Then send us a photo of it for your chance to win! Simply upload your photograph to Instagram and tag [@ncuc\\_studentleaders](#) and [#thestudentsource](#) or send it directly to [hestudents@ncl-coll.ac.uk](mailto:hestudents@ncl-coll.ac.uk). The winner will be notified in our next issue, along with details of how to claim your prize!

Good luck, everyone!

### DISCORD: A SPACE TO STUDY AND SOCIALISE

Words: Brooke Johnson

Studying remotely may be the new normal. However, it doesn't make it any easier, and it continues to be a struggle for many of us students. This is due to a range of things: lack of motivation, general distractions and the difficulty of making progress without any of the encouragement you would get in real life. A great tip that I've found useful for remote study is using Discord Study Groups: a variety of online communities that have been created by other students looking for a platform to motivate themselves to complete their assignments.

The ability to join study common rooms to work alongside other students to keep focused and schedule breaks massively helps when working towards deadlines. There are multiple handy tabs included throughout the channels, such as book suggestions and COVID-19 remote learning advice. There are even general chatrooms to inspire that much needed social interaction: the benefits really pile up!

Here are some of my favourite Discord Study Groups:

Blair's Brainiacs: <https://discord.gg/Uc7Mx8aQ>

StudyGram Community: <https://discord.gg/s8DMuPXG>

Forest Study Chat: <https://discord.gg/phDcenTX>

### FEATURES

### STUDENT STUDY @ HOME TOP TIPS

**Got a deadline approaching? Here's some handy hints for productive remote learning from our Student Fellows:**

"I downloaded an app called 'Flora'. It allows me to set tasks/targets towards my assignments. There is a feature where I can set a timer to focus, and it can lock your phone to reduce distractions and limit the desire to look through social media."

"I plan my day and include a walk, as well as having some time away from my desk in the afternoon. During this time, I like to read a chapter of my book or watch a bit of YouTube. It really breaks up the day and means that I'm more productive when I go back to my desk. It's kind of an alternative to that coffee chat you would normally get at work/uni."

"I make sure to move away from my computer and do something else during my lunch. I normally end up watching TV! But sometimes I end up going for a walk if there's errands to do outside of my house – especially to the post office!"

"I try to clean my studio the night before a study session, otherwise I cannot focus and instead of starting my research, I will decide to do all my dishes, vacuum, clean my fridge (and wash my bin with an old toothbrush!)"

"One thing that works for me is wearing comfortable clothes and turning the central heating on in order to be warm and concentrate."

## STUDENT WELLBEING: EXERCISE

**Out and About: The Best Lockdown Walking locations.**

**Words: Clélie Arnaud**

Don't we all deserve a break? If you agree, then why not take your walking boots down to the woods.

Enjoy a relaxing walk around the large Green Flag awarded park which surrounds the Rising Sun Countryside Centre. The Palmersville Metro Station and on-site parking make this park easy to access and offers you some fresh air away from your mobile phones and laptops. As well as finding some quality dog content, you can also see birds, ducks and swans by the lake. Most footpaths make the walk easy and accessible to all. However, if you feel a little adventurous, don't forget your boots to walk through the woodland areas which can be... a little muddy!



**Yoga and Chill:**

**Words: Hannah Bullimore**

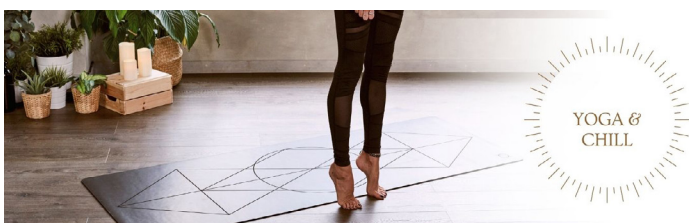
### Introduction to Yoga

Lockdown is a great time to try something new and yoga is something that we can all try. As a mind and body practice, it seeks to help you strengthen your body at the same time as calming your mind. There are many different forms of yoga, but the most popular are Vinyasa and Restorative. For beginning yogis, I highly recommend a slow flow Vinyasa class or beginners Vinyasa class.

While we can't get into yoga studios now, there are many ways to bring the studio into your home. Local studio [Yoga Therapies](#) has an online platform with loads of classes to choose from. On YouTube, [Yoga with Adriene](#) is a fantastic channel to try yoga for the first time.

### Top tips

When practicing yoga for the first time, ensure that you have plenty of space to move around. Change into something comfortable that you can move in and try to use a yoga mat. If you don't have one, practice barefoot to ensure that you can grip the floor. Take your time, be kind to yourself and remember this is supposed to be fun and relaxing! Don't try to look like anyone else doing yoga, just try to feel good in yourself.



**Want to make your run fun? Then 5K Zombies, Run! Is for you.**

**Words: Clélie Arnaud**

[zombiesrungame.com](https://zombiesrungame.com)

Need motivation to go for a run? Start running for your life! If you like post-apocalyptic zombie stories and if you believe you would be one of the survivors (or not), then download the app 5K Zombies, Run! For all your running motivation needs! If you're familiar with your typical Zombo thriller, then you'll recognise the plot behind the app: The remaining population needs a runner to gather supplies and protect the community from becoming infected, and they offer to train you to be that very person!

Available via AppStore and Google play, the first couple of weeks of training are free of charge. This gives you the time to consider signing up to the monthly subscription of £5.99 (£33.99 per annum). The app was rated 4.8 by its users, and brimming with glowing testimonies from its users: "I never managed to run properly before I discovered this app. During the three months, I've run 5K two to three times a week and have upgraded to the upper version which contains many scenarios with or without zombies. "I really recommend this app and made so much progress. Without realising it, I was having so much fun!"

If you think you've got what it takes, then download the app and add a little thrill to your run!

**Running Before Studying: The Benefits**

**Words: Lewis Pinchen**

During lockdown, before I begin my work for the day, it is vital that I do an hour run. It doesn't matter how far I get – if I've done a little physical exercise, I feel motivated!

### Why running?

All you need is a pair of trainers and you're off! There is nothing to stress about, there are no membership fees and even after a week you will see the benefits and feel great!

### Top tips

Start slow and finish slow – overdoing it on your first day won't inspire you to run the next day. Take it one day at a time: it is important that you don't set yourself unrealistic goals because everyone has good days and bad days – it's all just part and parcel of doing physical activity. If you are having a bad day, just remember the feeling that you get after you finish your run and that will inspire you to continue. If you really aren't feeling it, then don't beat yourself up about having a day off – just make sure you get back on it the next day!

## NEWS AND SOCIALS

### Get Quizzical!

'Quiz My Face' is a free online quiz streamed live every Sunday on Twitch from 8pm. Based in Newcastle Upon Tyne, Quiz Masters Lauren and Carl will test your knowledge on a variety of subjects and themes - from History to Pop Culture. Each quiz is super interactive, and includes screen graphics with videos, pictures, music, as well as a fantastic community accessed by live chat.

Follow [www.facebook.com/quizmyface](https://www.facebook.com/quizmyface) for the latest news and how to play along.

Happy Quizzin!

### TOLO! Take One, Leave One: Make Donating Part of your Daily Exercise

Are you having a lockdown clear-out and need somewhere to take your old clothes? Then Take One, Leave One, is your place! Take One, Leave one is a community goodwill initiative, offering a clothes collection and pick up point for anyone in need.

Where: As You Like It, Archibald Terrace, NE2 1DB (Open to residents of NE1/NE2 only due to Covid Restrictions)

When: 10-3 Mondays, Wednesdays. Fridays, Saturdays.

TOLO operate a strict Covid-secure environment.

Check out [@TOLONewcastle](https://twitter.com/TOLONewcastle) for more info!

## STUDENT CONFERENCE

### Wednesday 21st April (ONLINE)

Our annual HE student conference will be held online on Wednesday 21st April 2021. The student conference is an interdisciplinary event showcasing all of your fantastic (and hard) work. This is a wonderful way to share your research with your peers - as well as learning about research in other subject areas. Most importantly, this is a platform to celebrate your successes in what has been a very difficult (and strange!) university year.

If you are interested in contributing, please send a 250 word abstract of your research to [megan.sormus@ncl-coll.ac.uk](mailto:megan.sormus@ncl-coll.ac.uk). You can also head over to our [Research Portal](#) to register for the event and find out more about how to contribute.

## ART



### 'The Golden Stage' Show: Get ready to turn your living room into a private Jazz Club.

Words: Celie Arnaud

This month we met (virtually, of course) with Rebecca, a Level 5 Musical Theatre Degree student to chat about the programme's virtual performance 'The Golden Stage'. Despite the closure of Newcastle College and its theatre, the students have been able to create a show that is still capable of blowing you away - right from the comfort of your sofa!

'The Golden Stage' show includes both BTEC Performing Arts students and students who are studying at Level 4 and 5. The result? A wonderful 'mish-mash' of old 30s and 40s musical numbers, set alongside newer songs that have been re-imagined to give them an innovative jazzy vibe. From *Nightingale Sang in Berkeley Square* to *Maybe This Time*, each performer will surprise you with this creative (and extremely resourceful) home-produced show. Primarily student led, the show has been recorded, filmed and edited by the students themselves. By setting up dance/recording studios (and even hiding under duvets to get the best quality of sound) the ingenuity of these students is reflected in their performances. Despite all lockdown restrictions, the students have not been deterred, as our interviewee, Rebecca, comments: "I am so surprised at what we've been able to do and achieve!" Adapting to their home environment, the performers play along with their cameras throughout solos, duets and ensemble harmonies.

You can catch the full performance of 'The Golden Stage' [here](#) ! If you want to meet the extremely talented NCUC Musical Theatre Degree students behind this performance (as well as discovering a little more about their work and clear spirit of camaraderie, then make sure to check out [@ncl\\_ensemble](https://twitter.com/ncl_ensemble)



**BOOKS**

**Saved by the Book: The Books that Saved Words:**  
Hannah Bullimore

Like everyone, I've been struggling to find things to keep me busy during lockdown (other than watching Netflix!) As someone who loves books, here are my top picks to help you get through lockdown:

**Olive, Mabel and Me, Andrew Cotter**

Everyone loves dogs (or most people do anyway...) This heart-warming, laugh-out-loud book is the perfect distraction from headlines and deadlines alike.

**Emma, Jane Austen**

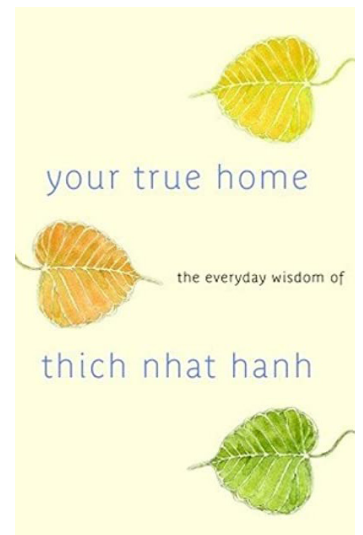
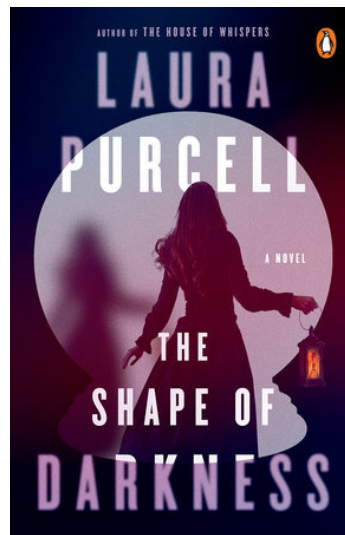
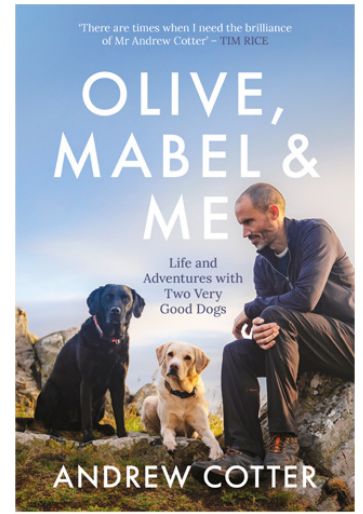
If you love Bridgerton on Netflix, why not try Austen's comedy about an out-of-control matchmaker who is never going to get married... or is she? Rumour has it that Emma was Austen's favourite character and as she doesn't act how women were expected to back in the day, I'd say she's mine too!

**The Shape of Darkness, Laura Purcell**

If being spooked is more your thing, this historical ghost story is the latest offering by Purcell - who managed to find weird pockets of history and turn them into the type of thrillers that you just can't put down.

**Your True Home, Thich Nhat Hanh**

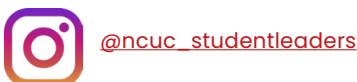
Mindfulness can feel intimidating. This paragraph-a-day book is full of food for thought that will help you to pause and take a moment for yourself. It's written by one of the most well-known Buddhist monks and mindfulness teachers and is a great way to find some calm.



**COVID-19 AND CAREER ADVICE**

Are you a soon-to-be-graduate in need of careers advice? NCUC have dedicated Employability and careers Support channel to help you with anything from CV advice, employability support in a Covid job market, to psychometric testing and interview tips. [Click here for our Covid-19 job market leaflet!](#)

You can also access our Employability and Careers Support Teams channel and contact our dedicated team by [clicking here](#).



**ARE YOU INTERESTED IN CONTRIBUTING TO THE STUDENT SOURCE?**

We are always on the lookout for student contributors. If you're a budding creative with a talent to share, an eye for great content and a story to tell, then we would love to hear from you! Please contact [hestudents@ncl-coll.ac.uk](mailto:hestudents@ncl-coll.ac.uk) for more info.