Mind Smart Guides are a series of self help resources designed to give you the psychological flexibility, resilience and self-management skills you need to thrive at uni and at work.

Mind Smart Guides

What are Mind Smart Guides? Find out more here.

Growth mindset

Learn how to achieve your potential and bounce back from failure and setbacks
Exams with less stress
Find out how you can reduce your stress levels around exam time.

Tales of Resilience
Stories and strategies from individuals living with Mental illness.

Receiving feedback
Successful graduates reflect on the importance of feedback in their work.

Giving feedback
Useful advice on how to give good feedback

Sleep
Find out how sleep can improve your marks
Animate Me

A selection of animations on Mental Health and Wellbeing.

Mindfulness

Mindfulness improves your memory, learning and wellbeing.

Perfectionism

Perfectionism...... believe it or not but being a perfectionist can have a serious impact on your work and relationships.

Procrastination

Learn some strategies so you can stop procrastinating and actually get down to some work.

More counselling resources

More guides and resources...