Hello!

A massive congratulations on getting into vet school and welcome to Liverpool!

We are the Peer Support team and our focus is on the welfare and support of all vet students at Liverpool – from Freshers’ Week to graduation, including any resit years in between! It’s easy to get overwhelmed with the adjustment to university life and the intensity of vet school, so we work hard to help you take the pressure off yourself, so you can function at your best!

Our Events

As a team, we run events throughout the year for students, such as:

Talks and Workshops that might include topics like:

- ✓ How to manage time between lectures, self-study and looking after yourself ✓ What it takes to thrive in vet school
- ✓ Overcoming perfectionism
- ✓ Communicating with clients with disabilities/mental health conditions
- ✓ Coping with stress
- ✓ Mindfulness (sometimes with yoga workshops)
- ✓ Challenges you may encounter as a new graduate in practice

Tea and Talks – come and chill on campus, enjoy some free drinks and biscuits. Some of the team will be there if you want to say hi, chat to them about any concerns you or your friends may have, or generally complain about vet school!

Meet the Guide Dogs – some furry friends from the Liverpool branch of Guide Dogs for the Blind come to the University to cuddle and help you de-stress (usually around revision time, always very popular)

‘De-stress’ Events – relaxed evening events, usually with Domino’s, like a voted-for movie in the Guild cinema or themed board game night, as well as weekend events like a picnic in Abercromby Square, or lunch and drinks at a café in town (funded by us). These events are non-alcohol focused, and help you take time out of work to yourself, or maybe chat to some new people

Other social events such as pub quizzes with teams integrated from all the years (so you can bug them for course advice and they can rely on you for anatomy knowledge – don’t worry, you can stick with some of your friends too!)
Peer Supporting

We’re all individually contactable by email, Facebook, Skype and of course in person between lectures or for a coffee! We’re trained, and here to offer you advice for anything you could possibly want, big or small, as well as helping direct you to the right people in or outside of the University to ask your questions to.

Vet school is a uniquely difficult place, and first year can be especially hard when you’re still finding your feet – both academically, with friends and many other facets. We promise to listen to you, never to judge, and always to help resolve your concerns as best we can – no matter how big or small. We also have access to, or can signpost you to, lots of helpful resources even if you don’t want to chat with us in depth – just drop us a message any time!

We ensure that anything you say to us in confidence is kept between us. We would always discuss with you before speaking to someone else if we felt you or others were at risk, so we could get better support for you. This doesn’t necessarily affect your fitness to practice or be on the course. Seeking support actually reflects well on you as it shows you know when to ask for advice (a top skill for practicing vets), not to mention helps ensure your individual success in coping with vet school. Admitting you may be struggling so the many support services can help you thrive is infinitely better than struggling alone.

Here’s some topics students have wanted to contact us about in the past:

- Settling into halls
- Finding friend groups
- Tools to help manage stress
- Who in uni to contact with questions
- Feeling isolated/homesick
- Difficulty with lectures/assignments
- Frustrating housemates
- Having a tough day/week/month
- Having to extend deadlines/get mitigating circumstances
- Revision/note taking methods
- Time management advice
- Work-life balance
- Relationship difficulties (family, friends, romantic)
- Greif and loss
- Talking about mental health and where to get support

You can also join us as a Peer Supporter from your second year onwards, if you’d like to get involved. Training usually happens over a couple of weekends where you learn skills such as active listening, assertiveness as well as the right way to direct people to other means of support when it’s needed. All these skills are so useful to you and your peers, both within the university and in your future career as a vet – every peer supporter that’s been through the training cannot recommend it highly enough!

We can’t wait to welcome you into the vet school during the months ahead! Wishing you the best of luck, and see you soon!

Liverpool Vet Peer Supporters :)

Confidential Support | For Students | By Students

VET PEER SUPPORT
For more information about Vet Peer Support, here are our online pages:
(you can click on the icons or links)

| Liverpool University Veterinary Peer Support | https://www.facebook.com/pages/category/Community/Liverpool-University-Veterinary-Peer-Support-1482113542117883/ |
| peersupport_liverpool | https://www.instagram.com/peersupport_liverpool/ |
| LUVS website peer support page | http://www.luvs.org.uk/peer-support.html |

Meet the Peer Supporters

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<thead>
<tr>
<th>Aidan</th>
<th>Alisha</th>
<th>Becky</th>
<th>Cait</th>
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<th>Emily</th>
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<th>Mary-Kate</th>
<th>Saskia</th>
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VET PEER SUPPORT
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