

Email 3: Getting the Best out of Reading Week

Things to include:

- Any recommendations for albums/playlists (or maybe encourage the group to share their own recommendations with each other).
- Any recommendations for things to watch (or again, ask the group to share).
- Ideas for things to do in Dublin.
- Ideas for other ways to take a break – quick and simple down time.

Useful services:

- [Library HITS \(Helpful Information for Trinity Students\) programme](#)
- Point to [Student Learning Development](#) for help preparing for the first essay.
- [Free mindfulness recordings from SCS](#)

Useful resources:

- [Trinity in 12 Weeks](#)
- [Effective Learning Strategies](#) – interactive resource to be discussed at next timetabled session