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MANCHESTER  
1824

The University of Manchester



# School of Biological Sciences



PASS

Produced by School of Biological Sciences PASS Co-ordinators  
in association with PwC.



# PASS

## PEER ASSISTED STUDY SESSIONS

This guide has been written by your PASS Student Coordinators and aims to give you a head start in adjusting to first year student life in the School of Biological Sciences (SBS).

PASS is a student led scheme which runs weekly sessions to supplement lectures and tutorials in a fun and relaxed environment. Don't worry too much about the details of PASS as most of it will be explained to you in September.

This guide provides advice and helpful tips about student life in Manchester to help you settle in come September. We hope you find it useful and look forward to seeing you soon!

**Leaders are  
enthusiastic and  
helpful**

**Sessions are relaxed and  
informal**

**PASS is a massive help with  
my first year studies**

Leaders always have  
a positive attitude

*Leaders are approachable  
and friendly*

Leaders help us to  
get the answer

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# Who are your Student Coordinators?



## Anne

I am studying Bsc (Hons) Biology and have spent the last year on placement at the University of Concepcion in Chile. I loved PASS in first year as it made me realise everyone had the same questions, as me and we could all get advice from second years who had already done it! I can't wait to help this year by being a coordinator!



## Manzar

I am currently studying BSc (Hons) Biomedical Sciences and I am in my final year. I attended PASS in my first year and then went on to become a PASS leader in my second year. PASS has been a unique and enjoyable experience in the past two years and I look forward to conducting the PASS scheme this year with the other coordinators.



## Audwyn

I'm studying BSc (Hons) Biomedical Sciences and already heading into my final year. I was a PASS attendee in my first year and found it very useful and enjoyable. Following this, I became a PASS leader during my second year. This year with 4 other coordinators, we will conduct the PASS scheme. I look forward to meeting you all and I'm sure you'll enjoy PASS as much as I have done. Bring on this year!



## Sofia

I'm studying BSc (Hons) Neuroscience and I'll be soon on my third year. The PASS sessions in my first year have been super useful as I had many questions when I arrived with a lot going on. My PASS leaders gave me tips about exams and life in Manchester and I soon familiarised myself with the university life. I am look forward to being your coordinator and I hope the PASS will help you as much as it helped me.



## Manjot

I will be moving on to become a final year BSc (Hons) Biochemistry student. In my first year, I attended PASS sessions and saw their potential for how much they could help students. As a result, I applied to become a PASS leader to help new first year students but to also learn more about the scheme. Now, along with other coordinators on the scheme, our aim is to help improve the scheme so that it is even more beneficial to all those who partake in it.

**Enhances skills taught in tutorials including: essay writing, structuring a lab report, and analysing questions**

**Weekly 1 hour sessions**

**Led by experienced second and final year students, not teachers!**

**Chance to go through challenging lecture material!**

**One way to get better exam results – Students who attend 4+ sessions on average get 10% higher marks. This can make a significant difference to your overall degree**

**Relaxed environment where you can ask any questions you want including non-academic questions about good places to eat, advice on student housing etc.**

**Lots of fun!**

**Promotes group-based learning**

**Chance to meet other students in your degree**

# **What is PASS?**

## Useful Information

### How do I find my way around campus?

You can get maps online

<http://www.manchester.ac.uk/medialibrary/maps/campusmap.pdf> with the names of all the buildings or you can get paper versions of the maps from the main library, Stopford library or other important buildings like Roscoe. Also, within the first couple of weeks you will find student ambassadors in purple hoodies around the campus who will help with directions.

Stay connected wherever you are by downloading the free iManchester app. iManchester helps you find your way around campus, search for your nearest café, locate your nearest PC Cluster and much more!

<http://www.itservices.manchester.ac.uk/students/imanchester/>

**Top Tip!**  
Campus maps are available from the main library and from Stopford library

### Local Supermarkets?

**Fallowfield** - Sainsbury's on Wilmslow Road

**Oxford Road** - Lidl, Tesco metro, Morrisons local, other local shops...

**City centre** - Aldi, Marks & Spencers,

**Hulme** - ASDA

### Supermarkets

**Rusholme** - Halal supermarkets and shops

**Ardwick** - W.H. lung supermarket

### What if I get ill?

You need to register with a doctor as soon as you arrive. If you're staying in halls, the Residents Association should provide with the location of the nearest doctor's surgery/health centre. This is important as without a doctor, not only can you not get medical attention if you're ill, but you'll have no one to sign your self-certification notes if you miss university or miss a deadline or exam as a result of an illness.

#### Health Centers-

**Top Tip!**  
When registering, check that there is no charge made for signing certificates/providing letters


- Bodey Medical Centre – Fallowfield (behind Sainsbury's)
- The Valence Centre – Brunswick Street (City campus and Victoria park)
- Occupational Health – on campus (Waterloo Place near Blackwell's)
- Walk-in Centre at the Manchester Royal Infirmary – if you need to see a doctor

### How do I deal with food thieves?

There are a number of ways to keep the food you want for yourself; label it, keep it in your room, and let other people know if you see them pinching it!

### How do I survive on my student loan?

Look out for vouchers:

- 
- Student beans ([www.studentbeans.com](http://www.studentbeans.com)): special BOGOF (Buy one, Get One Free) offers, and freebies
  - <http://www.savethestudent.org/> give advice on saving money and has a page of freebies and offers available.
  - 10 ways to have more money as a student, without working: <https://www.facebook.com/StudentMoneyTips>
  - Look for deals in supermarkets or buy with other students in bulk

### Need extra money?

Get a part-time job. If you lack experience then go to the **Careers Service** for advice and go to **part-time job fairs**. The best thing to do is to act early and give your C.V. to prospective employers as soon as you arrive; there are a lot of students all needing part-time jobs. The city centre, Didsbury and Withington are probably the best places to job-hunt. There are **agencies** as well where you can book shifts for times that suit you if you have a busy timetable, but it's quite hard to get shifts.

Prepare to be flexible! See the **contacts section** at the end of this brochure for useful websites.

Be prepared to see your social life expand fantastically! The key to having the best University experience possible is to make sure to work and play! Put in the effort to go out and meet new people. Societies and halls are the perfect places to start as everyone is looking to meet new people too. You'll have your tutor group and course-mates as a starting point, but it's better to have more than a science-only entourage. Even if you're nervous, remember that most first years are in the same boat.

### Is Manchester intimidating?

Absolutely Not! It stops being big once you've settled in and learn your way around. It's great and there's so much to do, it's a really friendly city. The key is to get out and start experiencing the city early on.

## Experiencing Manchester

PASS is not just about study! Your tutor may be a world expert on eye development in flies, but when it comes to more the fundamental questions (e.g. which take-away is best or where to go on a Friday night) they won't have a clue. This is where your PASS leaders can help. We're all 2<sup>nd</sup> or final year students who know the city and will be able to offer an insider's view of being a student in Manchester.

### Top Tip!

Always remember to bring your ID with you!

One of the most common questions we get is, 'where's good to go out?' Well with 40,000 students at Manchester Uni, plus Man Met, Royal Northern College of Music and Salford Uni students, plenty is on offer to cater for the large student population...

### Where to go out?

#### Northern Quarter

- It is Manchester's creative heart, home to many musicians, designers and artists.
- The Night and Day café, The Roadhouse and Moho are all nearby and are great intimate venues for new music.
- Free comedy night at The Frog and Bucket on a Monday

#### City centre

- There are places to suit everyone, from popular Indie clubs like 5th Avenue (Princess Street) to The Royal Exchange Theatre; there's so much choice!
- The Printworks has lots of restaurants, an Odeon Cinema, bars and clubs (Tiger Tiger, Opus, Birdcage, and Pure... to name a few).

#### Fallowfield

- The biggest student area in Manchester, good for cheap drinks and nights out!
- Some of the most popular bars include Font, Koh Tao and Revolution and The Friendship pub is a great place for a beer in the sunshine

#### Canal Street

- The centre of Manchester's vibrant gay village. Relax with dinner or a drink by the canal or enjoy the great party atmosphere at night!
- Popular bars include AXM, Queer, and Baa Bar or for a clubbing experience, try Essential or Poptastic

#### Deansgate

- Known for its good nightlife it is usually packed at weekends.
- Deansgate Locks is also home to the Comedy Store, which hosts many amateur and professional comedians.



## Arts and Shopping

### Top Tip!

If you shop online often, buying an NUS extra card is useful!

### Feeling cultural?

- Manchester has many museums, art galleries, and theatres including The Manchester Art Gallery, Urbis, The Lowry Centre, The Royal Exchange, The Palace Theatre, The Museum of Science and Industry and more!
- You might also be interested in the Chinese Arts Centre, The Whitworth Art Gallery and the University's very own museum.
- HOME (close to Deansgate Locks) is a great location for alternative cinema, theatre and art.

### Great shopping

- The Arndale is Manchester's main shopping centre and has the majority of mainstream high street shops!
- If you're thinking of going slightly further afield, the Trafford centre is only a X250 ride away!
- From November to January hundreds of European Christmas Market traders descend upon the city for the Manchester Christmas Markets

## Arts and shopping in Manchester

### The Northern Quarter

- Affleck's Palace ([www.afflecks.com](http://www.afflecks.com)) is definitely worth checking out, selling anything from second-hand clothes, rare and old records, anything to do with the occult, books, magazines, tattooing, hairstyling, jewellery, and ceramics.
- Manchester Craft and Design centre ([www.craftanddesign.com](http://www.craftanddesign.com)) is great if you are looking for a quirky and handmade gift for someone, or even just for something to brighten up your room.

### Feeling peckish?

- No matter what your budget, Manchester will always have somewhere for you to quiet that rumbling stomach after a long day of retail therapy.
- Chinatown and Rusholme's Curry Mile are always highly recommended!
- Fallowfield favourites include Fuzion and Fallow Café.
- For the veggies/vegans Fuel is a great place 5 min walk from fallowfield.
- Or get all your favourite Manchester restaurant food delivered straight to your door! Download the Deliveroo app for free from the app store. Or try [www.justeat.com](http://www.justeat.com)

## Getting out and about

### Trains

- The 3 main train stations in Manchester are: Piccadilly, Oxford Road and Victoria station. There are other small stations around.
- Piccadilly and Oxford Road stations can both be accessed using buses. Allow at least 5-10 minutes to walk from Piccadilly bus station to Piccadilly train station.
- If you plan to travel by train several times each year, it would be worth getting a 16-25 railcard which gives you 1/3 off rail fares. Railcards can be purchased at: [www.16-25railcard.co.uk](http://www.16-25railcard.co.uk).
- Fancy a day away from Manchester? Don't forget, popular destinations such as Liverpool, Blackpool and the Peak District are only a stone's throw away!

### Top Tip!

Buying a 3 year railcard instead of 3 separate 1 year railcards can save you £19!

### Manchester Airport

- Train: Oxford Road or Piccadilly train station
- Bus: 43 from Oxford Road/Wilmslow Road.
- **Liverpool John Lennon Airport:** X2, from Piccadilly Station Liverpool Lime Street Station via Manchester Airport and Liverpool John Lennon Airport. It runs hourly every day except Christmas Day.

### Cycling

## Travelling in and around Manchester

- With newly revamped bike lanes along Oxford Road, cycling is a great way to get around.
- It's faster than the bus, great exercise and better for the environment!
- There is plenty of bike parking on campus and in the Halls of Residences.
- If you are unsure and want a trial try "Biko Bikes" which offers an awesome deal for 1 pound a week during 2 months.

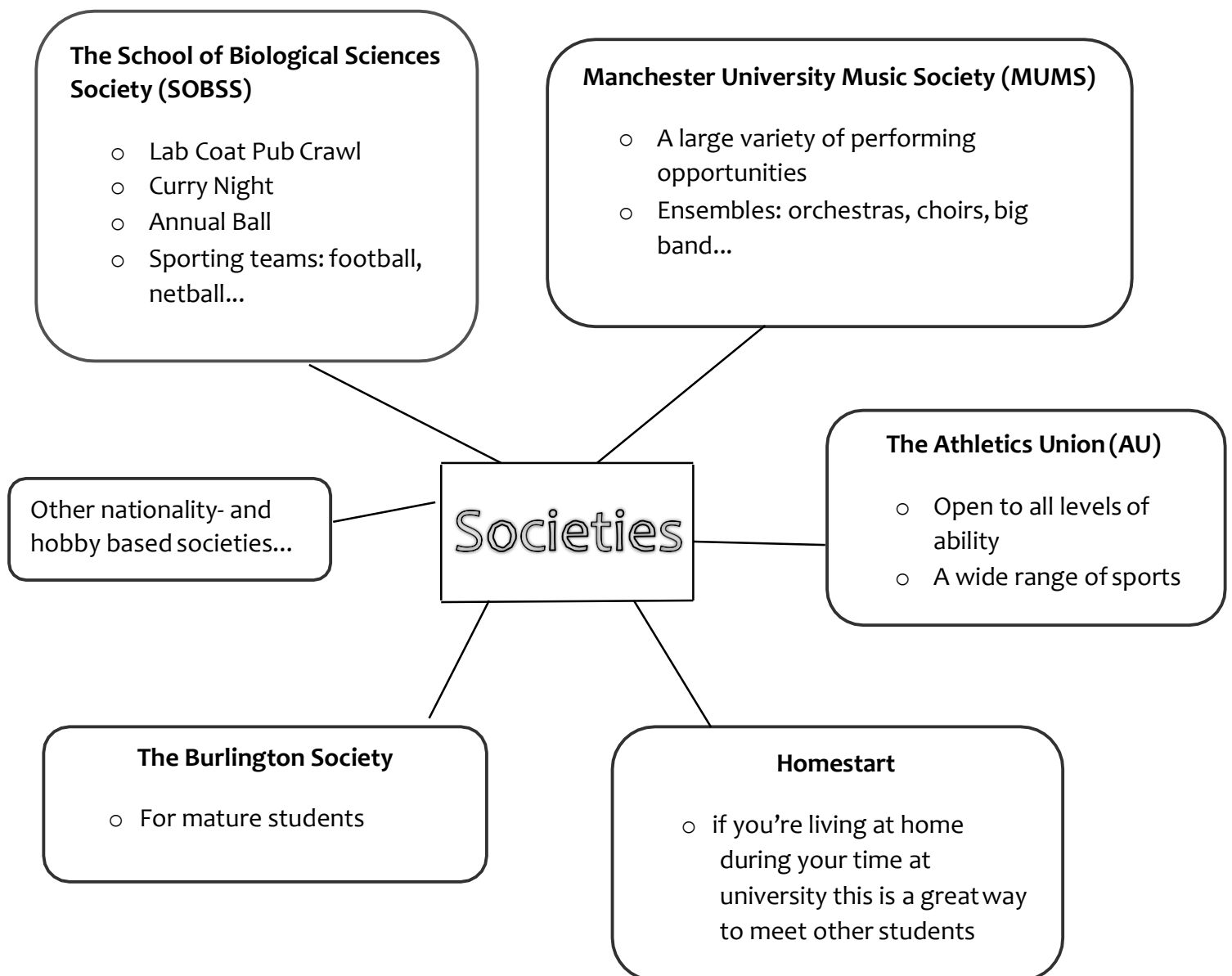
### Buses

- Oxford Road runs from the city, through city campus and Rusholme, where it becomes Wilmslow Road and carries on through Fallowfield and Didsbury
- Any bus with the number 4 on it (42, 43, 142 and 143) will take you along this route.
- A single along this route will generally cost £1-2 with weekly passes costing between £8-12.
- A Unirider annual bus pass allows unlimited use of both Stagecoach and Magic Buses. These can be purchased from the Students Union (SU) or from the Stagecoach website: <http://www.stagecoachbus.com/3-manchester-unirider.aspx>

## Societies

One of the best ways to meet people and make new friends is to join a club or society. There are over 400 student societies ranging from the course-related (e.g. SBSS) political (e.g. Fair Trade, Labour students), to the adventurous (e.g. Speleology (caving)) and the random (Pirates Society).

You can sign up to societies at the Students' Fair, which is run in the first week of the semester and is great for picking up freebies. If you decide to join later in the year you can find the contact details of any society at the union or at the following web site <http://manchesterstudentsunion.com/groups>. To trial for a sport's team there's a sports fair, which is held separately from the Students' Fair. Look out for dates and venues in your welcome packs



## Staying Safe!

Whilst enjoying yourself in Manchester, please remember that you are still at risk of being a victim of crime, just like anywhere else! Remember to keep vigilant at all times. Here are a few tips to help keep you safe:

### Top Tip!

See Page 16 for phone numbers of taxi firms in Manchester

### Safety at home

If you have a room on the ground floor, **never leave the window open when you are not in the room**, even if you are in the next room. Always **lock your door** when you leave your room, it's very easy to forget but only takes a second and will ensure your things are kept safe!

### Cash points

Check that there is **nothing suspicious** about the cash point and **cover the keypad** when typing in your PIN. Try not to carry large amounts of cash.

### Safety at night

Keep to well-lit areas that are busy. Try not to walk alone is at all possible. You can purchase a '**safety attack alarm**' at a subsidised price from the general office in the Students' Union and also the Women's Office.

### Campus Police

Campus police are available any time. Call university security on 0161 275 2728 if you feel you are in danger on campus.

Be careful when getting a taxi home at night as there are a number of unlicensed pirate cabs. **Do not get in the taxi if either the driver approaches you first, or the taxi has no taxi licence plate.** There are various taxi ranks all around Manchester, or you can flag down a black cab almost anywhere. There are plenty of reputable private hire taxi firms (numbers given under 'contacts' section). However, **do not flag down private hire taxis on the street**, as you will not be insured in the event of an accident.

The student's union has an arrangement with Street cars (0161 228 7878 or download the app), when you need to get a taxi home but you don't have any money. Students can call Union Cars quoting 'Manchester SU Safe Taxi Scheme'. Give the driver your student ID card and request a receipt. The driver will take your student card to the union, where your fare will be paid. After 12pm the following day, collect your student ID card from the students union Help Desk (reception) in exchange for paying the fare owed.

For more information visit: <http://manchesterstudentsunion.com/safetaxi>

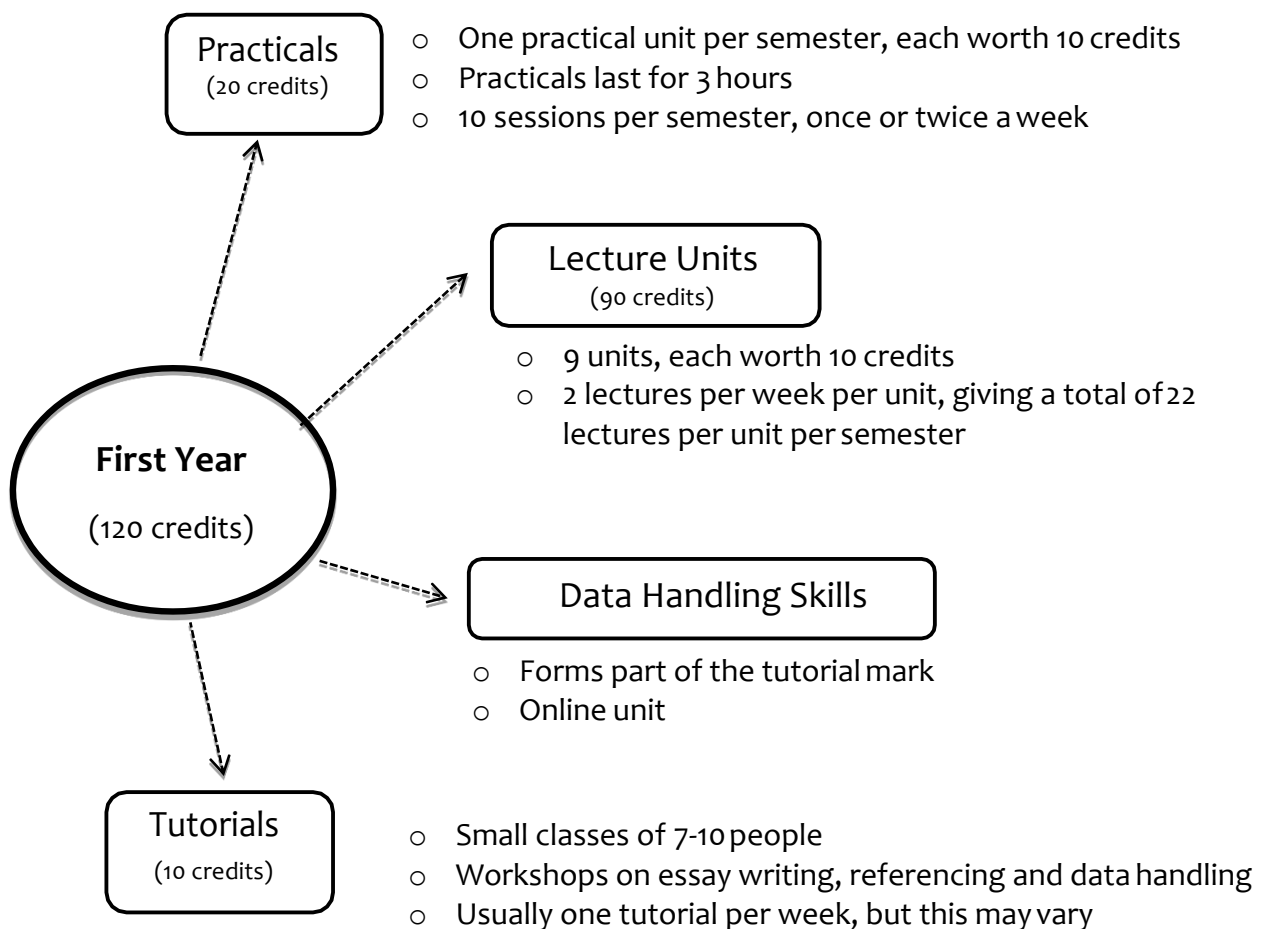
## A bit about your course...

# Biological Sciences

Below is a diagram which shows how your time will be spent in your first year at Uni. You will need to complete 120 credits through the year and the diagram shows what you will be doing to get those credits.

### Top Tip!

Check your first year handbook for more information about your course



There will be variations to the above for certain degree programmes, so you will need to check your first year handbook. If you have not already received it, the handbook is also available on the Life Sciences Intranet and a paper copy will be given to you in induction week. Those most likely to have variations are:

Ø Joint honours degrees with schools outside SBS (eg. Cognitive Neuroscience and Psychology)

Ø “with modern language” deg



## Textbooks

### Textbooks, are they expensive?

Yes! So we suggest you don't go rushing out to buy them. Even second-hand books can sometimes be quite pricey. Buying books is certainly not essential to passing your exams. The library has copies you can loan and always has a reference copy which remains in the library, so you should always be able to find the material you need. There are also copies of books available online. The PASS scheme also organises a second hand books sale around October where you will find books owned by the older student, PASS leaders will be there to suggest you the best books according to their experience. If you do wish to buy brand new books, your lecturers will usually recommend the best textbooks for that module in, usually, the first lecture. The best place to buy them is usually online or alternatively there is Blackwell's bookshop on Oxford Rd. You are then able to sell them on when you no longer require them at a cut price.

### Top Tip!

Find second hand textbooks in the PASS Book Sale !!

## Question Time

### Is there anyone to help if I'm struggling with my essay writing?

FLS has three writing fellows: Tania Hershman, Susan Barker and Katherine Clements who offer personal one to one 45 minute appointments to give guidance on writing techniques. This can be incredibly useful when it comes to writing essays for tutorials and your lab reports, teaching you how to polish your writing style and make persuasive arguments.

You can book an appointment at

[www.wejoinin.com/writer.lifesciences@manchesr](http://www.wejoinin.com/writer.lifesciences@manchesr)

How does first year work?

You'll be put into a tutor group, go to lectures and labs and should generally have a good time. Your first year is really flexible. Everyone usually does the same-ish units and everyone in the faculty has two weeks at the start of the semester (yes it's semester, not term) to change their optional units if they don't like them. You even have the chance to switch degree after the first year (and maybe even second year) so if you start off studying Microbiology and find that you actually hate the little critters and prefer humanoids instead, why not change to Anatomical Sciences? **Tip:** *Go to all the lectures for units you might like before making your final choices.*

No. Not seminars in this sense anyway, where it's a staff led study group. You have lectures, labs, tutorials and PASS. You might get seminars if you do a humanities or HSTM (History of Science, Technology and Medicine) unit. **Tip:** *PASS is the place where you're most likely to get help from your peers and reinforce what you learn in lectures, which is a welcome supplement to all that independent learning you have to do.*

Do we have seminars?

Will I be imprisoned in a lab all week?

Of course not! The most you'll possibly have in first year is 9 hours a week and that won't be for the whole semester. In second year that might go up to 18 hours per week, but that's only for a few weeks.

**Tip:** *Write up your lab work as you go along, while it's fresh in your mind.*

**Tip:** *Demonstrators may hold intriguing info about The Faculty, the city and they might give you an idea of what doing a PhD is like, as most demonstrators are PhD students too.*

<p>Exams &amp; e-learning multiple-choice questions for each of your units, which you can have up to two attempts at. For some units you may even have practice questions first, so don't worry! It helps to make a list of when each of these are due because if you forget, you may miss out on up to 5% of your unit mark! For labs, they might give you questions to answer on paper and online or they might be peer assessed. You also get marks for tutorial work like essays, presentations and data handling.</p>	<p>How are things assessed?</p>
<p>Are exams hard?</p>	<p>Go to lectures, make sure you understand your notes, go to PASS, make sure you do some reading around, do revision... and they shouldn't be. First year exams are mostly all negatively marked multiple-choice questions (that means if you get an answer wrong, they take a fraction of your mark away). Your marks from first year only count 10% towards your final degree mark. It's important to do well though, especially if you want to do a year in industry.</p>
<p>Do a year in research/industry. You must have heard of it. The Faculty encourages everyone to consider it. It's definitely worth doing if you want to get more out of your degree and if you want to find out what a life in science will really be like. Anyway, you've got plenty of time to mull over that and your handbook should tell you all the requirements for it. <i>Tip: If a year sounds too much, summer placements are another option (see the "Getting work experience in Life Sciences" document on the Careers pages on the intranet). (<a href="http://www.careers.manchester.ac.uk">www.careers.manchester.ac.uk</a>)</i></p>	<p>How do I get relevant work experience?</p>
<p>Are lecturers scary, boring, old farts?</p>	<p>A few are either one or the other but they're not usually all of those things put together. Lots are very approachable and interesting and want to help students, so if you don't understand something just ask (either at the end of the lecture or during if they say you can). <i>Tip: You can email lecturers if you don't want to ask them a question in person.</i> <i>Tip: Post questions about stuff you didn't understand in lectures on the Discussion Boards (found on Blackboard) and other students and the lecturers themselves should help you out.</i></p>
<p>Second year is obviously harder, but is definitely a lot more interesting. 30% of your marks count towards your degree in second year. Final year involves a slightly different timetabling, fewer exams and a research project which can be arranged with a member of staff of your choice. You'll find out a lot more about this as you go through your degree. <i>Tip: Ask your PASS leaders about 2<sup>nd</sup>, placement and final year.</i></p>	<p>What about the rest of my degree?</p>



## Contacts

Once you arrive at university, your first year handbook will list all important academic contact information. Prior to arrival any queries should be directed to Undergraduate Admissions or the School of Biological Sciences (SBS) Student Support Office (SSO) depending on the type of query (Student Support office: queries about your course, registration etc; Admissions: general queries about university). They can be contacted at:

<p><b>The Undergraduate Recruitment &amp; Admissions Office</b></p> <p>School of Biological Sciences The University of Manchester G.483 Stopford Building Oxford Road Manchester M13 9PT</p> <p>Tel: +44 (0)161 275 5032 Email: <a href="mailto:ug.lifesciences@manchester.ac.uk">ug.lifesciences@manchester.ac.uk</a></p>	<p><b>Student Support Office</b></p> <p>School of Biological Sciences The University of Manchester G.483 Stopford Building Oxford Road Manchester M13 9PT</p> <p>Tel: +44 (0)161 275 14873 Email: <a href="mailto:sbststudentsupport@manchester.ac.uk">sbststudentsupport@manchester.ac.uk</a></p>
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## Useful contacts for your time in University

**School of Biological Sciences Website:** <https://www.bmh.manchester.ac.uk/>

**University of Manchester Student Union (UMSU):** [www.manchesterstudentsunion.com](http://www.manchesterstudentsunion.com)

**Student Services Centre (the place to go with issues regarding loans, tuition fees etc.):**

Burlington Street

Oxford Road

Manchester

M13 9PL

Tel: +44 (0) 161 275 5000

**John Ryland University Library:** + 44 (0) 161 275 3751

**The Accommodation Office**

First Floor

University Place

University of Manchester

Oxford Road Manchester

M13 9PL

Tel: +44 161 275 2888

email: [accommodation@manchester.ac.uk](mailto:accommodation@manchester.ac.uk)

**Student Counselling Service** (The place to go for advice or help. They deal with any kind of problems, from stress, shyness, anxiety and depression to anger, alcohol dependence, domestic violence and eating disorders. You can also report here concerns for friends)

5th Floor, Crawford House  
Precinct Centre  
Booth Street East  
Manchester  
M13 9QS

Tel: 0161 275 2864 (52864 from an internal phone) Email:  
counselling.service@manchester.ac.uk

**Nightline:** A listening service available 8am-8pm term time run by students for students – the number is on the back of your library card.

**IT Service** (For issues with your PC or to get support to install University's programmes)  
Kilburn Building from 9am-5pm Monday to Friday.  
Help and support is also available at Joule Library, Main Library or Alan Gilbert Learning Commons.

Tel: +44 (0)161 306 5544  
<http://www.itservices.manchester.ac.uk/students/>

### **The University of Manchester Careers Service**

1<sup>st</sup> Floor, The Atrium  
University Place  
Oxford Road  
Manchester  
M13 9PL

Tel.: 0161 275 2829  
Website: <http://www.careers.manchester.ac.uk/>  
Email: [careers.info@manchester.ac.uk](mailto:careers.info@manchester.ac.uk)

## **Useful contacts in Manchester**

### **Taxis:**

Streetcars: 0161 228 7878  
Radio Cars: 0161 236 8033  
Cambridge Cars: 0161 272 9222  
ManTax (Black Cabs): 0161 230 3333

You can also get an **Uber** using the app on iOS and android

**Greater Manchester Police:** 0161 872 5050

**NHS direct:** 111 (replaces old number)

**Takeaways:** [www.just-eat.co.uk](http://www.just-eat.co.uk) – allows you to find all the takeaways in Manchester, or anywhere else for that matter - useful for when you go home too!

There's also deliveroo which delivers food that wouldn't normally be found on just eat!

**Manchester Aquatics Centre:** 0161 275 9450

**Megabowl** (tenpin bowling) - East Didsbury: **0161 446 4200**

**Odeon Cinema** - Printworks (includes Imax!): **0871 224 4007**

**Jobs:** [www.manchesterarndale.com](http://www.manchesterarndale.com) - current vacancies with the Arndale are listed in the jobs section