

Feb 2026

UNIVERSITY OF THE
WEST of SCOTLAND
UWS



THE Resident



Welcome to UWS Residences!
For our new residents, I hope you are settling into your new home, and for our residents returning after the holiday, I hope you have settled back in well.

Our dedicated team are always on hand to make your stay an enjoyable one. We are here primarily for your comfort and safety so please feel free to reach out to us with any questions you might have or if you need our support.

Our team are onsite 24 hours a day, seven days a week. You don't need to make an appointment – just drop in and see us and we'll be happy to help. We want you to make the residence your home away from home and when you leave university we want you to not only have the qualifications you came for, but lifelong friends as well.

Each month we prepare The Resident magazine to provide you with the latest updates on what's happening within the residences and the wider university. I hope you enjoy reading this first edition of 2026

Best wishes,

Gabriella

(Gabriella Pacitti, Residences Operations Manager)

WELCOME



Here to support you...

**Available 24 hours a day,
365 days of the year!**

UWS Ayr Residences

📞 01292 886 316

✉️ accommodation@uws.ac.uk

UWS Paisley Residences

📞 0141 848 3159

✉️ accommodation@uws.ac.uk

Happy Lunar New Year!

17th February 2026

Drop down to reception
on Tuesday 17th
February pick up your
New Year gift!

*Subject to availability

PAISLEY RESIDENCE



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Throughout February

**TELL US WHAT YOU
LOVE ABOUT STAYING
IN THE RESIDENCES!**

**Message us on Instagram, scan the QR code,
or drop by reception and let us know!**

**Participants will be entered into a prize draw!
Will you win???**



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@UWSresidences



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Ayr Residence

**Happy
Palentine's!**

Celebrate your friendship with a Palentine card!

**Find them at reception and post it in the Palentine's
post box, and we'll deliver it to your pal!**

Thursday 12th February at 6pm

Join us for a night of Palentine's activities!
Meet with your flatmates for a night of movies, art
resources, games and refreshments!

YOU'VE HEARD
OF SPEED-DATING.

TRY SPEED- FRIENDING!



UNIVERSITY OF THE
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**MEET NEW PEOPLE AND MAKE NEW
FRIENDS!**

**SATURDAY 14TH FEBRUARY | 6PM
IN STORIE STREET COMMON ROOM**

**Scan the QR code
to sign up for a space!**



What's gone?

Welcome Week

From freebies to welcome parties, did you get involved in our welcome activities?



National Popcorn Day!

Did you get your popcorn?



Burns Day!

Tunnock's Teacakes and Scottish lunches from Catering, what a way to celebrate this Scottish holiday!



Wellbeing support for Residents

Coping with academic pressure and perfectionism

Academic pressure is common, especially in educational environments that reward high performance. However, when pressure tips into perfectionism, learning can start to feel heavy, anxious, or never 'good enough'.

Pressure often shows up as thoughts like 'I don't really belong here' or 'others are coping better than me'. These thoughts are not evidence; they're a stress response. Many successful students experience them, particularly when pushing to achieve their best grades.

Perfectionism can look helpful on the surface, but it often raises the bar endlessly. So instead of aiming for 'perfect', academic work, focus on producing your best version and submitting it on time, which allows learning to continue through feedback rather than endless revising.

Practical ways to cope

- Break work into small, achievable steps
- Focus on best effort, not just outcomes, your best effort may feel different on different days!
- Stop self-criticism and ask, 'what would I say to a friend in this situation?'
- Remember to see struggle is part of learning, NOT a sign of failure

Reframe how you feel

Pressure doesn't mean you're failing, it means what you're doing matters to you. Learning to work with pressure, rather than against it, is a skill that develops over time. You DO NOT need to be perfect, but like anything that's worthwhile, you do need to put in effort and keep showing up.

If, however, academic stress or self-doubt starts to feel overwhelming, please reach out to academic staff or UWS Student services for support. This is a strong and sensible step, not a weakness.



The Counselling team wish to reassure you that we are here to support Resident students throughout your academic journey.

At UWS our counselling model, means instead of signing up for a block of counselling sessions, you book your counselling appointments on a session-by-session basis. This model allows our service to be more accessible, have no waiting lists and we are available when you are ready to speak with us.

This appointment cannot influence any request for an appeal, resit, or visa extension.

Please contact the Hub on WhatsApp - 0141 848 3998 or visit uws.topdesk.net and click to sign into the self-service portal with your Student ID and password to request a counselling appointment. Your issues do not have to be related to your studies, the service is confidential, staffed by professional counsellors and free to UWS students.

UWS Student Out of Hours Helpline

University of West Scotland have teamed up with Health Assured to provide a confidential support line for UWS students.

If you require emotional support between 5pm – 9am weekdays or 24-hours over the weekend, UWS students can call **free** on **0800 028 3766** to speak to a professional counsellors who can help you with personal or student-related problems.

Alongside the out of hours helpline – students can also access 'live chat support' 24/7 via The Wisdom: Mental Health Support App, which is available on mobile, tablet, and desktop. Download on the App Store and Google Play for free. Please apply MHA147086 code.

Counselling appointments available:

**Mon-Fri, 9am to 5pm
by contacting The Hub**



silvercloudhealth.com

SilverCloud is a website with courses you can do to improve your mental wellbeing. You can learn new ways to deal with the challenges you're facing. It's designed by clinical experts and supported by the NHS and Scottish Government.

SilverCloud is secure, supportive, free from stigma and flexible so you can do a course at your own pace.

SilverCloud is free, and you'll need an email address to sign up.

SilverCloud. Making Space for Healthy Minds
(silvercloudhealth.com)



**Scan QR Code
to sign up**

Reading for Wellbeing: what is it all about?

'Reading for Wellbeing' can be defined as reading self-help books to help you tackle problems you may be facing at a particular time in your life. It involves reading specific books or e-books which are relevant to your situation.

The Counselling Team has found a list of books and e-books that are available from the University Library that you might find helpful. There are over 20 topics, including anxiety, stress, depression, bereavement, and relationships. Why not have a look at the list to see whether there is a book that might help you?

Reading self-help books could be the first step you take to get support with the issues you are facing. They can help you feel that you are not alone, and that you are not the first or last person likely to face these problems. Click the link below to find books:



**Scan to find the
Wellbeing reading list**





NATIONAL STUDENT MONEY WEEK 2026

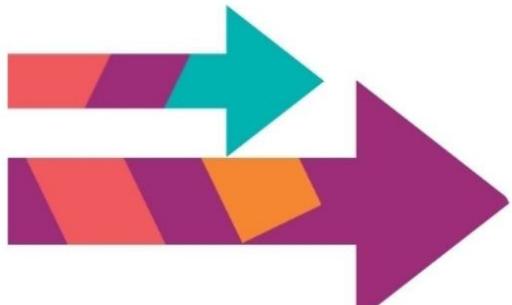
Coming soon - join our Student Money
Week on your campus from week
2nd - 6th March!

Our theme this year is helping you to
become future ready, developing money
life skills that are relevant long past
your studies.

Want to join us, follow us on
Instagram to find out more



@uwsstudentservices





Careers Team Update February 2026



**The UWS Careers Service
Here to support your career development!**



Check out these online resources this month:

[Getting Work Experience](#)

[Volunteer Recognition Award](#)

[UWS Employability Award](#)



What's on?

- **Ethical Careers Week - 16th-20th February - online and on campus events**
- **National Careers Week - 2nd-6th March - online and on campus events**
- **Career Skills Masterclass on Job Searching and Making Applications**

Visit the [Careers Events Calendar](#) to book!

**Log in via the Student App
or at: uws.ac.uk/careers**



Student Services



International Student Support



Need to speak to the International Student Support team?

Drop-in sessions are available in the Student Hub, Paisley Campus

Usually available on a Monday, Tuesday or Wednesday from 12noon – 1pm.

See tinyurl.com/issteve for dates/times of upcoming sessions (sign into your UWS Microsoft 365 account)



No need to pre-book pop along for a chat
Check availability before travelling to campus

Online (Microsoft Teams)

Q & A QUICK APPOINTMENTS

With the International Student Support team for international students with enquiries (eg, immigration, work or travel).

Book online on our dedicated Bookings page:
<https://tinyurl.com/uwsqa>

The Bookings page can be accessed 24/7 and you can select a Q & A appointment on your preferred day (Monday – Friday).

You will be allocated 10-minutes to speak in private to a member of the International Student Support Team.



'Discover Scotland' with the International Student Support Team



Student Services
International Student Support

Stirling Castle

Wed 25 March 2026

UWS Discover Scotland trips are a great way to take a break from your studies, meet other UWS international students and see more of Scotland.



Places are limited - book your ticket today (£18), via the UWS online store - shop.uws.ac.uk

Any questions?
See tinyurl.com/uwsintadv
for information on ways to contact the International Student Support Team.

GRADUATE ROUTE VISA ONLINE INFORMATION SESSIONS 2025



FRI 9 JAN
12PM – 1PM



TUE 3 FEB
12PM – 1PM



WED 4 MAR
12PM – 1PM



Have you completed your studies and are planning to stay on and work in the UK?

Find out if you are eligible to apply for the Graduate route visa and how to prepare for this.

For joining instructions to our online zoom information session, go to <https://tinyurl.com/uwsintevent>
(no booking required)

STUDENT VISA EXTENSION ONLINE INFORMATION SESSIONS 2025



MON 19 JAN
12PM – 1PM



THUR 19 FEB
12PM – 1PM



TUE 17 MAR
12PM – 1PM

Do you have resits and need to stay longer in the UK to complete your course?

Find out if you are eligible to apply for a student visa extension in the UK.

For joining instructions to our online zoom information session, go to <https://tinyurl.com/uwsintevent>
(no booking required)





Visit the International Student Support SharePoint page for comprehensive advice and information including how to contact the team (note that you must sign in to your UWS Microsoft 365 account to access the SharePoint site).

Check out the International Student Support Events page for information on a range of events for new and continuing UWS international students including drop-in sessions on campus, online information sessions and the Discover Scotland day trip to Stirling Castle (booking required, tickets are £18).

Please include QR code for link: Events Would you like the opportunity to stay with a British family and find out more about the Scottish / UK culture and traditions? HOST promotes international friendship and understanding by arranging for international students at UK universities to meet UK residents in their homes. See Host UK to find out more about this exciting opportunity and if you have any questions, see the International Student Support SharePoint page for information on how to contact the team (note that you must sign in to your UWS Microsoft 365 account to access the SharePoint site).



International Student Support Events page



International Student Support SharePoint page



HOST



International Student Support

Alumni Stories

Alumni Band Record EP at UWS Ayr Campus



An indie band made up of University of the West of Scotland (UWS) graduates is getting ready to release their new EP recorded at UWS Ayr Campus studios. KB & The Raskals is a Scottish indie band known for their heartfelt songwriting, energetic performances, and forward-thinking approach to modern music. The band formed in 2023 at UWS and consists of lead singer Katelyn Baxter, bassist Dominic Rafferty, guitarist Robert Lithgow and percussionist Jamie McAtee.

Frontwoman Katelyn said: "We all met while staying in the halls of residence at UWS. Rab, Jamie and I studied on the BA Commercial Music degree before continuing onto the MA Music (Songwriting) course at UWS and our bassist, Dominic, studied BA Filmmaking & Screen Writing.

"Studying at UWS was a defining experience for us, both personally and creatively. It was where I truly found my people and felt comfortable being myself, without pressure to fit into anything else. The sense of belonging gave me the confidence to explore my creativity fully.

"At UWS, I was able to make music, work on albums, and take opportunities that I wouldn't have had otherwise. The environment encouraged collaboration, experimentation, and growth, helping me develop not only as a musician but as a person. My time at UWS shaped my voice, my confidence, and my creative direction." 2025 was a bumper year for the band who played the Whiteout Festival and were invited to play at Sir Chris Hoy's Tour De 4 charity event at the Emirates Arena. The Tour de 4 initiative is all about raising awareness and changing perceptions about Stage 4 Cancer through cycling.

"It was by far our biggest gig yet," said Katelyn. "We were genuinely delighted to be involved in such an incredible opportunity, and all in the name of charity."

Now the band is getting ready to launch their new EP Prologue on the 23 February 2026 with tracks recorded, produced, mixed and mastered at the University's facilities on Ayr campus. "We rehearsed every week in the studios at the university and so it made sense to record our upcoming EP in the university studios too!"

Their first track, Astral Projection, was released in December and will be followed up with their latest single Vinyl on 20 January on all major streaming platforms.

Find out more about the band here: <https://linktr.ee/theraskals>



KB & THE RASKALS EP RELEASE GIG!



+ SPECIAL GUESTS

DAY DRUNK
STUDIO MONKS



OLD HAIRDRESSER'S

FEBRUARY 27TH 2026

Sanitary Products... Are you still paying?

Look out for Daisy!



Where you see a daisy, free sanitary products are stored.

You can find Daisy at the following locations:

Paisley Residences: In the accessible bathroom, block 2, near the laundry room

Ayr Residences: In the laundry room

Why pay when you can get them for free? Pick up what you need, when you need it

uws.ac.uk/FreeisFabulous

Are you looking for ways to get involved in the ResLife community?

Do you enjoy social events?

**Maybe you're doing a course in
Events Management?**

**Or are you looking for something to
boost your CV?**

What does being an Eventeer involve?

Being an Eventeer involves being part of a team that helps to develop the community life in the Residences through events and projects that better the experience of the students living here. It is a flexible role that can be worked around your studies, as much, or as little, as you can. Some of the things you could get involved in include:

- Bringing forward ideas for events or projects that could be put in place in the residences
- Supporting communication and sharing of information between the ResLife team and the residents
- Planning and helping with the setting up of events
- Attending events to assist in the smooth running of the activities
- Assisting in projects to improve the living experience of the residents, such as befriending

Looking for something to enhance your CV?

Being an Eventeer can be used to apply for the Volunteer Recognition Award (VRA). Visit the UWS Careers and Academic Skills web page for more information and VRA registration forms. If you would like to be an Eventeer, send an email to grace.thomson@uws.ac.uk or drop into reception.

Tell us what you think!!!

The Resident magazine is for students, so we want to hear from students on how to make it better

What would you like to see in The Resident?

- Do you have a talent for drawing and would like a residents' art/photo page?
- Do you have a knack for writing and want a student story page or student voice column?
- Do you have an event you want to promote?

If you have any ideas or would like to get involved, let us know. Send an email to accommodation@uws.ac.uk or drop us a message to our UWS ResLife Instagram page [@uwsresidences](https://www.instagram.com/uwsresidences)

We'd love to hear from you!

