Introduction To Welfare And Support

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Discussing:
• Support at Imperial
• Processes
• Our expectations
• Your wellbeing
Dr Thomas Lancaster

MSc Related Roles
PGT Senior Tutor
Department Disability Officer
Project Coordinator
(MSc/ISO/Group Projects)
Academic Integrity Officer
Department Contacts
Senior Tutor (Me)

Overall responsibility for academic and pastoral care of PGT students in the Department

You can always speak to me in confidence

I am based in Huxley Room 305
(but note I share the office, so I may need to book a meeting room to discuss confidential matters)
My Relationship With You

You are a student on postgraduate course, so I intend to treat you as such.
Personal Tutors

Available for advice about your academic progress

The first person to speak to about non-academic issues

At PG level, Personal Tutor meetings are not formally scheduled, but you should meet your Personal Tutor if you need to
# Other Contacts

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>PGT Director Of Studies</td>
<td>Dr Fariba Sadri</td>
<td><a href="mailto:f.sadri@imperial.ac.uk">f.sadri@imperial.ac.uk</a></td>
</tr>
<tr>
<td>MAC/MCSS Coordinator</td>
<td>Dr Timothy Kimber</td>
<td><a href="mailto:timothy.kimber06@imperial.ac.uk">timothy.kimber06@imperial.ac.uk</a></td>
</tr>
<tr>
<td>MCS Coordinator</td>
<td>Dr Fidelis Perkonigg</td>
<td><a href="mailto:f.perkonigg10@imperial.ac.uk">f.perkonigg10@imperial.ac.uk</a></td>
</tr>
<tr>
<td>MSc AI Coordinator</td>
<td>Dr Robert Craven</td>
<td><a href="mailto:robert.craven@imperial.ac.uk">robert.craven@imperial.ac.uk</a></td>
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College Support Services
Disability Advisory Service

“The Disability Advisory Service (DAS) is here for all students, at all levels of study, who have or think they may have a disability. This includes specific learning difficulty (dyslexia, dyspraxia ADD AS etc), long term health conditions as well as mobility and sensory impairments and temporary issues such as broken limbs. Our advisors are able to recommend, and fund, the reasonable adjustments necessary to enable you to study effectively. We operate an ‘no question too small’ policy so do feel free to make an appointment for a chat in order to discuss how we can help.”

Disability Advisory Service
https://www.imperial.ac.uk/disability-advisory-service
Department Disability Officer

Liaison with the Disability Advisory Service
Responsibility for local support arrangements within the Department

(my role alongside Senior Tutor)
Student Counselling Service

Free and confidential service

“The Student Counselling Service provides brief individual counselling, for registered students at the College for any personal issue/s that may be affecting your wellbeing. These might include academic problems, low mood, anxiety, depression, relationship issues, loneliness, bereavement, issues around sexuality, self-esteem or self-harm.”

https://www.imperial.ac.uk/counselling/
Student Hub

Location: Level 3, Sherfield Building

Services: One stop shop:

Accommodation
Tuition Fees
Student Records
International Student Enquiries
Special Examination Arrangements
Exam Results, Official Letters, etc.

http://www.imperial.ac.uk/student-hub/
Centre For Academic English

http://www.imperial.ac.uk/academic-english
Other Support

There is lots of support available in the College.

Please talk to us if you don’t know where to look
Support Mechanisms
Attendance And Absence

We expect you to be in attendance (it is hard to support you if you are absent)
This includes during the summer Project period
Inform the Senior Tutor (by email or telephone) if you are absent for more than two days during term time for any reasons
Provide a medical note if you are absent for more than five working days
Late Submissions

<table>
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<tr>
<th>Time of Late Submission</th>
<th>Mark Awarded</th>
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</thead>
<tbody>
<tr>
<td>Up to 24 hours after the deadline</td>
<td>Capped at pass mark</td>
</tr>
<tr>
<td>More than 24 hours after the deadline</td>
<td>Zero</td>
</tr>
</tbody>
</table>

If you think you are going to miss deadlines, tell the Senior Tutor!
Coursework Extension Requests

Requests for extensions of up to 2 weeks can be approved by your Course Coordinator (subject to appropriate evidence)

See: [https://www.imperial.ac.uk/computing/current-students/student-services/student-welfare/](https://www.imperial.ac.uk/computing/current-students/student-services/student-welfare/)
Mitigating Circumstances

Other requests are considered by the Mitigating Circumstances Panel

(subject to appropriate evidence)

See: https://www.imperial.ac.uk/computing/current-students/student-services/student-welfare/
Extensions and Mitigation

Please put requests in as early as possible
Please continue working on your assessments and submit them if possible
(your request may not be upheld, or you not receive as much additional time as you asked for)
Expectations
Operate With Integrity

Work professionally
Tolerate and respect everyone’s views and beliefs
Use the computer systems for legal purposes
Produce assessed work independently (unless you have agreement to work in a group)
Respect your sources (avoid collusion, plagiarism and other ethical breaches, which can have serious consequences for your future)
Plagiarism Awareness

Mandatory College course on Blackboard

*Ensuring Integrity 1: Plagiarism Awareness (Masters Students) - 2019/2020*

You will receive an email inviting you to take part.
Feedback
We Welcome Feedback

Please let us know if things aren’t working

Formal feedback mechanisms, include Student Representatives and Staff-student Committee
We want you to succeed!

You are joining world leading courses, which are challenging, but also rewarding

There are many opportunities open to you across the College and beyond

Let us know if we can help
Any Questions?
Student wellbeing at Imperial College

Michelle Langan – Student Wellbeing Advisor

m.langan@imperial.ac.uk

Room 454 – Huxley Building
Risk Factors for University Students

- Transition
- Academic Pressures
- LGBTQ
- Drug and Alcohol Use
- Isolation and Loneliness
- Social Pressure
- Cognitive and Physiological Development
What can I do?

- Make connections - for example talk to your peers or teachers, or phone family or old friends
- Participate in community activities - or join a sports club
- Exercise – any exercise counts, as long as you enjoy it and do enough of it.
- Eat a balanced diet
- Take a break/Sleep
- Avoid stimulants such as caffeine, nicotine and alcohol, especially if experiencing anxiety or low mood.
- Experience success and failure ‘I have not failed. I have just found 10,000 ways that won’t work’ – Thomas A. Edison
- Visit your GP
- Maintain a daily routine
- Talk to someone in college about how you are feeling
- Avoid stimulants such as caffeine, nicotine and alcohol, especially if experiencing anxiety or low mood.
What can I help you with?

• Drug and alcohol awareness
• Bereavement and loss
• Exercise and staying active
• Food and healthy living
• Gender and identity
• Mindfulness
• Sleep hygiene
• Anxiety, stress and panic attacks
• Self-harm
• Suicide prevention
• Loneliness and homesickness
When am I available?

- Wednesdays – please email for an appointment
- Thursdays – drop in 10-12 and 2-4pm + appointments
- Fridays – drop in 10-12 and 2-4pm + appointments

m.langan@imperial.ac.uk

Huxley 454