Introduction To Welfare And Support

Dr Thomas Lancaster
PGT Senior Tutor
t.lancaster@imperial.ac.uk

Caroline Gilchrist
Student Wellbeing Advisor
c.gilchrist@imperial.ac.uk
Brief Overview

Discussing:
• Support at Imperial
• Processes
• Our expectations
• Your wellbeing

Welcome!

Please ask questions
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
My Relationship With You

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

- The first person you should speak to for advice about non-academic issues
- Two small group meetings per term
- Individual meetings as you need them
First Personal Tutor Meeting

Today at 10:10
(Tuesday 5 October 2021)

Check your email for details
Some Personal Tutors may have had to rearrange this
If you need to know who your Personal Tutor is, please check on the Teaching Database
### Other Contacts

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PGT Director Of Studies</strong></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><strong>MSc Advanced Computing/Specialisms Year Coordinator</strong></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><strong>MSc Computing Year Coordinators</strong></td>
<td>Dr Fidelis Perkonigg and Dr Josiah Wang</td>
<td><a href="mailto:f.perkonigg10@imperial.ac.uk">f.perkonigg10@imperial.ac.uk</a> and <a href="mailto:josiah.wang@imperial.ac.uk">josiah.wang@imperial.ac.uk</a></td>
</tr>
<tr>
<td><strong>MSc AI Year Coordinator</strong></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
“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)*
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

Working with all Imperial College London academics, researchers and students to achieve effective STEMM communication

http://www.imperial.ac.uk/academic-english
Imperial College Health Centre

- Need to be registered to be seen by them
- Do not need to live in the area
- Offer support for mitigating circumstances etc if resident in the UK

http://www.campusdoctor.co.uk/imperial/
Other Support

There is lots of support available in the College. Please talk to us if you don’t know where to look

- Chaplaincy (multi-faith)
- International Student Support
- Student Support Fund
- Laptop Support Fund
- Imperial College Union Advice Centre
New Students

Postgraduates

Welcome to the Imperial community!
This site is designed to help you prepare for Imperial life.

Things will be different for all of us this year and inevitably, we have had to make some changes to ensure that we can continue to keep our students and staff safe through the pandemic.

But we’re committed to making sure you can still enjoy the best Imperial has to offer. Find out more below.

https://www.imperial.ac.uk/students/new-students/postgraduates/
Self-Support

Wellbeing Ed Board

https://edstem.org/us/courses/14734
Support Mechanisms
Attendance And Absence

We expect you to participate fully during the course.

This includes during the summer Project period.
Late Submissions

<table>
<thead>
<tr>
<th>Time of Late Submission</th>
<th>Mark Awarded</th>
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<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, please act first
Extensions and Mitigation

Extensions and mitigating circumstances

As an MSc student, there may be occasions during your course when you suffer from serious and unforeseen circumstances. We have two processes designed to ensure that you are not disadvantaged as a result.

Short-Term Extension Requests

Requests for extensions of **up to 2 weeks** can be approved by your Year Coordinator

(subject to appropriate evidence or up to 1 week of self-certification)
Mitigating Circumstances

Other requests are considered by the Mitigating Circumstances Panel (subject to appropriate evidence)

Claims are submitted to the chair of the Panel, Dr Tim Kimber

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) 2021/2022
Feedback
We Welcome Feedback

Please let us know if things aren’t working

Formal feedback mechanisms, include the Staff-Student Committee and the Student Rep network
We want you to succeed!
Wellbeing Support
Department of Computing

Caroline Gilchrist – Student Wellbeing Adviser
Overview

- Transition from UG studies
- Health & wellbeing issues
- Risk factors
- Building resilience
- Getting Support
Transition from Undergraduate Studies

- Different university
- Different city
- Different country
- Different academic culture
- Different time frames
- Different expectations: time management, learner autonomy
Health & Wellbeing Issues

- Drug and alcohol use
- Bereavement and loss
- Exercise and staying active
- Food and healthy living
- Gender and identity
- Mindfulness
- Sleep hygiene
- Anxiety, stress and panic attacks
- Self-harm
- Depression and low mood
- Loneliness and homesickness
Mental Health

- In 2015, 78% of students reported experiencing a mental health issue
- Mental health as a continuum
- Support is discreet and confidential
- Support is not only for people who are in crisis

‘Mental health problems don’t define who you are. They are something you experience. You walk in the rain and you feel the rain, but, importantly, YOU ARE NOT THE RAIN’ – Matt Haig
Risk Factors

- Transition
- Academic pressures
- Isolation and loneliness
- Social pressure
- Drug and alcohol use
- Identity issues
Health & Wellbeing

- Register with the GP
- Disclose any pre-existing conditions
- Seek reasonable adjustments
- Discuss concerns
Building Resilience: Five Ways to Wellbeing
Building Resilience

- Avoid seeing crises as insurmountable problems
- Nurture a positive view of yourself
- Keep things in perspective
- Talk to someone
- Maintain a routine
- Take a break/sleep
- Eat a balanced diet
- Avoid stimulants
Support

- Student Wellbeing Adviser - c.gilchrist@imperial.ac.uk
- Student Support Zone - http://www.imperial.ac.uk/student-support-zone
- Student Hub - www.imperial.ac.uk/student-hub
- Imperial Success Guide - www.imperial.ac.uk/students/success-guide/ug
- Imperial College Health Centre – www.imperialcollegehealthcentre.co.uk  All students should be registered with a London based GP throughout their studies
Support (cont.)

- Student Counselling and Mental Health Advice Service - [www.imperial.ac.uk/counselling](http://www.imperial.ac.uk/counselling)
- Disability Advisory Service - [www.imperial.ac.uk/disability-advisory-service](http://www.imperial.ac.uk/disability-advisory-service)
- Chaplaincy - [www.imperial.ac.uk/chaplaincy](http://www.imperial.ac.uk/chaplaincy)
- International Student Support - [www.imperial.ac.uk/study/international-students](http://www.imperial.ac.uk/study/international-students)

DoC website – wellbeing resources