

The gender ratio
tends to **silence**
women and
sometimes gets
too much.

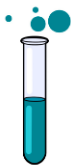
- Asaroyoma,
Engineering

**You belong and
deserve to be at
Imperial.**



Speak up and
engage with
your course

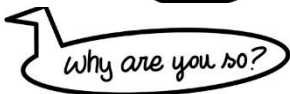
Keep asking all
your questions



Remember
that you
belong in
STEM

Read about Women in STEM
& Imposter Syndrome





Some **words**
can be
suffocating to
a **friend**.

The cycle ends here.

Think about the
words you use -
this campus
welcomes
everyone.

Want to learn more?





NOT fitting in



“I would tell myself
I was having a good
time, but I really
wasn’t.”

- Masika, Medicine





Clubs
Societies
Projects



“Going to my
society made me
feel like I did
belong.”

- Alexa, Biochemistry





“Everyone
is just like me, in a
sense... people are
from all around the
world”

- Rukmini,
Biochemistry



Looking for events to socialise with other students?

Join for film screenings,
karaoke nights, trips
and more at the
**International Students
House!**





“I get more nervous to
ask for help (...)
because **I don't like
to point out that I
can't do it** when the
rest of the group can.”

- Nicole, Mathematics



Recognising and dealing with
imposter syndrome

Feeling...

not good enough?

like you shouldn't even
be here?

not as smart as
everyone else?

like you don't belong?

**You deserve to
be here**

Feelings associated with
imposter syndrome can
have a negative impact on
your **mental health** and
academic performance

Learn how to overcome it



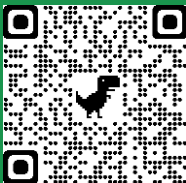
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Take care of your
mental health and
shift your focus
from **perfection** to
progress

You may find
the **Student
Counselling and
Mental Health
Advice Service**
helpful

Scan or click me for the
Kind Mind Series





"Growing up, I've never really had such a **casual experience with alcohol**. I think it is a culture barrier (...) I didn't really feel comfortable doing that when I first came, so I felt like I couldn't really mesh well."

- Felicity,
Biochemistry





Did you know 1 in 5 students choose not to drink alcohol?

Many students admit they feel pressured by university drinking culture.
(NUS, 2018)

If someone doesn't want to drink, respect it.

Let's make university a welcoming place for all!

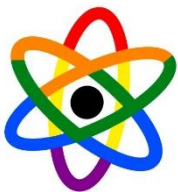
Learn more about drinking culture





“I get anxious as I don't know how they think about **LGBTQ+** people.”

- Aletia, Physics



Your best self is your **authentic** self!



A vibrant rainbow with multiple overlapping bands of red, orange, yellow, green, blue, and purple, arching across the top of the page.

LGBTQ+ scientists,
medics and engineers,
you belong to the
Imperial community!

A vibrant rainbow with multiple overlapping bands of red, orange, yellow, green, blue, and purple, arching across the bottom of the page.

Learn how
Imperial
promotes
diversity



SIDUS team

Hey, all good?

Stressed:/

You can do it!

There are support services! <3

I don't know who to talk to...

There's too much information

Hey, this is what SIDUS is here for

What do u mean?

Some researchers interviewed loads of students and made a handbook

We present support services that students said they found useful!

Cool!!



You receive a lot of information about support services but still do not know where to turn to?

Make the most of

The SIDUS handbook, based on Imperial student interviews, highlights key mental health challenges & services available.

your time at Imperial!

Supporting the Intity
Development of
Underrepresented
Students.



// I don't talk about it-----
with my parents because
it will make them feel-----
guilty // -----

-----// Mental health is a
taboo topic //-----

-----// Everyone is just so
much better – they-----
wouldn't understand //---

----// We don't talk about-
---things like this with my-
-friends... //-----

----// Sometimes I just get
so lost and it's definitely a
culture at Imperial where
you don't admit that
you're lost... //-----

Taking care of
your health is
**NOT a taboo
issue.**



Get in touch
with the
counselling
service





YOUR ACCENT IS PART OF YOUR STORY
EMBRACE IT!

“I feel like I don’t
sound the part to
be at Imperial...”

- David, Biochemistry

“We come from
different backgrouds
and we don't have
much of a shared
experience in terms
of past education, or
language we speak”

- Amandaz, Biology

“Now I can see
that I worked
hard to get here
so I would say
that maybe...

**I do deserve to
be here!”**

- Ella, Physics

Let's talk
about

I M P _ S T E R
S _ N D R _ M E

It can affect anyone, no
matter their success,
ambitions or dreams



Learn
more



Looking for a
working-class
community and
support at
Imperial?



The **Imperial College Working-Class Network** (ICWCN) is here to help you navigate your life at university

Check out their excellent content and find out what they can do for you:



@icworkingclassnetwork



/iclworkingclassnetwork



Want to contribute yourself?
Stand for the ICWCN
Committee in the
**ICU Leadership
Elections**



Learn
more

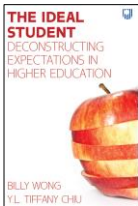


**How would you
describe an
'ideal'
student from
your discipline?**



**“Am I there yet? I
don’t think I am good
enough.”
- Student**

**“The ideal student
is not perfect...
university is about
making progress
and learning from
mistakes”
- Staff**



**“I don't maybe feel
as confident to ask
for help because I
feel like I haven't
done enough
myself”**

- Aabha, Mathematics



You're NOT
expected to come to
university knowing
everything.



“I’ll tell them to swallow their pride... Take your shield down, just open yourself up ...

Go to the student support service if you have issues with your writing.

Go and bother your lecturers if you have questions,

Go to every tutorial and make sure you are there for every session because you will learn something.”

- Foreman, Social Science



Get study
help here





“A lot of other students who **miss out on interaction with all kinds of people because of the language barrier** didn't know about classes from the Centre for Academic English”

- Sarvjot, Mathematics



There is a variety of courses for academic and social contexts available from the Centre for Academic English (CfAE)



Learn
more





"Sometimes there's a stigma around mental health and getting help. I think that really needs to kind of go away as well"

- Lakshani, Biology

There is **counselling and mental health support** available if you're struggling with low mood, anxiety or any mental health issues

Coping with problems alone can be tough - **don't be afraid to ask for help**

Talk to a counsellor or check out the available resources





"I couldn't really go to my parents and ask them,

"Oh, well what do you think of this career path?"

"Because they don't really know what it's like or they can't really offer any advice in terms of how to get onto those careers"

- Heather, Biology

Need help with job applications or finding a career path?

Go to the **Careers Service** for workshops and 1-to-1 appointments

Ask **your departmental society** about career events

Improve your skills and find your path!

Find out about Careers Service here





Sometimes
disabilities are
invisible
but you are not

Don't be afraid to ask for help

You might find the
Disability Advisory
Service (DAS) useful

If you think you
have a Specific Learning
Difficulty or autism,
find out how to get a
screening.



If you're diagnosed,
check what adjustments
you can be offered.



"Another girl in the course who was receiving study mentoring. She had, I think anxiety as well, or depression. And she was like, **It's really helping me. Why don't you check it out?**"

- Eleni, Biology

You are not alone!

Study mentoring
is available to
support you with
mental & physical
health difficulties

Tell your
friends about
this service!

More information
and how to get an
assessment





It seems like everyone else is able to get along with each other since they all have travelled a lot and attended private schools. You know, my school had little to no facilities or clubs, so, when I came to Imperial, **it suddenly felt like everyone else had all this support and all these resources and contacts that I didn't...**

- Meghan, Engineering

Did you know that...

...at Imperial, there are many societies and volunteering opportunities to get involved in. It's a great way to find your community, enjoy a (new) hobby and develop useful skills!

It's never too late to join!

Find out more
about

Societies

Volunteering
& Outreach

