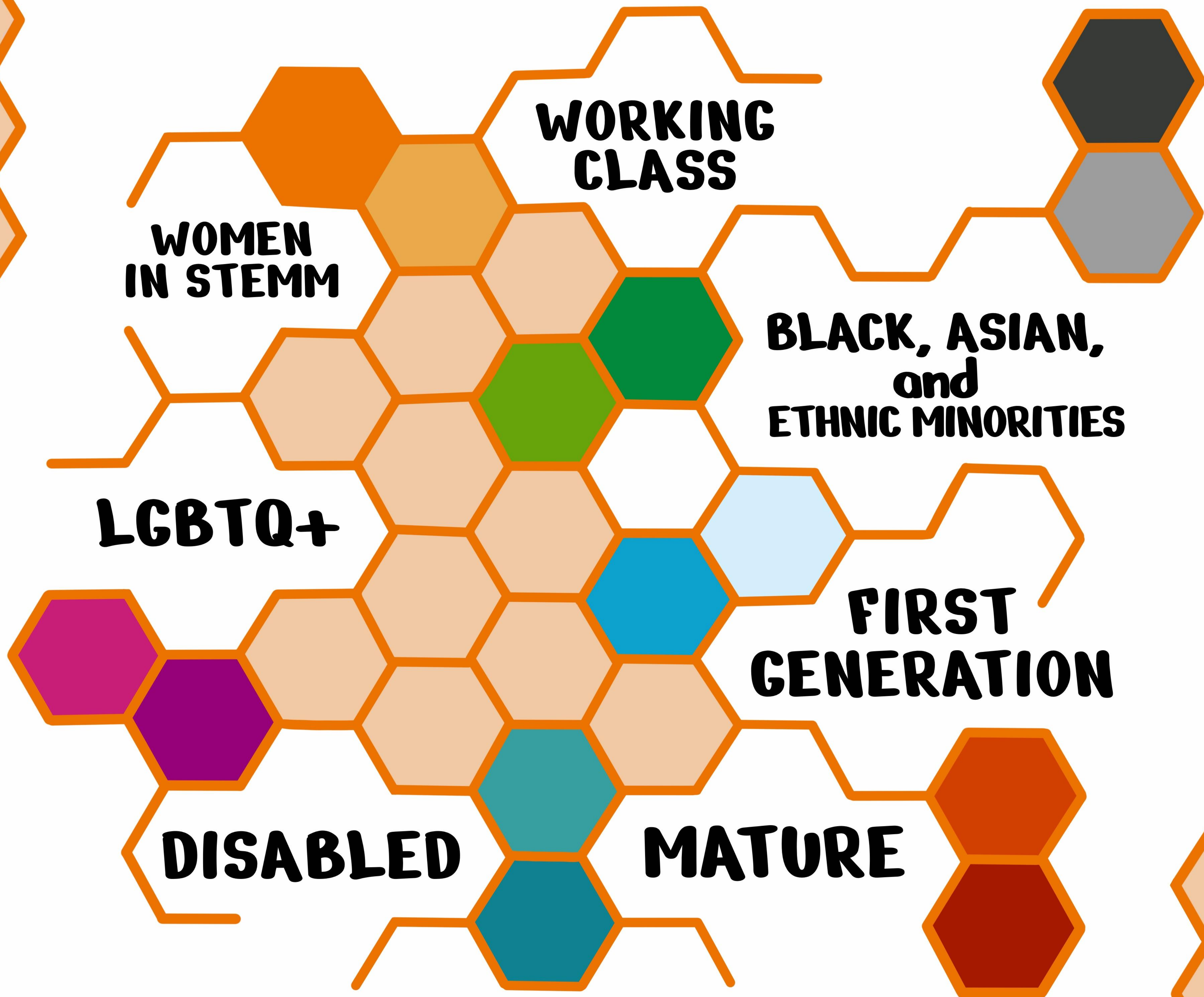
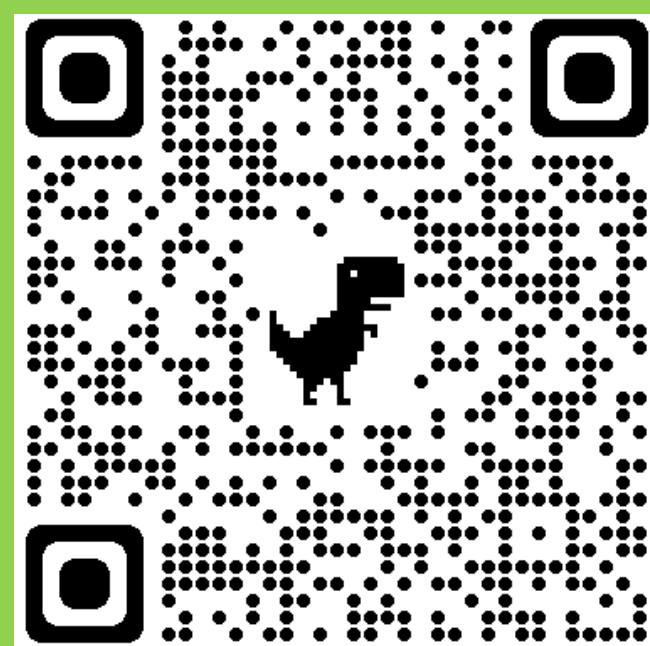
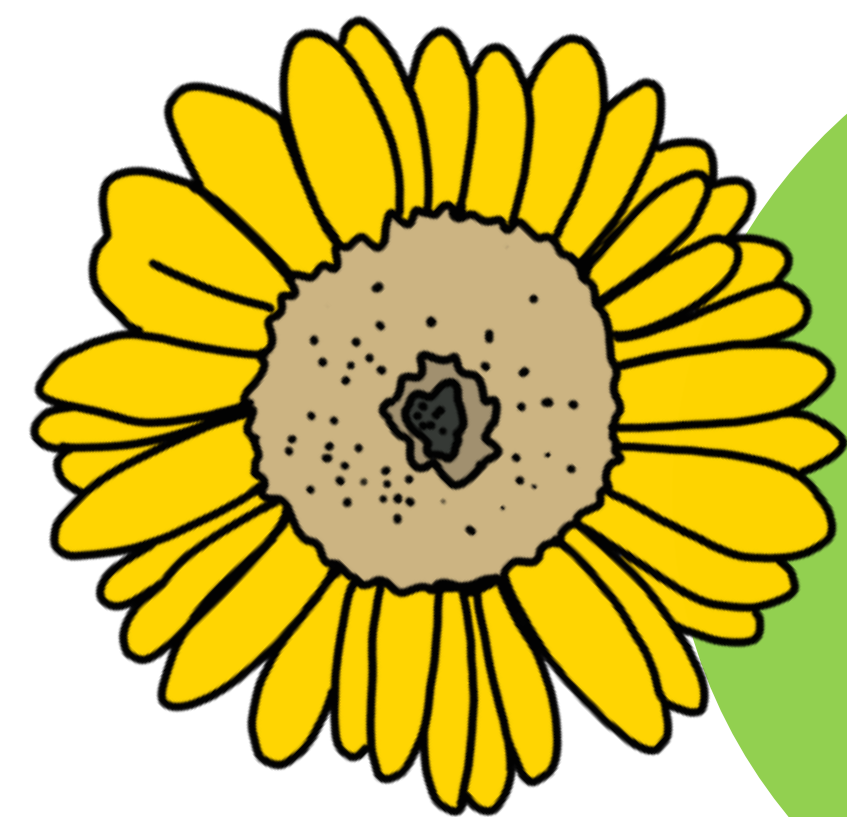




YOUR ACCENT IS PART OF YOUR STORY
EMBRACE IT!



EVERYONE IS WELCOME AT IMPERIAL

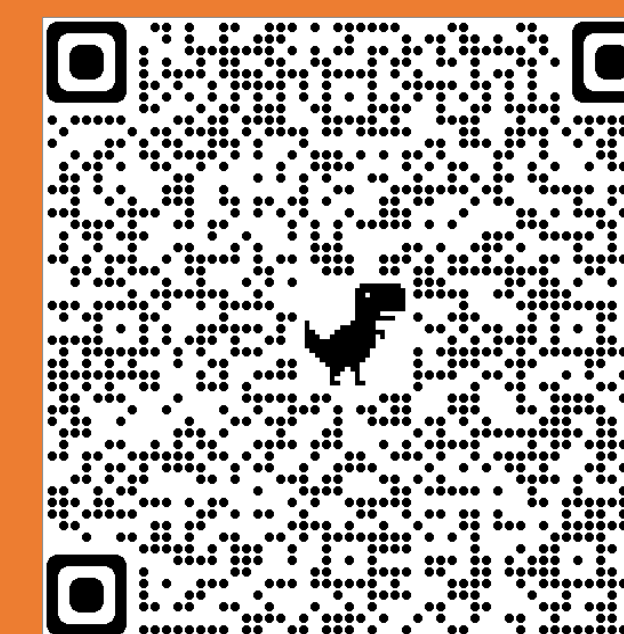


Scan or click the QR code

Disability
Advisory
Service



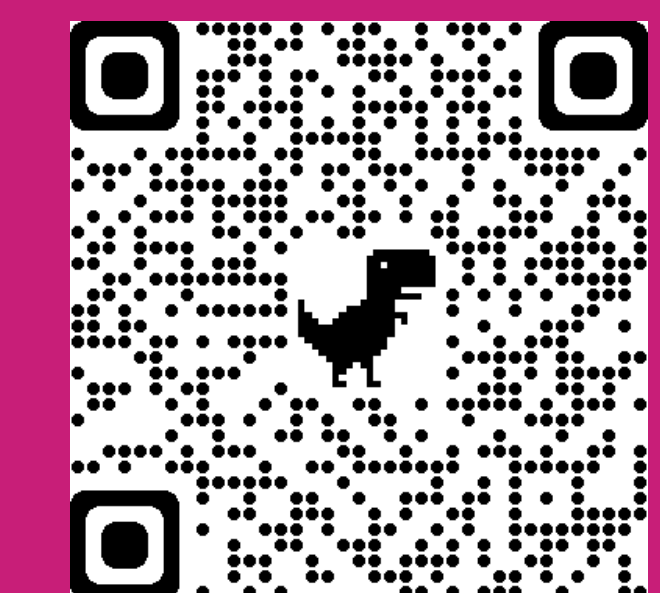
Still confused or
looking for
something else?
**Check out “A
Student’s Guide to
Imperial” for more
information on
available support!**



Scan or click the QR code

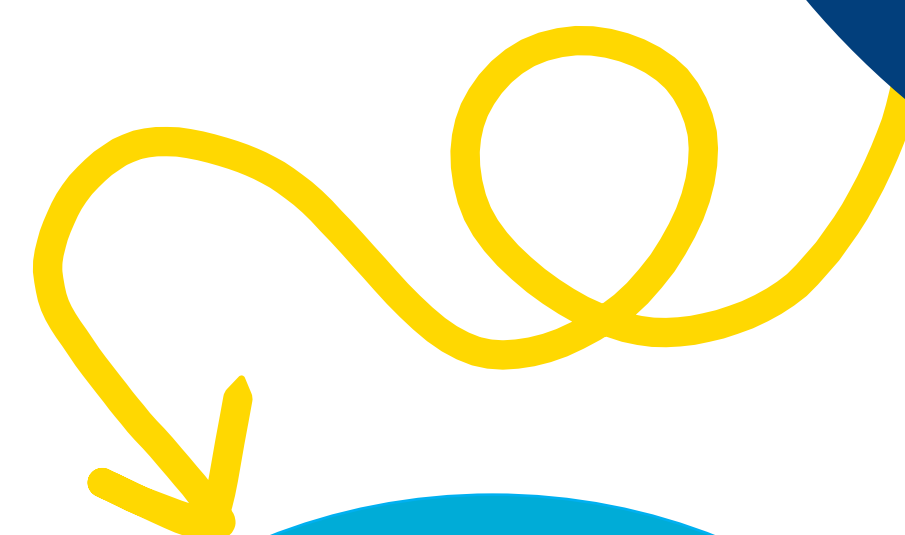
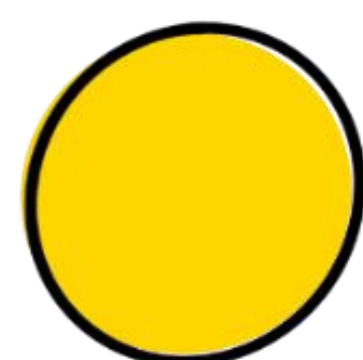


Imperial
College
services are
here for YOU

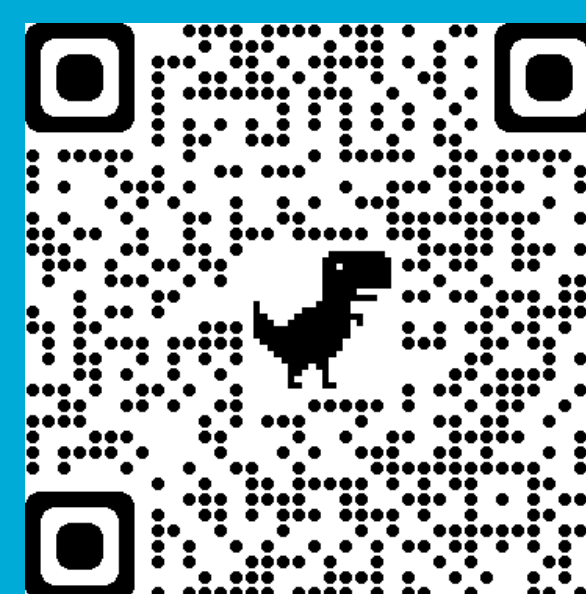


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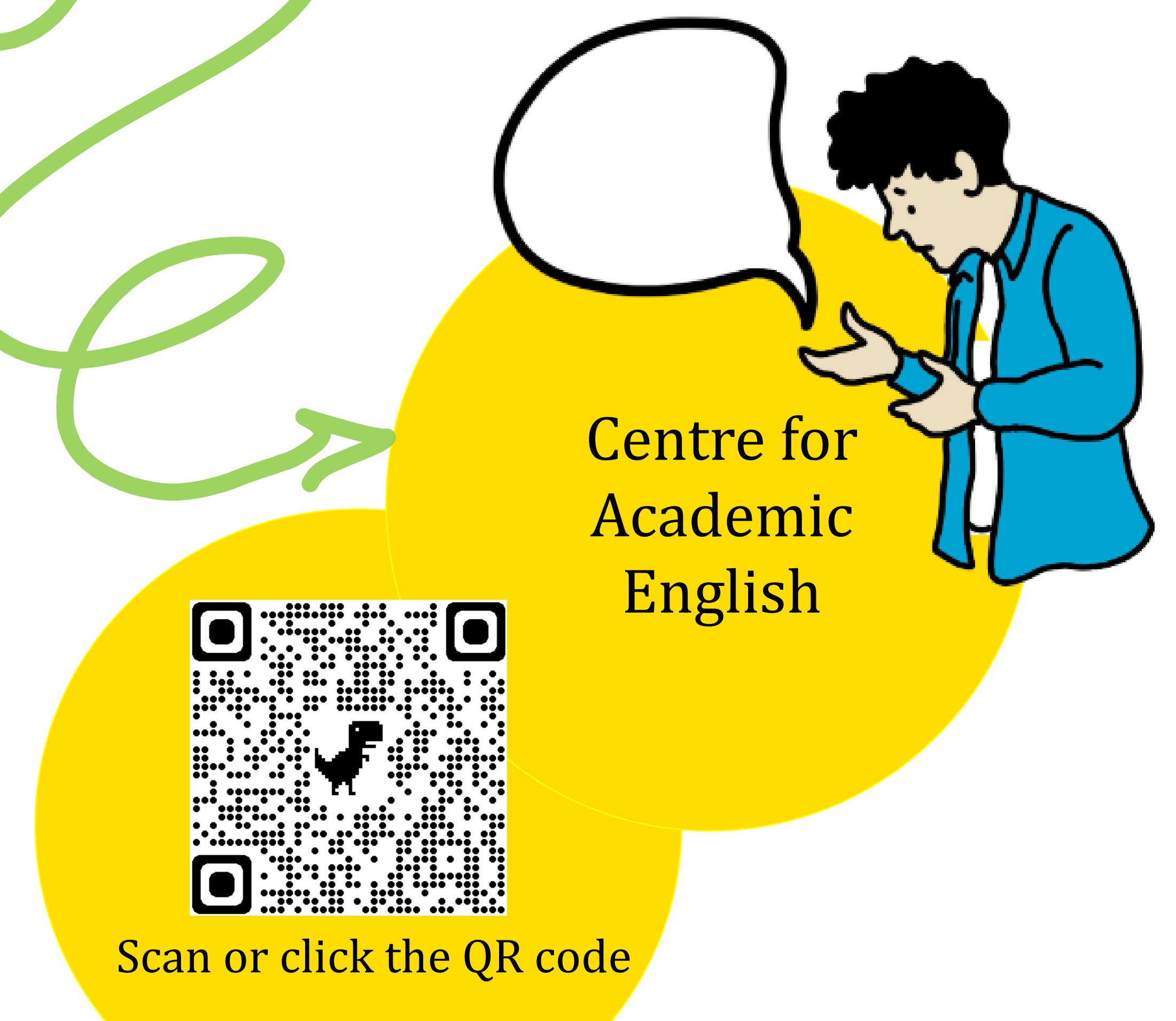
Careers
Service



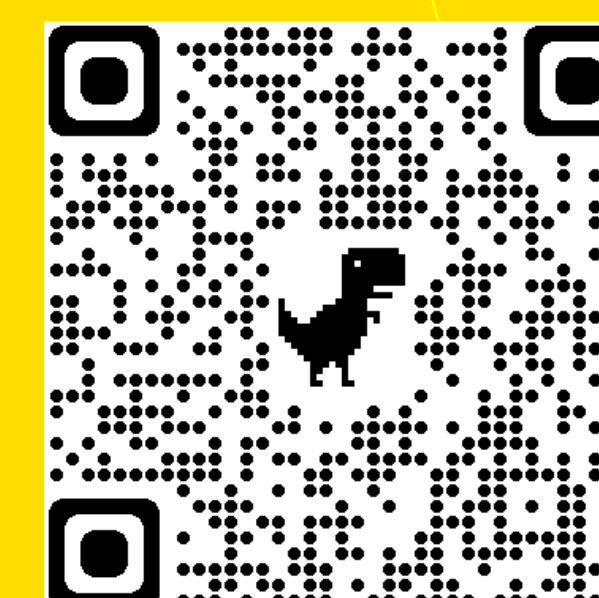
Counselling
and mental
health
support



Scan or click the QR code



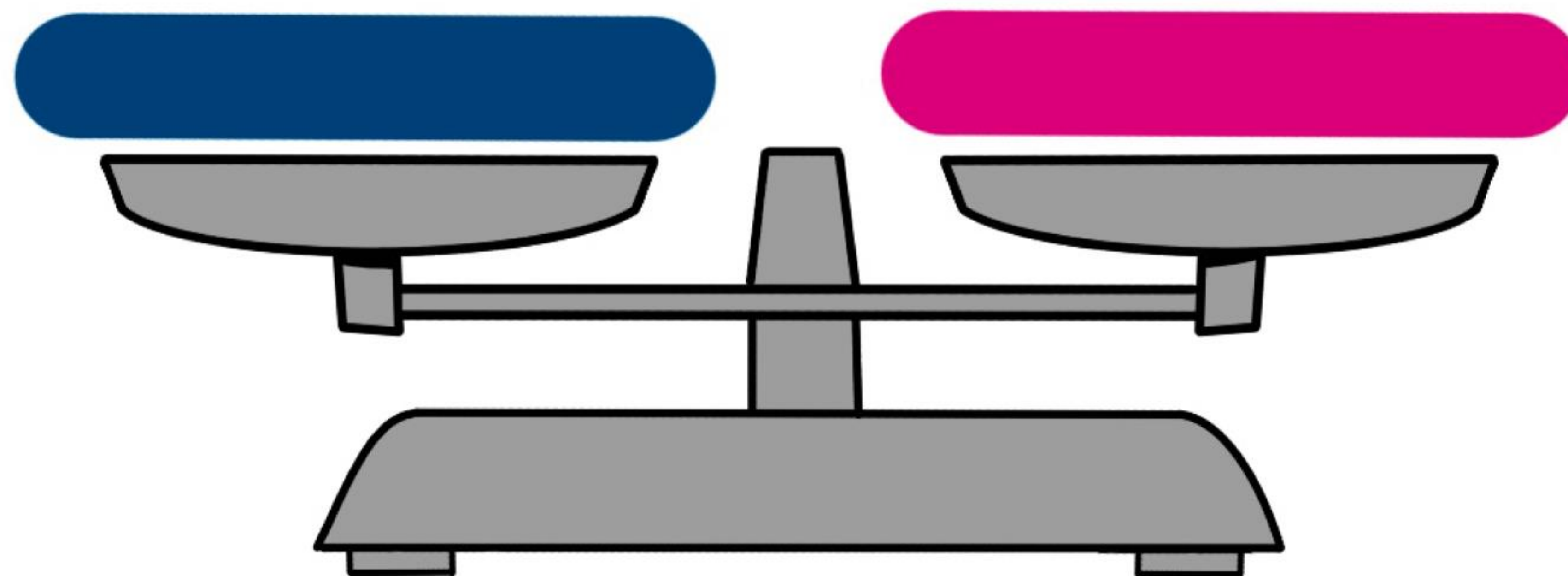
Centre for
Academic
English



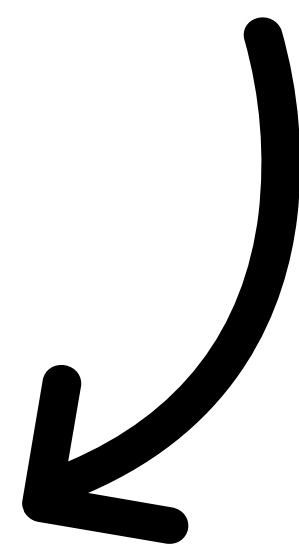
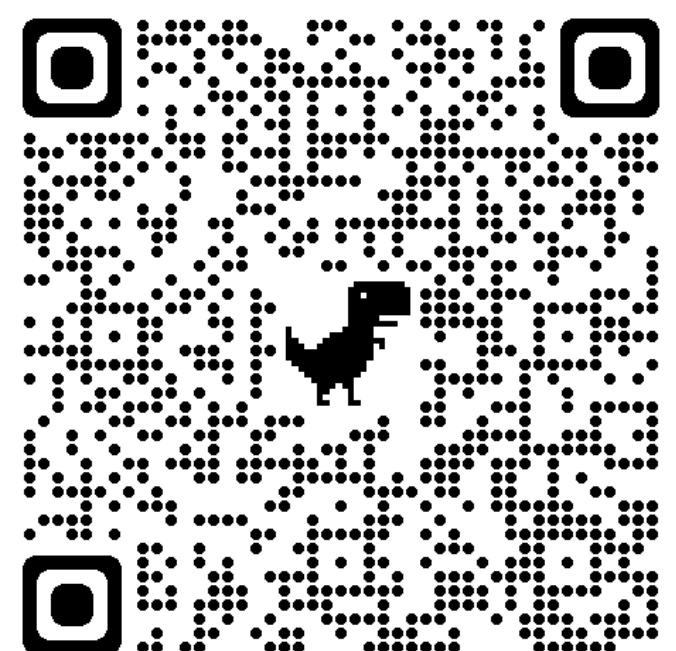
Scan or click the QR code

Do you feel like the gender ratio sometimes
gets **too much**?

Speak up!



Read about
#Women in STEM
& Imposter
Syndrome



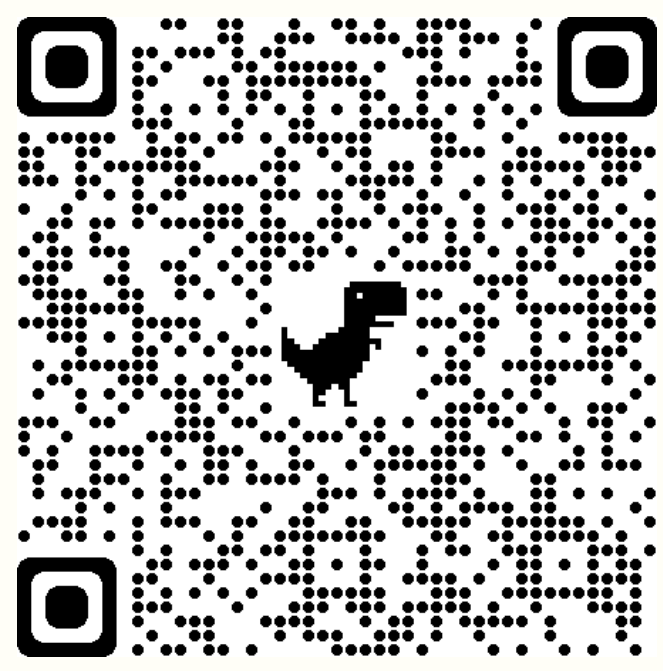
You earned your place,
now **ROCK** your degree!

Own your place in STEMM

I M P _ S T E R

S _ N D R _ M E

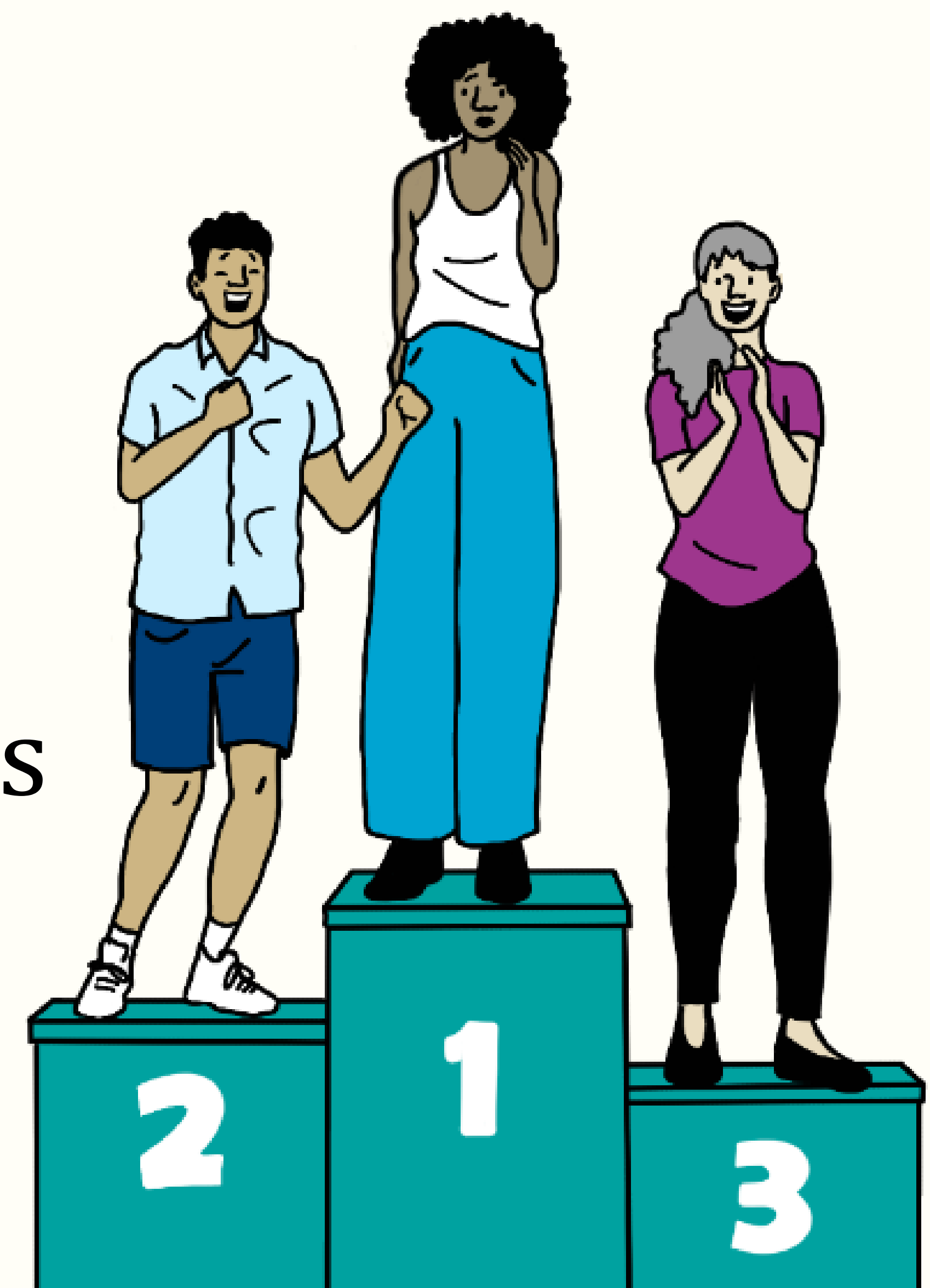
Learn more
about
imposter
syndrome



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

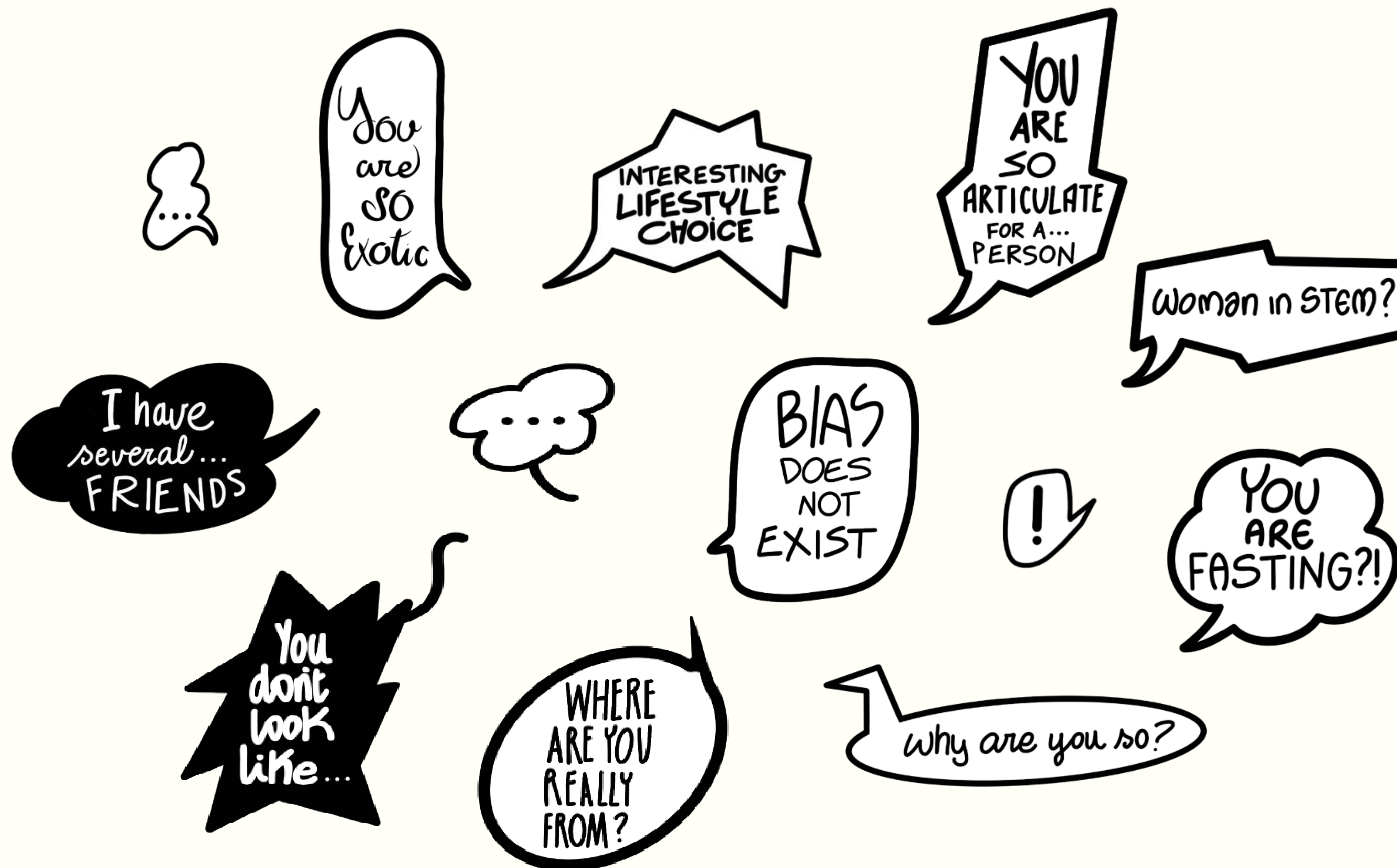
I do deserve to be here!”

- Ella, Physics

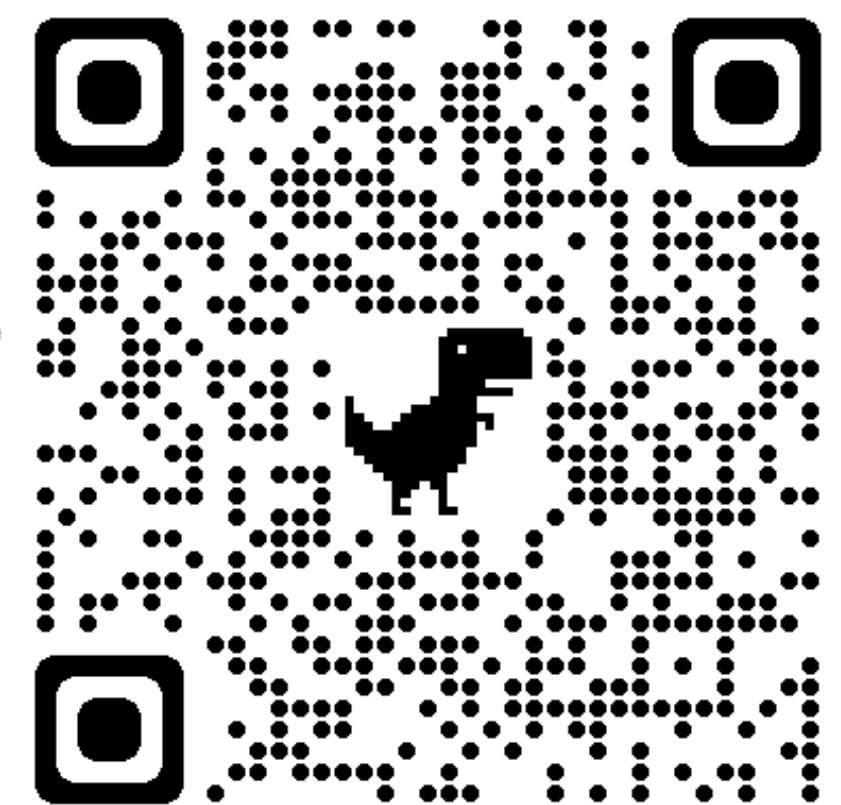


microAGGRESSIONS

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



Read more about
microaggressions
here.



*The amount of
information I am getting
is overwhelming...*

*How is the Union
structured?*

*I am not sure which
College services to turn
to for support.*

*I feel like I don't belong
and sometimes it just
gets a bit too much.*

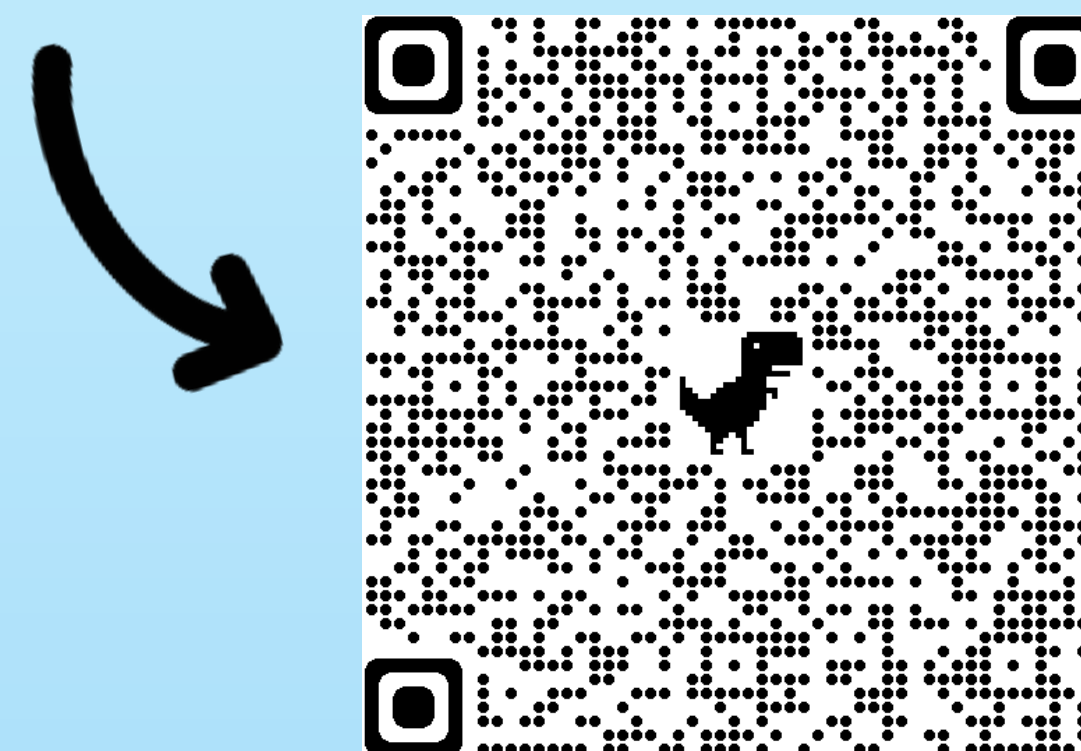
*What are the
Constituent
Unions?*

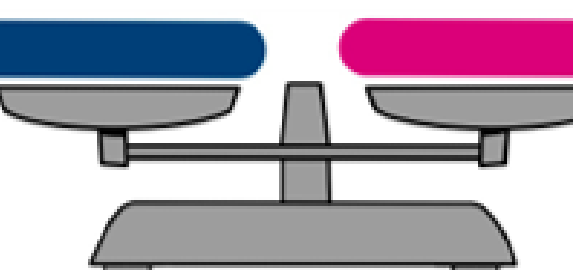
**Make the most of your
time at Imperial!**

**Find answers in
'A Student's
Guide to
Imperial'**

*made by students,
for students*

**Download the
handbook now**





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





Clubs
Societies
Projects

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


- Alexa, Biochemistry



NOT fitting in


"I would tell myself I was having a good time, but I really wasn't."

- Masika, Medicine

"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

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 Identity Development of Underrepresented Students.







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

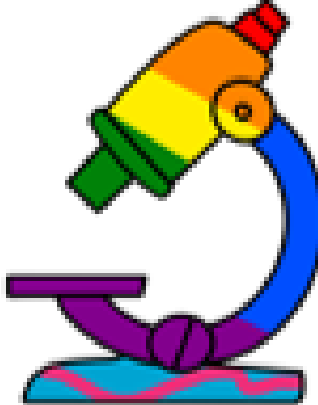
- Aletia, Physics





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

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



Learn how Imperial promotes diversity



HELLO!

How are you?

I am new at Imperial!

VERY EXCITED TO BE STARTING the course


Where are you from?




"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



Have you got all the bookmarks yet? Check out the SIDUS website!

