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
YOU ARE SO ARTICULATE FOR A PERSON

I have several... FRIENDS

WHERE ARE YOU REALLY FROM?

... Why are you so?

INTERESTING LIFESTYLE CHOICE

You are SO EXOTIC

YOU ARE FASTING?!
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?
“I would tell myself I was having a good time, but I really wasn’t.”

- Masika, Medicine
"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
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!
LGBTQ+ scientists, medics and engineers, you belong to the Imperial community!

Learn how Imperial promotes diversity
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.

Supporting the Identity 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. Every accent deserves to be heard!”

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

“We come from different backgrounds 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
ImPERSON
It can affect anyone, no matter their success, ambitions or dreams

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

[Image: Two students walking on campus with the text "STUDENT REP" on the shirt of one student.]

[Logo: SIDUS]
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:

Instagram: icworkingclassnetwork
Facebook: /iclworkingclassnetwork

Want to contribute yourself? Stand for the ICWCN Committee in the ICU Leadership Elections.
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
HELLO!

how are you?

I am now 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)
"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.
If you think you have a Specific Learning Difficulty or autism, find out how to get a screening.

Don't be afraid to ask for help

You might find the Disability Advisory Service (DAS) useful

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