

Get Set for Success 2020!

St Mary's
University
Twickenham
London



Your programme booklet with
everything you need to know





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Introduction

Welcome new students! We're absolutely delighted that you've signed up to Get Set for Success 2020 and we very much look forward to meeting and welcoming you properly soon.

In this booklet, you will find all the information you need to navigate your way around the Get Set week, with everything from day-by-day timetables to extra information on each of the sessions that we are running for you. Have a look through, and if anything is unclear or you would like to ask further questions, you can contact us by email or phone, and we will be more than happy to help you.

getsetforsuccess@stmarys.ac.uk
020 8240 8263

There's a lot of information in this booklet, but just to reassure you, all you really need to do is:

- ▶ **Keep the 14th-18th September free!**
- ▶ **Follow the digital timetable you will be sent the week before Get Set for Success, which will include all of the Zoom links you need**
- ▶ **Remember to use the password `getset2020` to get into all sessions**

What is Get Set for Success?

First established in 2012, Get Set for Success (GSFS) is an annual event held one week before main induction starts*, designed to settle you in a bit with a 'head start' before everyone arrives and things get very busy.**

The week-long programme features a variety of sessions and activities to provide you with key information to help you transition into St Mary's. It will help you to get to know the University and about all the support we can offer you (you will meet a lot of friendly faces across both the academic and non-academic staff team) and it will also give you a chance to meet and get to know each other a little before term starts.

GSFS is offered to a large variety of students from backgrounds where research suggests that pre-arrival programmes such as this one might prove valuable. These categories include: students with academic backgrounds other than A-levels, care leavers, students with disabilities, and students from neighbourhoods where a small proportion of people go to university.

* While the majority of induction activities will start on 21st September this year, some dates do vary from programme to programme, so follow the latest advice from your programme teams.

** Invitation to GSFS is not confirmation of your place to study at St Mary's. Selected offer-holders were invited to GSFS earlier this summer. You will need to meet the conditions of your offer (e.g. achieve the required grades) to attend. If you are unsure, please contact the clearing team at www.stmarys.ac.uk, who will be happy to help.





What are the main aims of Get Set for Success?

- To provide you with **key information** that will be useful to you as a St Mary's student.
- To enhance your overall **confidence** coming to university.
- To make St Mary's more familiar to you, so you know some names and faces before you begin, and have a sense of **belonging** from the outset.
- To support you in **making friends** early on.



When and where is Get Set for Success?

GSFS will run from **Monday 14th-Friday 18th September**. It will be held entirely online this year and will be hosted on the online platform Zoom (more details on Zoom below).

What sort of sessions and activities can I expect?

You will find the full programme of events within this booklet but, broadly speaking, the sessions fall into five categories:

1. Academic

Some of the St Mary's lecturers share quick tips and guidance to help you understand and fulfil the expectations of university-level study and support you in your transition to St Mary's.

2. Balancing university life

You will meet and receive practical advice from Wellbeing, Careers, and other members of our current staff and students. They will share their advice and wisdom with you and will be able to signpost you to further support if needed. You will also have the opportunity to opt into 1-2-1 sessions with key services (for example, disability & dyslexia, financial support, study skills lecturers, employability, etc.) should you wish to.





3. Inspirational speakers

We have a range of great speakers for you that previous students at GSFS have found really inspiring. They will be sharing their stories and engaging with you on everything from how to thrive at university no matter your background, to tackling imposter syndrome, and making the most of your university experience.

4. Social

Meet the Students' Union, clubs and societies, and do quizzes, movie nights, etc., as desired!

5. Team time

One of the most popular elements of GSFS in previous years is the fact that students are put into groups of around 10 and really get to know each other throughout the week, making the whole university experience less daunting overall. We will continue this element this year with the 'Team Huddle' sessions. Here, you will be in small groups with other new students and each team will be led by two current students who will look after you throughout the week.

How does it work?

This year GSFS will take place entirely online on Zoom. You will be sent a digital timetable by email which will include the Zoom links to all the different sessions. You should just be able to click the links, enter the password **getset2020**, and be in!

How do I use Zoom?

If you do not already have Zoom, it is essential that you download it before GSFS week. Zoom is entirely free and safe to use and can be downloaded here: <http://zoom.us>.

Once downloaded, you will be able to use the Zoom links, but you will need a working camera and microphone (integrated in most devices such as laptops, tablets, phones, etc.).

Just remember that the **password** for all GSFS links is **getset2020**.

If by the 11th September you have not received the timetable with the Zoom links, please contact getsetforsuccess@stmarys.ac.uk.

How will I know where to go for the parallel sessions?

There are three types of parallel sessions for GSFS. These are:

- **Team time/Team Huddles**

For these sessions you will be assigned a team number (e.g. you might be Team 1, Team 2, Team 12, etc.). You will be informed by email which team you are in and in the timetable you receive by email it will list the different team links (so if you are told you are Team 4, you would look for the Team 4 link). There will only be one team link per team, which you can re-use throughout the week.

- **Campus life/commuter life**

You will notice that on the first day there is an option to either attend the session on Living on Campus or the session on Commuting to Campus/Living at Home. Depending on whether you will be living in halls or not, you choose which session to click on, so you attend the one that will be most useful to you.

- **Employability workshop/meet your programme team**

On the Tuesday and Thursday we are dividing all students into two groups: Group A and Group B. Half of you in these sessions will meet your lecturers, while the other half will undertake an employability/part-time work workshop. You will be notified by email if you are in Group A or Group B.





In a nutshell: You will be given a number, 1-12, and a letter, either A or B. Your number refers to your team and your letter refers to which order you do the parallel sessions on Tuesday and Thursday.

So, for instance, if you were Team 4 and Group B, you know to click on the Team 4 links for all Team Huddle sessions, and to meet your lecturers on Tuesday and do the Employability workshop on Thursday. If you were Group A, you would do the Employability workshop on Tuesday and meet your lecturers on Thursday – this will make sense when you see the timetable!



Do I have to attend everything?

No. While the programme is designed to be attended in full and we ask that you come to as much as you can so that you get the most out of the week, we appreciate that life is busy and there might be one or two sessions you need to miss.

We also get that a lot of hours on Zoom can be tiring! We would, however, encourage you to attend as much as you can and to prioritise the SU competition Team Huddle times so you're committed to the group work element if possible.

The two evening activities are entirely opt-in as well, so don't feel any pressure to come to these unless you would like to!











The timetable: day by day

Please note: timings vary slightly from day to day, so you need to check your timetable carefully each morning. If you are uncertain, do ask your Student Ambassadors or email getsetforsuccess@stmarys.ac.uk.



Key

	Guest Speakers – star guests sharing their inspirational stories
	Academic – quick tips from academics for a flying start on your course
	Balancing Uni Life – info on wellbeing, careers, and real-life experiences from current staff and students
	Social – meet the Students' Union, clubs and societies, and partake in quizzes and icebreakers
	Team Time – get to know your team and Student Ambassadors. Have a chat and plan your pitch for the SU competition
	Tuesday and Thursday Parallel Sessions – The group splits into two important sessions: Meet Your Programme Team and Employability/Part-time Work. You will receive information on which group you're in for these sessions via email



Wednesday 16th September

Time	Event
10.20-10.30am	Team Huddle – Have a cuppa and say hello!
10.30-11.30am	University Level Study: Expectations and Preparations
11.30-11.40am	Break
11.40am-12.10pm	Inspirational Speaker 3: Rhiannon Adams – Engaging with Rhi
12.10-1pm	Get Involved! Meeting Your Clubs and Societies
1-2pm	Lunch break
2-2.20pm	Icebreaker
2.20-4pm	Option to request a 1:1 chat with key services (5-10 minutes): * Learning Development Lecturers
4-4.30pm	Open Café Team Huddle with your Team Mates and your Student Ambassadors
From 8pm	The Big Student Night In: Quiz with Prizes!

Notes



Thursday 17th September

Time	Event
10.20-10.30am	Team Huddle – Have a cuppa and say hello!
10.30-11am	Inspirational Speaker 4: Kim Salmons – Tackling Imposter Syndrome
11am-12pm	Navigating Your Academic Degree
12-12.10pm	Break
12.10-1pm	5 Ways to Wellbeing: Supporting Your Mental Health at University
1-2pm	Lunchbreak
B: 2-3.30pm A: 2-3pm	Parallel Sessions: pre-assigned by email Group B: Employability and Part-Time Work Opportunities Group A: Meet Your Programme Team!
3.30-4.30pm	Team Huddle – SU Competition: Student Groups Plan your team’s pitch for the SU Contest on Friday
4.30-5pm	Open Café Team Huddle with your Team Mates and your Student Ambassadors

Notes





Friday 18th September

Time	Event
10.20-10.30am	Team Huddle – Have a cuppa and say hello!
10.30-11am	Inspirational Speaker 5: Chelsea McDonagh
11-11.20am	Study Abroad!
11.20am-12pm	'I Wish I'd Known This in My First Year!': Top Tips and Q&A with current students
12-1pm	Lunchbreak
1-2pm	SU Competition Pitches and Prizes
2-4pm	Option to request a 1:1 chat with key services (5-10 minutes): <ul style="list-style-type: none">• Employability (2-4pm)• Study Abroad (2-4pm)
4-4.30pm	Open Café Final Team Huddle with your Team Mates and your Student Ambassadors and an opportunity to exchange contact details.
From 8pm	Movie Night: Netflix Party

Notes



The timetable: the week

Monday 14th-Friday 18th September

Time	Mon 14th	Time	Tues 15th	Time
10.15-10.30am	Welcome! Introduction to the week	10.50-11am	Team Huddle – Have a cuppa and say hello!	10.20-10.30am
10.30-11am	Inspirational Speaker 1: James Hutchens	11-11.10am	Who's Who at University: What You Need to Know	10.30-11.30am
11-11.20am	Team Huddle: Meet Your Team	A: 11.10am-12.40pm B: 11.10am-12.10pm	Parallel Sessions: pre-assigned by email	11.30-11.40am
11.20-11.40am	Icebreaker (JS)		Group A: Employability and Part-Time Work Opportunities	11.40am-12.10pm
11.40am-12pm	Parallel sessions: self-select as appropriate 1. Living on Campus: Q&A with Senior Residents 2. What if I Don't Live on Campus?: Q&A with Commuter Students		Group B: Meet Your Programme Team!	12.10-1pm
12-1pm	Lunch break	A: 12.40-1.30pm B: 12.10-1.30pm	Group A: Lunch break Group B: Lunch break	1-2pm
1-1.30pm	SU Competition Introduction A prize from the SU worth £1000 is up for grabs!	1.30-2pm	Meet Your Union! SABS Q&A	2-2.20pm
1.30-2pm	Get to Know Student Services: Q&A with Members of the Team	2-2.15pm	Advent Advocacy: Awareness Session	2.20-4pm
2-3pm	Option to request a 1:1 chat with key services (5-10 minutes): • Dyslexia and Disability • Student Funding Services	2.15-2.45pm	Team Huddle – SU Competition: student groups Plan your team's pitch for the SU Contest on Friday	
3-3.30pm	Open Café: Team Huddle with your Team Mates and your Student Ambassadors	2.45-3.15pm	What They Don't Tell You about Uni...	
		3.30-4pm	Inspirational Speaker 2: Bianca Williams – The Student Survival Guide to Independent Learning	4-4.30pm
		4-4.30pm	Open Café Team Huddle with your Team Mates and your Student Ambassadors	8-9pm

at a glance

Wed 16th	Time	Thurs 17th	Time	Fri 18th
Team Huddle – Have a cuppa and say hello!	10.20-10.30am	Team Huddle – Have a cuppa and say hello!	10.20-10.30am	Team Huddle – Have a cuppa and say hello!
University Level Study: Expectations and Preparations	10.30-11am	Inspirational Speaker 4: Kim Salmons – Tackling Imposter Syndrome	10.30-11am	Inspirational Speaker 5: Chelsea McDonagh
Break	11am-12pm	Navigating Your Academic Degree	11-11.20am	Study Abroad!
Inspirational Speaker 3: Rhiannon Adams – Engaging with Rhi	12-12.10pm	Break	11.20am-12pm	'I Wish I'd Known This in My First Year!': Top Tips and Q&A with current students
Get Involved! Meeting Your Clubs and Societies	12.10-1pm	5 Ways to Wellbeing: Supporting Your Mental Health at University	12-1pm	Lunchbreak
Lunch break	1-2pm	Lunchbreak	1-2pm	SU Competition Pitches and Prizes
Icebreaker		Parallel Sessions: pre-assigned by email	2-4pm	Option to request a 1:1 chat with key services (5-10 minutes):
Option to request a 1:1 chat with key services (5-10 minutes):	B: 2-3.30pm A: 2-3pm	Group B: Employability and Part-Time Work Opportunities Group A: Meet Your Programme Team		<ul style="list-style-type: none"> • Employability (2-4pm) • Study Abroad (2-4pm)
* Learning Development Lecturers	3.30-4.30pm	Team Huddle – SU Competition: Student Groups Plan your team's pitch for the SU Contest on Friday	4-4.30pm	Open Café Final Team Huddle with your Team Mates and your Student Ambassadors and an opportunity to exchange contact details if you wish
	4.30-5pm	Open Café Team Huddle with your Team Mates and your Student Ambassadors		
Open Café Team Huddle with your Team Mates and your Student Ambassadors				
The Big Student Night In: Quiz with Prizes!			From 8pm	Movie Night: Netflix Party



Our inspirational speakers

Monday Inspirational talk James Hutchens

I am the first of my family to finish secondary school, let alone university, and certainly the first to pursue a career in law. I grew up in a low-income, socially mobile background, meaning that I was in full-time employment throughout my education. Having been state school educated and growing up in a socially mobile household, I understand the financial constraints that pursuing a career in the law can entail.

I am also very aware of the challenge and level of competition that entry into the legal profession poses. Having been a beneficiary of numerous social mobility initiatives, I am keen to offer students as much help/advice as I can to help ensure that people of all backgrounds/upbringings feel they can pursue a career where jobs are awarded on merit and not because of financial/ social advantages.



Tuesday The Student Survival Guide to Independent Learning Bianca Williams

In this session we will explore what is meant by independent learning as well as its importance within university study. We will discuss the challenges of independent learning at university and aim to equip you with the knowledge and tools needed to successfully navigate your way through your studies.

Bianca is an A-Level Psychology teacher in her sixth year of teaching and holds the position of Head of Year 13. Bianca completed her Undergraduate Psychology degree in 2013 and went on to complete her Psychology PGCE at Canterbury Christ Church University. She later attended St Mary's University, where she completed her Masters degree in Leadership, Innovation and Change in Education.

She believes that one of the key missions of education is to cultivate lifelong autonomous learners and, therefore, chose to focus her Masters research project on independent learning within the context of Sixth-form. Bianca aims to develop and promote an effective independent learning programme that encourages student autonomy and better prepares learners for life beyond Sixth-form.





Wednesday Engaging with Rhi! Rhianon Adams

In this session, I will tell you about how to make the most of your university experience based on the different things I did during my time at St Mary's. During the sessions I will cover the many roles I held down and the extra responsibilities I took on. You may think I'm the most confident speaker but, trust me, at the beginning of my university experience this was not the case. Of course nothing happens overnight but with consistency, perseverance and determination the hard work will pay off. I



want those who engage with Rhi to feel motivated and encouraged to step out of your comfort zones and fly into the people you aspire to be. I look forward to interacting with you all very soon.

Thursday Tackling Imposter Syndrome Dr Kim Salmons

Have you ever felt that somehow, someday, someone is going to find you out? Sure, you've made it to uni and you've probably got some exams under your belt, plus the intuition and the get up and go to be here today listening to this talk. Despite all that, you have the odd feeling that you don't really belong and this isn't the right place to be: welcome to the imposter syndrome.



In today's session we are going to learn how to embrace those imposter feelings and develop strategies for using them as a positive motivator to succeed.

Kim Salmons is posing as a Senior Lecturer in the Humanities and wrote a possibly dodgy PhD thesis on Food in the works of Joseph Conrad and Thomas Hardy. She holds titles such as Associate Director and Associate Dean, but one day someone will find out who she really is and it will all be over!

Friday Inspirational Talk Chelsea McDonagh

Chelsea will be discussing her journey from studying a BTEC Sport at Lewisham to MA Education at King's College London and the work she does within policy and as an activist.

Chelsea McDonagh, St Mary's Physical & Sport Education Graduate (2018). MA Education, King's College London (2020). Education Policy and Campaigns Officer at the Traveller Movement. Co-Creator of the KCL's RomBelong Widening Programme. LGBT Traveller Pride. Freelance Writer. Researcher.





More info on the sessions



Team Huddles (throughout the week)

These sessions will be led by the Student Ambassadors. Get to know your team, work on a small competition together with the support of the Student Ambassadors, chat informally, and make friends.

Every morning and afternoon you will meet for a cuppa to check in and experience the virtual café, where there is a chance every day to win an Amazon voucher!



Icebreakers (Monday and Wednesday)

These sessions will be led by one of our most popular lecturers, Dr Jade Salim (Sport Science and Psychology).

- 1. Something in common:** We all have at least one thing in common. This session will help us to identify what that could be.
- 2. One word or image:** Through the use of a word or an image, students will all try to explain something about their lives that is meaningful to them.

Life on campus

Q&A with senior residents (Monday)

A chance for you to hear about living on campus and to ask our Senior Residents (students who live on campus and support fellow students) any questions you may have.

What if I don't live on campus?

Q&A with commuter students (Monday)

A chance for you to hear from various students who live in their family homes or rent with flatmates and commute into campus. They will share their top tips on getting the full university experience and answer any questions you may have.

SU competition (throughout the week)

You will be introduced to this on the Monday and then will get to work on your competition pitch in your teams on Tuesday and Thursday.





Essentially, you will get to design a Students' Union event and the winner will be awarded a £1,000 budget to make it happen (with full support of course from the SU)!

Get to know Student Services Q&A (Monday)

Student Services includes funding advice, disability and dyslexia advice, accommodation options and support with your wellbeing. Please come to the Q&A to find out more and ask any questions you may have.

Who's who at St Mary's: what you need to know (Tuesday)

Led by the brilliant Academic Deans for Student Experience, this short session will introduce you to a resource you can fill in with your Personal Tutor, which will help you to understand who's who at St Mary's and where/who to go to for different questions.

Employability and part-time work opportunities (Tuesday and Thursday)

Meet the hugely dedicated and much-loved Employability Team, who will help you to think about your employability right from the beginning of your university experience and how to get the most out of your three years, in order to help you to get the career you want when you finish. In this workshop you will also meet the right people to help you find part-time work such as working as a Student Ambassador using the CareerConnect jobsite and work placements.

Meet your Union: SABs Q&A (Tuesday)

Play games, get to know your Students' Union, and find out about all the exciting plans they have for this year as well as how each of the student SABs are there to help you during your time at St Mary's.

Independent student advocacy – awareness session (Tuesday)

Advent Advocacy are here to support you! They are a completely free, independent and confidential service and are here to ensure your voice is heard and to support you with different matters surrounding university life. In this awareness session, they will be talking about how they can support you around mental health, meetings, finances, academics, social/cultural issues, complaints and any external matters.

What they don't tell you about university (Tuesday)

One of our very popular lecturers, Dr Michael Hobson (Physical and Sport Education), tells you a little bit about what he's learned studying and teaching at university over the years – and some of the things 'they don't tell you'!

University level study: expectations and preparations (Wednesday)

Led by the dedicated Learning Development Lecturers, who are here to support you with your academic work throughout your time at St Mary's, this session will help to get you ready for your studies in terms of reasonable expectations and how best to prepare.





Get involved!: meeting your clubs and societies (Wednesday)

Play more games, meet a lot of the friendly faces in the societies and sports clubs at St Mary's, and find out more on what's on offer and how to get involved.

The Big Student Night In: quiz with prizes! (Wednesday evening)

Our Student Ambassadors are hosting a fun quiz evening for you – prizes up for grabs!

5 Ways to wellbeing: how to support your mental health (Thursday)

Learn more about St Mary's and 5 ways in which you can support your own and others' mental health and wellbeing at university.

Navigate your academic degree (Thursday)

Start your academic degree with confidence! This session, led by the brilliant lecturer, Dr Elizabeth Farrier-Williams (Business and Marketing), will help you to navigate those key areas of your degree that can be confusing at first, including Moodle and Summons. In addition, it will cover the key glossary terms that you will hear throughout your degree (the words that might not make sense at first!).

After the session, you will be able to locate your online course materials, lecture slides, videos of your lectures, assessment briefs, academic skills, and online books and journals. You will

be able to share your knowledge with your new class peers, and have the confidence to focus on the lecture from the very start.

Study abroad (Friday)

Learn more about opportunities to study abroad during your degree and from students who have done it.

SU competition: pitches and prizes (Friday)

The end of week celebration, where teams present their ideas and the winners are chosen!

Movie Night: Netflix Party (Friday evening)

Here, you can join in a virtual movie night, where you watch at the same time and chat online to each other throughout the film. Our students will be posting a poll on the social media pages during the week, where you can vote for which movie you'd like to watch. They will also be posting the link to the Netflix party on social media, so keep an eye out! (Please note: you need Netflix in order to join this session and will also need to download Netflix Party. Full details will be provided on the social media accounts.)

1-2-1s (throughout the week)

Should there be anything you would like to hear more information on/talk about in a more confidential environment, you may choose to opt in to any of the 1-2-1 sessions in the afternoons. Keep an eye on the timetable for which drop-ins are running on which days.



Engaging with us online

Some of our Student Ambassadors have set up various social media platforms where you can engage with us throughout the Get Set for Success week.



facebook.com/GSFS2020

twitter.com/@gsfs2020

instagram.com/getset4success2020

snapchat: getset4success

You can also find a host of videos that some of our students have made for you at

www.stmarys.ac.uk/get-set

There's further advice to be found there, as well as cooking and fitness challenges for you to partake in and share evidence of on social media if you fancy it!



Useful contacts

Get Set for Success Team

getsetforsuccess@stmarys.ac.uk

020 8240 8263

Specific contacts for student services support

Service	Information	Contact Details
Accommodation Service	Continues to provide a range of advice and guidance on all accommodation matters including: Halls of Residence, Flats, and Lodgings.	accommodation@stmarys.ac.uk
Counselling Service	Provides sessions to students via audio or video Zoom sessions. Referrals for counselling can be made here.	counselling@stmarys.ac.uk
Togetherall	<p>St Mary's students also have free access to an online service called togetherall, which you can create an account with using your SMU email address. Togetherall is an online peer support information hub which is open 24/7 and offers an array of self-guided courses and numerous resources, information and guidance. They have their own article on 'looking after yourself during the coronavirus outbreak'.</p> <p>Togetherall provides online counselling either face to face via skype, instant chat or telephone calls and referrals are made through St Marys University Counselling service on the referrals link above.</p>	<p>www.togetherall.com/en-gb counselling@stmarys.ac.uk</p>
Disability & Dyslexia Service	If you are already receiving support from the team or would like to speak to a Disability Advisor for guidance on a learning difference, physical disability, chronic health condition or mental health condition you can contact the team directly.	wellbeing@stmarys.ac.uk
Mental Health Crisis Concerns	If you are on campus and are experiencing or witnessing a mental health crisis (when you think either yourself or another person are in danger of harm) you can also contact campus Security or, if off campus, the emergency services.	<p>Campus security: 020 8240 4335 Emergency services: 999</p>
Funding Service	The Funding Service team provides guidance on all student finance matters. The service also operates a Hardship Fund.	<p>Studentfundingservice@stmarys.ac.uk</p>







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