



St Mary's
University
Twickenham
London



Get Set for Success 2021

Your programme booklet with everything you need to know





Contents



- 4** Introduction
- 4** What is Get Set for Success?
- 5** What are the main aims of Get Set for Success?
- 5** When and where is Get Set for Success?
- 5** What sort of sessions and activities can I expect?
- 6** How does it work?
- 7** Do I have to attend everything?
- 8** The timetable: day by day
- 12** The timetable: Get Set at a glance
- 14** Our inspirational speakers
- 15** More info on the sessions
- 18** Useful contacts
- 19** Engaging with us online
- 19** A note on COVID-19

Introduction

Welcome new students! We're absolutely delighted that you've signed up to Get Set for Success 2021 and we very much look forward to hosting you over the next few days.

In this booklet, you will find all the information you need including day-by-day timetables and extra information on each of the sessions 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, phone, or in-person (our staff will all have lanyards and our Student Ambassadors will be dressed in bright blue), 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 6th-8th 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 for the online sessions on Monday 6th – remember to use the password `getset2021` to get into all sessions**
- ▶ **VERY IMPORTANT: Show up in person to St Mary's University, Twickenham by 10am on Tuesday 7th September!**

What is Get Set for Success?

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

The three-day 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, students who are first in the family to attend university, 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 20th September this year, some dates do vary from programme to programme, so always 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, know your way around campus, 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 6th-Wednesday 8th September**. In this strange new world since COVID-19, you'll find that a lot of things are a mixture of online and face-to-face – and so it is with Get Set! We hope this hybrid approach will be a good introduction to the blended learning you will likely receive on your course.

Day 1 of Get Set (Monday 6th September) will be held entirely online (more details on Zoom below) and days 2-3 (Tuesday 7th and Wednesday 8th September) will be held entirely in person on our beautiful Twickenham campus. You will stay in one of our University accommodation rooms on the night of Tuesday 7th (unless you prefer otherwise, in which case let us know and we can cancel your free room).



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 small groups and really get to know each other during Get Set, making the whole university experience less daunting overall. These sessions will be called 'Team Huddles' in your timetable and these groups will be led by friendly, current students called Student Ambassadors who will look after you throughout your time with us.

How does it work?

For the online day, Monday 6th, you will need to have your Digital Timetable to hand, which will include the Zoom links to all the different sessions. You should just be able to click the hyperlinked sessions, enter the password **getset2021**, and be in!

For your face-to-face sessions, most activities will take place in the SU Hall, and your Student Ambassadors will be able to take you to any other rooms on campus as required.



How do I use Zoom?

If you do not already have Zoom, it is essential that you download it before GSFS. 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 **getset2021**.

If you have not received the timetable with the Zoom links, please email getsetforsuccess@stmarys.ac.uk or call 020 8240 8263.

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

You will notice there are a few parallel sessions at Get Set this year. These are:

- **Team time/Team Huddles**

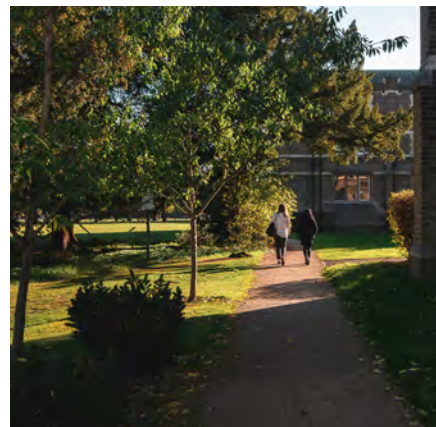
For these sessions you will be assigned to a team. You will be either: Team Blue, Team Red, Team Green or Team Gold. You will be informed by email which team you are in and the digital timetable you receive by email will list the clickable team links (for example, if you are told you are Team Green, you would look for the Team Green link). There will only be one team link per team, which you can re-use throughout Monday. They are not needed for Tuesday and Wednesday as you will meet face-to-face on these days.

- **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 most useful to you.

- **Employability workshop/Reconnecting with St Mary's**

On the second day, you can choose to either attend the Employability and Part-Time Work workshop or the Reconnecting with St Mary's workshop. The former is for



all new students, while the latter is a specific session for any students returning to us from a leave of absence.

- **Movie night/board games**

On the Tuesday evening, following the barbeque, we will be running a movie night for you in G5 and a board games evening in the Commuter Lounge. You are welcome to attend whichever appeals or, indeed, go rogue and do your own thing!

- **Tour de Twicks/Wednesday 1-2-1s**

From 4pm on the Wednesday, our final day, you'll notice that the closing quiz finishes at 4pm and is followed by several options. There is a tour of the local area, or 1-2-1 drop-ins with Student Services, Careers, and Study Abroad. Please feel free to attend whichever session is most useful/appealing to you (or, indeed, to head home if you have an earlier train).

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 Get Set, we appreciate that life is busy and there might be one or two sessions you need to miss. We just ask that, if possible, you let us know by either dropping an email to getsetforsuccess@stmarys.ac.uk or letting one of the Student Ambassadors know which sessions you intend to miss.

We also appreciate that a lot of hours on Zoom on the Monday can be tiring! We encourage you to attend as much as you comfortably can and to prioritise the Q&A sessions as well as your Team Huddle sessions, so you meet your team all together.

The two evening activities on the Tuesday are entirely opt-in as well. 😊

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 & Societies, and take part in quizzes and games
	Team Time – get to know your team and Student Ambassadors

Monday 6th September

Remember: this day is entirely online so you need to use the clickable links in your Digital Programme you will have been sent. (If you do not have this, please email us at getsetforsuccess@stmarys.ac.uk or call us on 020 8240 8263.)

Time	MONDAY 6TH SEPTEMBER	Format
09.50am	Welcome & Introductions	Zoom
10am	Inspirational speaker 1: James Hutchens – Focus on You!	Zoom
10.30am	Tea break	Zoom
10.40am	Team Huddle: Meet Your Team	Zoom
11am	University Level Study: Expectations & Preparations	Zoom
12pm	Parallel sessions (self-select): 1. Living on Campus: Q & A with Senior Residents 2. What if I Don't Live on Campus? Q&A with Commuter Students	Zoom
12.30-1.30pm	LUNCH BREAK	
1.30pm	Meet Your Students' Union – SABs Q&A	Zoom
2pm	Get to Know Student Services: Q&A with the Team	Zoom
2.30pm	Meet Your Programme Team (Part 1) <i>You should have received your individual link for this session with your lecturers. If you cannot find this, please contact getsetforsuccess@stmarys.ac.uk</i>	Zoom
3pm	Tea break	Zoom
3.15pm	I wish I'd known this in my first year: Top Tips & Q&A with current students	Zoom
4-4.30pm	Team Huddle: Virtual Café	Zoom
4-5pm	Drop-in 1-2-1s with the Learning Development Lecturers	Zoom
4.30-5pm	Mature Students Virtual Café	Zoom

Notes

Tuesday 7th September

Please note this day will be entirely face-to-face, held at our beautiful Twickenham campus. Registration takes place outside the Student's Union Hall. We will have Student Ambassadors stationed at different entrances and Strawberry Hill station (the nearest train station) to guide you but, if in doubt, either ask Main Reception or call us on 020 8240 8263.

Time	TUESDAY 7TH SEPTEMBER	Venue
10am	Registration and Welcome	SU Hall
10.30am	What They Don't Tell You About University...	SU Hall
11am	Team Huddle: Icebreaker!	Start at SU Hall
11.30am	Tea break	SU Hall
11.45am	Parallel sessions (self-select): 1. For new students – Employability & Part-Time Work Opportunities 2. For Leave of Absence Students – Reconnecting with St Mary's: Coming Back in the Best Way Possible!	1. SU Hall 2. B13
1pm	LUNCH and finding your rooms	Refectory and accommodation
2.30pm	Get to Know Your Campus: Games & Activities with Jodie	Start at SU Hall
4pm	Get Involved! Speed Dating with SMU Clubs & Societies!	Start at SU Hall
4.40pm	Study Abroad	SU Hall
5pm	BBQ & music	Running Track
6.15pm	Movie Night	G5
6.15pm	Board Games	Commuter Lounge

Notes

Wednesday 8th September

Please note this day will be entirely face-to-face, held at our beautiful Twickenham campus. Registration takes place outside the Student's Union Hall. We will have Student Ambassadors stationed at different entrances and Strawberry Hill station (the nearest train station) to guide you but, if in doubt, either ask Main Reception or call us on 020 8240 8263.

Time	WEDNESDAY 8TH SEPTEMBER	Venue
10am	Team Huddle and Key Return	SU Hall
10.30am	Inspirational speaker 2: Kim Salmons – Tackling Imposter Syndrome	SU Hall
11am	Inspirational speaker 3: Manayka Walia – Turning Demotivation into Motivation: Facing Ignorance, Barriers, and Challenges	SU Hall
11.30am	Navigating your Academic Degree	SU Hall
12.20pm	Tea break	SU Hall
12.30pm	5 Ways to Wellbeing and Discover St Mary's Outdoors!: Supporting Your Mental Health at University	SU Hall & campus castle
1.30pm	LUNCH	Refectory
2.30pm	Meet Your Programme Team: Tea & Cake (Part 2)	SU Hall
3pm	Closing Quiz and Prizes	SU Hall
4-5pm	Tour de Twicks: Walking tour of Twickenham	Start outside the Students' Union
4-5pm	Drop-in 1-2-1s with Student Services	Student Services (J Building, second floor)
4-5pm	Drop-in 1-2-1s with Employability	Library Student Hub
4-5pm	Drop-in 1-2-1s with Study Abroad	UK & International Recruitment, J118

Notes

The timetable: Get Set at a glance

Monday 6th-Friday 8th September

Time	MONDAY 6TH SEPTEMBER	Format
09.50am	Welcome & Introductions	Zoom
10am	Inspirational speaker 1: James Hutchens – Focus on You!	Zoom
10.30am	Tea break	Zoom
10.40am	Team Huddle: Meet Your Team	Zoom
11am	University Level Study: Expectations & Preparations	Zoom
12pm	Parallel sessions (self-select): 1. Living on Campus: Q & A with Senior Residents 2. What if I Don't Live on Campus? Q&A with Commuter Students	Zoom
12.30-1.30pm	LUNCH BREAK	N/A
1.30pm	Meet Your Students' Union – SABs Q&A	Zoom
2pm	Get to Know Student Services: Q&A with the Team	Zoom
2.30pm	Meet Your Programme Team (Part 1) <i>You should have received your individual link for this session with your lecturers. If you cannot find this, please contact getsetforsuccess@stmarys.ac.uk</i>	Zoom
3pm	Tea break	Zoom
3.15pm	I wish I'd known this in my first year: Top Tips & Q&A with current students	Zoom
4-4.30pm	Team Huddle: Virtual Café	Zoom
4-5pm	Drop-in 1-2-1s with the Learning Development Lecturers	Zoom
4.30-5pm	Mature Students Virtual Café	Zoom

Time	TUESDAY 7TH SEPTEMBER	Venue
10am	Registration and Welcome	SU Hall
10.30am	What They Don't Tell You About University...	SU Hall
11am	Team Huddle: Icebreaker!	Start at SU Hall
11.30am	Tea break	SU Hall
11.45am	Parallel sessions (self-select): 1. For new students –Employability & Part-Time Work Opportunities 2. For Leave of Absence Students – Reconnecting with St Mary's: Coming Back in the Best Way Possible!	1. SU Hall 2. B13
1pm	LUNCH and Finding your bedrooms	Refectory and accommodation
2.30pm	Get to Know Your Campus Games & Activities with Jodie	Start at SU Hall
4pm	Get Involved! Speed Dating with SMU Clubs & Societies!	Start at SU Hall
4.40pm	Study Abroad	SU Hall
5pm	BBQ & music	Running Track
6.15pm	Movie Night	G5
6.15pm	Board Games	Commuter Lounge

Time	WEDNESDAY 8TH SEPTEMBER	Venue
10am	Team Huddle and Key Return	SU Hall
10.30am	Inspirational speaker 2: Kim Salmons – Tackling Imposter Syndrome	SU Hall
11am	Inspirational speaker 3: Manayka Walia – Turning Demotivation into Motivation: Facing Ignorance, Barriers, and Challenges	SU Hall
11.30am	Navigating your Academic Degree	SU Hall
12.20pm	Tea break	SU Hall
12.30pm	5 Ways to Wellbeing & Discover St Mary's Outdoors!: Supporting Your Mental Health at University	SU Hall & campus castle
1.30pm	LUNCH	Refectory
2.30pm	Meet Your Programme Team: Tea & Cake (Part 2)	SU Hall
3pm	Closing Quiz & Prizes	SU Hall
4-5pm	Tour de Twicks: Walking tour of Twickenham	Start outside the Students' Union
4-5pm	Drop-in 1-2-1s with Student Services	Student Services (J Building)
4-5pm	Drop-in 1-2-1s with Employability	Library Student Hub
4-5pm	Drop-in 1-2-1s with Study Abroad	UK & International Recruitment, J118

Our inspirational speakers



MONDAY *Focus on You* **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.



WEDNESDAY *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!



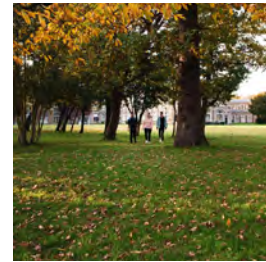
WEDNESDAY *Turning Demotivation into Motivation: Facing Ignorance, Barriers, and Challenges* **Manayka Walia**

I am a South Asian female going into my third year at St Mary's as a Sports Science student.

I grew up where I was exposed to a lot of ignorance and misogyny; I faced difficulties that I didn't necessarily realise at the time, however, I am now aware of the times when things could have been different.

Being the eldest in my family, I chose to make sure my sisters don't face the barriers and challenges that I needed to, in order to achieve their dreams. In doing so, I am now on the path to achieving my own dreams.

More info on the sessions



Team Huddles (throughout Get Set)

These sessions will be led by our friendly Student Ambassadors. Get to know your team, meet other new students and make friends. You will meet in your teams every day of Get Set to chat, share free food and snacks, and play games. There will also be several opportunities to win vouchers and prizes!

1-2-1s (throughout Get Set)

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.

Meet Your Programme Teams (Monday and Wednesday)

You will have two opportunities to meet with lecturers from your course: once online on the Monday and once face-to-face, with tea and cake, on the Wednesday. This is a chance to chat informally, get to know your teachers, and ask any questions you might have.

Mature Students' Virtual Café (Monday)

This session is for new mature students (+21) starting at St Mary's. Led by one of our lovely mature students, Jules, she will tell you about what it's like being a mature student and have a chat with any mature students who want to join over a virtual cuppa. Bring along your beverage and snack of choice!

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 to campus. They will share their top tips on getting the full university experience and answer any questions you may have.



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.

Meet Your Students' Union: SABs Q&A (Monday)

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.

University Level Study: Expectations and Preparations (Monday)

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.

For all new students: Employability and Part-Time Work Opportunities (Tuesday)

Meet the hugely dedicated 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 and 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.

For Leave of Absence Students: Reconnecting with St Mary's: Coming Back in the Best Way Possible! (Tuesday)

This session will enable you to address any questions or concerns you may have about your return, learn about any changes you might need to know about and reconnect with some of the key people or services that could enable you to complete your degree effectively.

Get to Know Your Campus: Games and Activities with Jodie (Tuesday)

At Sport St Mary's, there are a number of things students can get involved with, including the gym, sports teams, leisure jobs, sports coaching, volunteering, and football coach development, etc. To familiarise you with some of the opportunities you can get involved in, Jodie will be leading some fun activities to help you get to know your campus and each other. In your teams, take part in a treasure hunt and a sports day like no other (for example, wheelchair basketball, blind football, beer pong, flip cup – no alcohol included!).

These activities are inclusive to everyone, whether you like sports or not, and will be a great way to have fun with other students.

What They Don't Tell You About University (Tuesday)

One of our great lecturers, Dr Michael Hobson, 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'!

Get involved: Meeting Your Clubs and Societies (Tuesday)

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.

5 Ways to Wellbeing and Discover St Mary's Outdoors! Supporting your Mental Health at University (Wednesday)

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

This session will include an introduction to some of the beautiful outdoor spaces at St Mary's, incorporating a taster session in Forest Bathing and Nature immersion in the grounds of the stunning castle on campus, Strawberry Hill House. Not to be missed!

Navigate Your Academic Degree (Wednesday)

Start your academic degree with confidence! This session, led by the brilliant lecturer, Dr Jade Salim, 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 (Tuesday)

Learn more about opportunities to study abroad during your degree and from students who have done it – including information on funding to cover it!

BBQ, Movie Night, and Board Games (Tuesday evening)

We're hosting a free barbeque for you guys, our Student Ambassadors, and the reps from the SU Clubs & Societies. Enjoy the delicious free food and music from your Students' Union. Then you can head to a movie night, or to play some board games on campus for the evening – whatever takes your fancy!

Closing Quiz and Tour de Twicks (Wednesday)

Our closing quiz will be a chance for us to celebrate **you** and will be an opportunity for you to win lots of prizes!

The Tour de Twicks is a walking tour of Twickenham led by our SABs and Student Ambassadors. Discover beautiful gardens, the river, and hear from our students what there is to do nearby.

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	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'.	www.togetherall.com/en-gb counselling@stmarys.ac.uk
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 come to Student Services in working hours, or contact campus Security or, if off campus, the emergency services at all times.	Campus security: 020 8240 4335 Emergency services: 999
Funding Service	The Funding Service team provides guidance on all student finance matters. The service also operates a Hardship Fund.	Studentfundingservice@stmarys.ac.uk
Student Life Service	Sometimes it just good to talk and chat through something that's troubling you. If you need some support but you are not sure where to start then contact our Student Life Assistant Manager who is always ready to listen, support and point you in the right direction to make sure you find the right support for you.	studentlife@stmarys.ac.uk

Engaging with us online

There are various social media platforms where you can engage with us throughout Get Set for Success.



Facebook/St Mary's University Get Set for Success 2021
Instagram/@stmarysuniversitygsfs2021

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!

A note on COVID-19

We are asking all Get Set students and Student Ambassadors to complete a lateral flow test the weekend before arriving and to send in a photograph of your results to getsetforsuccess@stmarys.ac.uk by midday on Monday 6th September.

If you test positive, or have any symptoms of COVID-19 (headache, loss of taste, new cough, etc.) we will ask that you let us know immediately and that you do not attend the campus days (you will still be able to attend online on the Monday).

We also provide free lateral flow testing on campus during your time with us for anyone who is worried. Just get in touch if you would like to be directed to our testing centre and if, for any reason, you feel unwell, please let us know immediately.



Write to us

St Mary's University
Waldegrave Road
Twickenham
London
TW1 4SX



Call us

T +44 (0)20 8240 8263
T +44 (0) 20 8240 4000
F +44 (0) 20 8240 4255



Find us online

getsetforsuccess@stmarys.ac.uk
www.stmarys.ac.uk

