



# St Mary's University Student Newsletter



March 2022

## Hello Simmie,

In this week's student newsletter, we've provided information about how students can report incidents of violence and discriminatory behaviour, the SAHPS employer fair on 24 March, an update on our EDI activities - including the upcoming [REC survey](#), which opens on 28 March, information on Varsity, and lots more!

Previous editions of the student newsletter are available [here](#).

## Final year undergraduates...



The National Student Survey (NSS) is open until 30 April. It's your chance to tell us what you think of your course and help us improve the experience of future students. We'd love to hear from you!

By completing the survey you'll automatically be entered into a prize draw to win 1 of 4 £100 Love2Shop vouchers.

**[Complete the survey today!](#)**

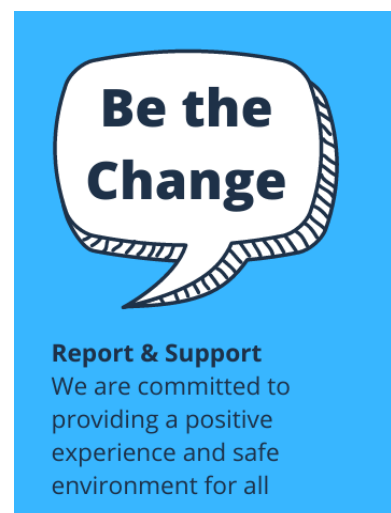
## Be the Change

Ending all types of violence and discriminatory behaviour in our St Mary's community. Have you experienced, seen, or been told about an incident of:

- Bullying
- Harassment
- Sexual Misconduct
- Hate Crime/Incident
- Something similar to the above

Visit our Report and Support website pages to find out how you can make reports to the university and access support. Be part of making St Mary's a safe environment for all students, staff, and visitors.

**[Find out more here.](#)**



# It's back #Varsity2022



Join the SU for this year's varsity event taking place at Brunel University.

For the first time since 2019, we are finally bringing back a live West London Varsity event, and this year is going to be bigger and better. Come and support your favourite teams playing the sports they love.

From cheerleading to Rugby, this event is an opportunity for you to come and decide who the best teams are. For regular updates follow: [@stmaryssu](https://twitter.com/stmaryssu)

[Find out more here.](#)

## Academic skills Time Management Top Tips



**Identify the goal**



**Create a schedule**



**Make time for yourself**



**Eliminate distractions**



**Look ahead at tomorrow's schedule**

Time Management Tips to help you organise your time to reach your goals:

- Identify the goal you want to achieve (e.g. assignment deadline)
- Plan the steps and sequence needed to achieve the goal:
  - Researching
  - Reading
  - Writing
  - Editing x5
  - Proofreading
- How long will it take to complete each step - create a timetable to help achieve your goal
- Work backward from assignment deadline
- Aim to finish your work 5 days prior to hand in, to allow time to edit and proofread
- Schedule free time into your timetable – take regular breaks and make time to do things you enjoy
- Eliminate distractions to allow you to focus on the task (e.g. switch of phone or email notifications)
- At the end of each day check tomorrow's schedule so you know what to expect

For more advice and support to help you get the best from your studies, we run a weekly study skills hub every Wednesday from 3pm – 4pm via Zoom.

[Further information is available here.](#)

## Meet a future employer

Join us on Thursday 24th March in the SU Lounge from 12pm – 2pm for the Sport, Allied Health, and Performance Science (SAHPS) Fair.

Open to all students, our careers fair will give you the chance to network with local and national employers from a wide range of businesses.

It's a chance for you to explore opportunities to enhance your career, discuss graduate roles and placements, learn more about companies' recruitment processes and check that you're developing the right work-related skills.

[Find out about other St Mary's career fairs here](#)

### SAHPS Fair

Confirmed employers



## Student EDI Activities Update



If you travel to St Mary's our Commuter Lounge is a great space in the middle of campus, with kitchen facilities, lockers, and a comfy seating area. If you have any comments about this lovely space or any suggestions about how we could make it even better, please email [wideningparticipation@stmarys.ac.uk](mailto:wideningparticipation@stmarys.ac.uk). Read more about our new baby feeding room, accessible toilets, and gender-neutral toilets in the link below.

As our [Race Equality Charter](#) work gathers pace, please join the next of our students-only [Conversations about Race](#) to find out more. As part of our first REC Bronze Award Submission, we are running staff and student surveys to gain a full picture of the current state of race equality at St Mary's. [Watch our short video](#) for more details.

Believe it or not, spring is nearly here. For many, the start of spring is signified by cultural and religious holidays. In many faith calendars, this week is one for celebration - Purim, Holi, St Patrick's, Night of Forgiveness, and the [Persian New year!](#)

[To read the full EDI update click here.](#)

## Inclusiveness at St Mary's

St Mary's is committed to creating a fair and inclusive culture for all our staff and students. Our values and the behaviours they support underpin our University culture. Recently, the LGBTQ+ Staff Network had some of its posters removed from walls across campus. We're asking our staff and student community to continue to put our values at the heart of what you do and thereby ensure that our community is a Respectful and Inclusive environment for all.





St. Mary's Student Psychological society and Catholic society joined forces to fundraise for the Ukraine effort. All funds raised will be donated to the Disaster Emergency Committee (DEC). The DEC brings together 15 leading UK aid charities to help to raise funds quickly during times of crisis. The Government stated that every £1 donated by the UK public would be matched by the UK government, meaning £1300 will be donated. Thank you to everyone who donated for your generosity.

## Key dates for your diary



**March 2022** (Click the links for event details)

- 21 - [Conversations about Race at 1:30pm](#)
- 23 - [Study Skills Hub 3pm via Zoom](#)
- 24 - SAHPS Career Fair 12 - 2pm in SU Lounge
- 28 - [REC Survey opens to all students](#)
- 30 - [Varsity @Brunel Uni](#)
- 30 - Postgraduate open day at 5pm

**Some BUCS Sports Fixtures - played every Wednesday**  
23 March

- Football (Men & Women) on Ted Lock Football Pitches @ 14:00  
Lacrosse (Women) On Ted Lock Astro @ 15:30  
Tennis (Women) in the Tennis Hall @ 12:00  
Netball in & Performance Hall @ 13:00

Information about these campaigns will be shared on the Student Union and St Mary's University social media channels

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