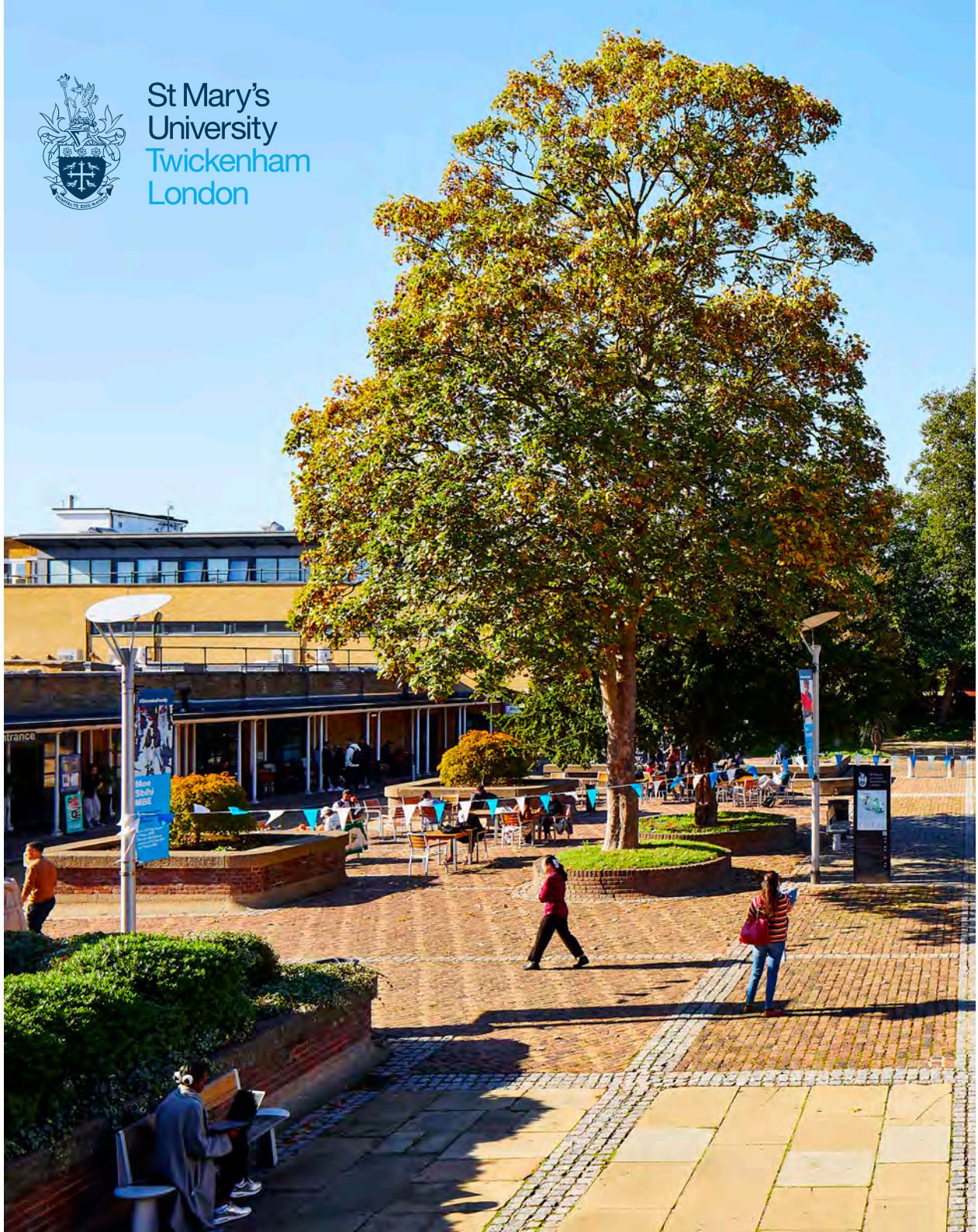




St Mary's
University
Twickenham
London



**THINGS YOU CAN DO
TO MAXIMISE YOUR
OWN SUCCESS**

Pre-Arrival

Objective

Be as prepared as you can be before you start your studies

Your Impact

- **Understand your programme** – Make sure you read the information about your preferred programme very carefully before applying. Attend open days and visit days on campus to find out more. This is the best way of ensuring that your expectations of the programme are accurate and properly informed.
- **Ensure you have the right technology/equipment** – Ensure that you know what electronic equipment (e.g. laptop) you will need to engage effectively with your studies. The [Technology Requirements](#) for laptops, etc, are available on the University webpages.
- **Read the information sent to you prior to arrival** – Engage with pre-arrival and induction information provided by the University and your programme team. Some programmes require students to engage with a short exercise or task prior to arrival.
- **Complete the free study skills Massive Open Online Course (MOOC) called 'Preparing for Uni'**. It's free and will help you to develop and refine your understanding of higher education and the skills you will need to succeed.
- **Get key induction dates into your Calendar** – Read the Induction pages for your programme and make sure dates of key activities, sessions, events are in your diary/calendar prior to arrival.



1st Semester

Objective

During your 1st semester at St Mary's

Your Impact

- **Access Moodle** – Access your Programme and Module Moodle sites daily (or at least several times a week).
- **Keep in touch with your Personal Tutor** – Attend the 1-to-1 and any small group tutoring sessions they provide. Get to know your Personal Tutor – they will be there to guide and support you through your studies.
- **Check your St Mary's email account on a daily basis** – This will be used to send important information and updates to you by the University (e.g., the University Newsletter), by your Personal Tutor, and by your programme team.
- **Check the University webpages regularly** for any important news items or updates. There is a 'News and announcements' feed on the [home page](#) available to all student.
- **Manage your time** so that you allow sufficient time to engage with taught sessions, undertake reading and research for assignments, and the drafting of assessments. Block out time to engage with your programme of study effectively. Access the time management guidance available on the [Skills for Success Moodle](#) site.
- **Exercise your voice as a student** – Complete module evaluations at the end of the semester, engage with the elected student representatives on your programme, and give feedback to your tutors on your experience – they will always welcome this.
- **Complete mandatory training modules** – Engage with the mandatory training opportunities available to students (e.g., Epigeum Academic Integrity Modules), and value-added opportunities, like Linked-In Learning, that enable you to develop your skills, knowledge and behaviours online.
- **Access careers and employability advice and guidance** – touch base with the [Careers Service](#). It's never too early to pop in for a chat with our careers advisers.



During Your Studies

Objective

Throughout your studies at St Mary's, think about the following tips

Your Impact

- **Attend all timetabled teaching sessions** – Students who attend programme teaching sessions do better than those who do not. Check your [timetable](#) regularly.
- **Make time to engage with key learning resources** – This will ensure you are well prepared for class sessions, and maximise your performance in assessments.
- **Take steps to manage your health and wellbeing** – Try to eat healthily and access the [Wellbeing Service](#) if you feel you need some extra support to maintain your mental health. Use the [Self-care Checklist](#) available to manage your wellbeing.
- **Access [counselling support](#)** when necessary.
- **Check your module Moodle sites and St Mary's email account daily** – Don't miss out on important information. Check out the student [News & Announcements](#) feed too.
- **Look upon your fellow students as partners in a collective learning journey** – You have a great deal to learn from each other as well as from your studies and from your tutors.
- **Use the [Extenuating Circumstances policy](#)** – If you experience difficulties (e.g., illness, caring commitments, etc) that are likely to impact on your ability to meet assessment deadlines, apply to your Programme Lead for an extension, and check out the [Extenuating Circumstances Policy](#).
- **Embrace opportunities for group work and collaborative learning** – Building effective working relationships is a crucial and transferable skill for your future career.
- **Engage with mid-semester and end-of-semester module evaluations** – Your feedback will help your tutors to refine and enhance modules and they will tell you afterwards how your feedback has been acted upon.
- **Engage with your elected programme student representatives** – They will be able to communicate additional feedback to the Students' Union and/or your programme team.
- **Play an active part in a Students' Union-supported sports club or society** – There are dozens to choose from and they are a great way of building your social networks and friendship circle. Check out information on [clubs](#) and [societies](#) on the [Students' Union](#) webpages.
- **Continue to keep in touch with your Personal Tutor** – They will always be pleased to hear from you, to learn about your experiences and achievements, etc. They are also there to help out and support you when things occasionally get tough.
- **Become a peer mentor** – If your programme has a peer mentoring scheme, think about applying to become a student mentor – it will help you to develop a range of employability skills, and help you to get to know a wider range of students.
- **Think about becoming a [Student Ambassador](#)** – You will be paid whilst gaining valuable work experience and a chance to get to know other students. Alternatively, consider volunteering or work placement opportunities.
- **Other ways of making a contribution to our community** – Consider joining [EDI \(student issues\) network](#) and engaging with the Student Voices Panel.
- **Access the Student Engagement Fund** – If you are experiencing financial pressures and think that these are impacting on your ability to engage with extra-curricular activities (e.g., sports), you can apply to the [Student Engagement Fund](#) for financial assistance.
- **Familiarise yourself with student funding support** – Any student experiencing severe financial difficulties can apply for support. Check out the [Student Financial Support](#) pages.
- **Access online Study Support Resources provided by Student Services** – Student Services provide a [Handbook](#) which will be helpful during a period of remote study.
- **Access [Student Study Support](#) when you need to** – A range of support is provided, including [EAP support](#) for students with English as a second language. The Library also provides a range of [study support resources](#).
- **If you experience technical difficulties** – Check out the [Student Self-Help](#) pages, pop into the [Student Hub](#), or email the Helpdesk: helpdesk@stmarys.ac.uk.
- **Remember to have fun!** – Uni isn't all about study; it's also a great opportunity to have fun, try new things, do sport, etc.





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