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SLA NEWSLETTER

The official Christmas newsletter for the SLA Community



**What's inside
this issue:**

**DECEMBER
UPDATES - 2**

**HOW TO PRIORITISE
YOUR MENTAL
HEALTH OVER
CHRISTMAS - 4**

**SLAS OF THE
MONTH -5**

HAPPY HOLIDAYS!

WRITTEN BY SIMBO AJAYI, PAL MANAGER

Welcome back to the SLA newsletter -- the last edition before we start back in 2021. As 2020 draws to a close, we are reflecting back on an extraordinary term. It has been no easy task learning new ways of supporting students and lecturers, but you've all made a success of it! Success is not only measured by the big results we achieve, it is also based on the sheer effort we put into achieving little acts that make our students learn from us - creating video guides and quizzes, inspiring others, managing chats, breakout rooms and online platforms, etc. These little acts are marks of the successes you have achieved together this term regardless of what was going on around us. Well done, everyone! I appreciate all your hard work and determination.

As you take a break from your SLA role, allow others to pamper you a little too. Spend quality time with your family, friends and loved ones. On behalf of the PAL Team, I wish you all the blessings of Christmas - peace, hope and joy!

Here's to Happy Holidays and an even more successful 2021!

DECEMBER UPDATES

As you would have seen in your emails, there are some notices from the PAL team that you should all be aware of. Please find them included here too:

- We have an early pay day this month due to Christmas. This is Friday 18th December 2020.
- The observations will continue to take place throughout January when you return from the winter break. SLA-led sessions observations have been started, and it will roll out to the other sessions in due course. Please make sure to check your emails regularly and respond to your observers promptly.
- If there are any changes to your SLA session schedule, please re-submit the SLA Session Assignment Form 2020-21 immediately by updating your revised SLA module details. This includes any additional hours or sessions that you have recently committed to do. If it's a one-off session then you don't have to update the form.
- If you are no longer facilitating an SLA session for any given reason, please complete Pending SLA Assignment 2020-21 form to update the PAL Team.

You would have also received correspondence from Cristiana, one of the Senior SLAs, about the Christmas party. With the term coming to a close, what else is left to do than celebrate? Put on your favourite Christmas jumper and enjoy the party from the comfort of your home. From music to games, contests and fun quizzes, there is something to get everyone feeling festive!

Everyone is welcome – all you will need is your laptop and a bit of festive spirit. So, make yourself a nice cup of hot chocolate or eggnog and join us for this unique experience from wherever you are. Details will be sent to you separately but we look forward to seeing you all there!

"I have been really enjoying working as an SLA so far. I like supporting students to achieve their full potential, and I hope that this continues in the New Year. "

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**MARIELLA
SMILAS, SLA FOR
FINE ART**



DECEMBER UPDATES

WRITTEN BY DHANA LETCHMANAN, PAL OFFICER



Every student's experience is different and our university provides the environment to make your experiences unique! Recently, your SSLAs Cris and Gab hosted an amazing Live Webinar panel coverage about the exciting opportunities Middlesex University has to offer.

Our guest panel from the International Mobility Programme signposted the audience to explore new cultures in Europe and beyond. The focus of the webinar was to boost students' employability skills and job prospects while receiving high quality learning experience through study exchange, work placements and internship programmes.

We had over 90 SLAs take part in the Webinar which was hosted for two days due to popular demand. It was an educational, informative and successful online event which provided an opportunity for SLAs to watch live presentations, interact in real-time with the panel via quiz and Q&A discussions.

I would like to take this opportunity to thank Cris and Gab for organizing and hosting the webinar that helped SLAs and students to broaden their horizons.

HOW TO PRIORITISE YOUR MENTAL HEALTH OVER CHRISTMAS

**WRITTEN BY ZÖE
NEEDHAM, SLA ON THE
PRODUCT DESIGN
COURSE**

Christmas is full of much-awaited annual events such as Christmas tree decorating, the nativity scene viewing, or the exchanging of gifts, and accompany these occasions with festive pictures taken from previous years. But, with everything being so different this year, there is nothing to say that this joyous event will be too. Therefore, it is important that we prioritise ourselves and taking a step back from work. Zöe, one of our SLAs, has compiled a list of all the things she plans to do with her time off for the holidays.

It is important to keep a daily routine like with online learning as most of the time we feel better for putting some makeup on and getting out of bed. That is the same here. Make sure you are still putting in the effort to maintain wellbeing. You may even continue to use Zoom to stay connected with friends, as Christmas to me screams family time. You can keep the traditional idea of playing games by playing them online! Escape rooms, Pictionary, 8 Ball Pool can all be done this way. I also plan on taking a Boxing Day walk to destress and

get away from my screen. I do this often as getting fresh air was something that really helped me during the first lockdown. But if you're like me and still worry about meeting your deadlines and revising, you can set yourself small daily goals so you accomplish something every day e.g. read 30 minutes/X number of pages. However, this does not need to be something that is related to University work, it can be drawing something new, having a hot bath with all the new shower gel you got for Christmas, the pamper session you've been meaning to do for weeks, to tidy your room after having to spend all your time in it. By breaking it down into small daily goals, they are more achievable.

Ultimately, though, it is important to allow yourself to take a break. It is the holidays after all! You can catch up in January. For now, put your feet up and watch a Christmas Film. You deserve it. Take it one day at a time.

Stay safe!



You can find a workout playlist that one of our Law SLAs, Fatima Farhat, has put together for her mental health [here!](#)

SLAS OF THE MONTH



LUISA BOAS

Luisa, an SLA for the Film course, has been consistent in writing exceptionally good blog posts each month. She makes them engaging and fun through using inspirational quotes, gifs, and memes but also ensures they are extremely detailed. Good job Luisa!

Migle, one of our SLAs from the Business School, represented the scheme in an outreach project last month for Sixth Forms and at the Student Success Festival. She encouraged students to work hard and spoke about the opportunities MDX have to offer to gain experience. Well done Migle!



MIGLE SIMASKAITE



ZÖE NEEDHAM

Zöe, an SLA on the Product Design course, had continuously shown us that she is a team player. She always goes above and beyond with helping her fellow SLAs with answering their queries and being on the ball. Keep it up!

DO NOT FORGET:

- Submit your monthly OU Blog.
- Submit your timesheets weekly and claim holiday pay.
- SLAs facilitate learning, they do not teach.

Image credits: Middlesex University