

# SLA NEWSLETTER

Official Newsletter for the SLA Community



## Welcome!

By Daniela and Aini (Chief Editors)

When you step outside, the sunshine and a perfectly blue sky welcomes you with warmth. Blossom by blossom the spring leads our paths to so deserved summer.

We can finally store our winter coats, and enjoy the touch of the sun in sleeveless t-shirts, and bath in the joy of blooming flowers. With this in mind we would like to welcome you into our sunny edition of the SLA Newsletter.

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It might be a chaotic time for many of us with final exams and deadlines approaching as the end of academic year is coming to an end. Let's try and absorb all the positive energy that spring gives us with wildflowers growing in the little cracks of sidewalks.

April is the kindest of months, so let's be kind too, with better weather and better days ahead!

Happy April everyone!

# REVISION TIPS

With exam season approaching extremely quickly, we thought it would be beneficial to share some of our best revision tips in order to get the most out of the time you have before your exams!



"Creating question and answer prompts to test myself on the module content helps me understand what areas I need to focus more on!"

"Making a study timetable helps me study efficiently! It helps me allocate time specifically to studying everyday but also time to workout, indulge in some hobbies etc."

"Taking time for yourself and your mental health is the best tip I can give when it comes to revision. If you're not in a good mindset, you won't be able to do your best in your studies."

"Collating information from various different sources (e.g. lectures, textbooks, articles) helps me get really detailed notes which I can use to study and try answering practice questions."

"Unplugging from my phone before exams helps me a lot. It allows me to focus on my exams completely without any distractions as social media can be really tempting."

# UPCOMING EVENTS



## SLA Award Ceremony 2022

All SLAs mark your calendars! We are delighted to invite you to the annual SLA Awards Ceremony, that will take place on the 20th of May at 5:00pm in the Grove Atrium.

The academic year is approaching its end, and what else is left than to celebrate? The SLA scheme is full of talented and hardworking individuals (such as yourself), who inspire their students and tutors every day. The Award Ceremony is here to put those inspiring minds and outstanding contributions into spotlight.

Fetch your fancy suit/dress, and join us for a night of celebration! Your presence will be highly appreciated.

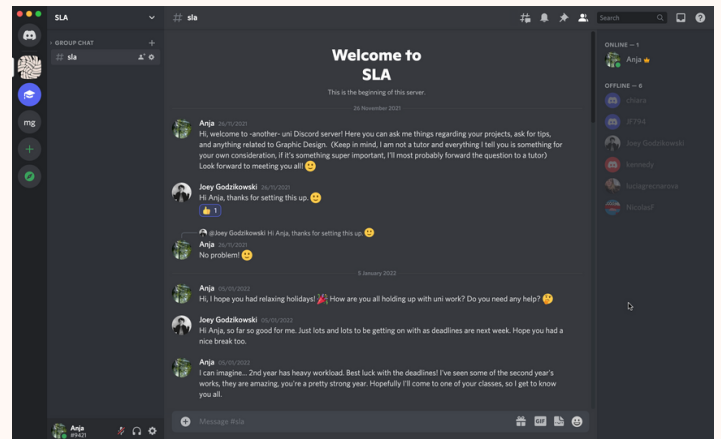


# HOW TO USE DISCORD

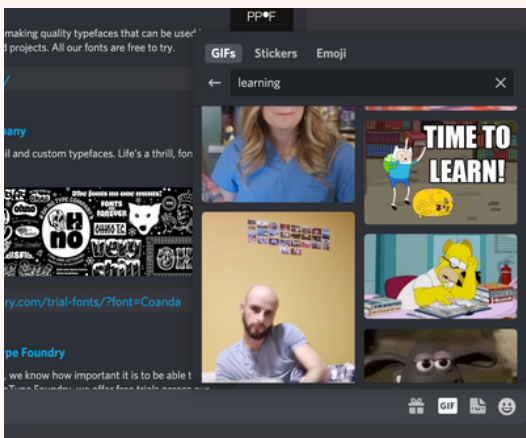
By Anja Geissbergerova



Discord allows students to get friendly but also remain professional. It's a shared space that is always open if anyone has any questions or wants to share information!

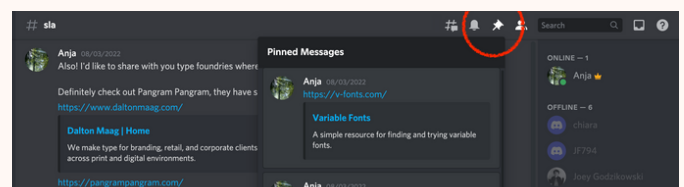


You can chat, call and screenshare anytime and works on phones, tablets and PCs. You can even react to messages with Emojis and Gifs!



Discord is divided into servers, each with its own members, topics, rules and channels. Once you've created your server, you can invite people by simply sharing your link!

An example of an excellent Discord use can be when you find a website, video, or some learning sources, you share it on Discord, pin it, and it stays there, always accessible. If lucky, you might even start a discussion around it with the students!

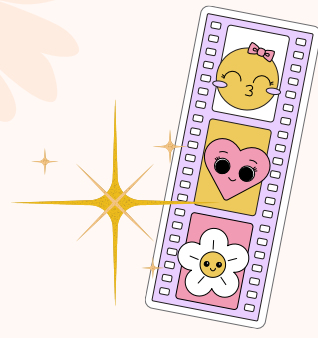


GUIDE ON HOW TO USE DISCORD

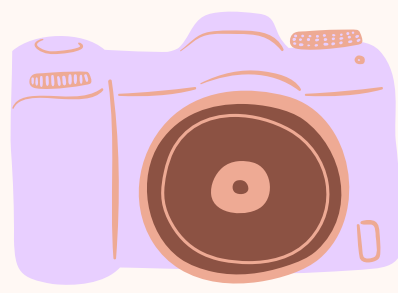


# SLA YEARBOOK 2021/22 AND SENIOR SLA APPLICATION

## SLA Yearbook



The academic year is slowly coming to the end, and with that, so is another year of SLA Scheme. This year, as any other, was full of memories, talented and hardworking SLAs who go above and beyond to help students, events that we'll never forget and emotions that moved us greatly. Together, we all wrote a piece of amazing history. With that in mind, we wanted to make sure this year won't be forgotten, and gathered a team of incredibly talented SLAs to freeze memories in time and create an SLA Yearbook, tailored just for SLAs of 2021/2022.



The SLA Yearbook 2021/2022 is estimated to come out in the first weeks of June, and it'll be digitally available for everyone on Unihub!

We cannot wait to share this with you!



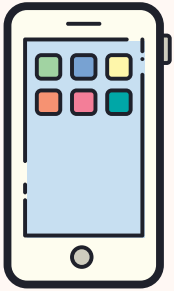
**SUCCEED AGAIN**  
**LEAD FURTHER**  
**ACHIEVE EVEN MORE**

**BECOME A SENIOR SLA**

**APPLY**

# LINKS AND RESOURCES

We understand that exams period can be challenging. For that reason, we want to share some useful information to help you make the most of your time as a student at MDX.



Online wellbeing platforms can support your self-development journey. Check them out on this link: <https://unihub.mdx.ac.uk/support/health-and-wellbeing/online-wellbeing-platforms>

The Student Support Callers are here to assist you during your journey at MDX.



If you need a listening ear or support, just scan the QR code and fill out the form to request a call from the team.



<https://unihub.mdx.ac.uk/support/student-support-callers>



Whether you need help with progression, counselling or mental health support, know that you are not alone. Reach out to our teams for advice: <https://unihub.mdx.ac.uk/support>

# WRAPPING UP THE YEAR



The opportunity to create this newsletter will definitely remain as a memory that will last for a lifetime. The chance to let our creativity and ideas shine through this platform was extremely freeing and fun! Though this season is coming to end, a new season will begin. Spring will leap into summer soon and the falling leaves will soon be replaced by the warmth of the hot sun. May this new season allow your dreams to grow to unseen heights and also allow your happiness to blossom and we will see you again in the coming seasons.

Aini and Daniela (Chief Editors)



# SLA SUCCESS STORY

{ INTRODUCING }

## Mohammed Rifat





# SLA APPRECIATION

**Mikhaela Roy**

Mikhaela is an extremely dedicated SLA who always performs well and is dedicated to the wellbeing of her students!

Francisco has been a great support to all the students who have been preparing for their presentations. Well done Francisco!

**Francisco Rei**

**Kieran Morgan**

Kieran always support students in an extremely calm and smooth manner and inspires students to believe that anything is possible!

Emese offers amazing 1-2-1 support for their students for their projects. Keep up the great work Emese!

**Emese Ratoti**

**Romina Vasileva**

Romina is always extremely happy and enthusiastic to help students and fellow SLAs with projects and events. Thank you Romina!

Ojaswani has pushed herself beyond her own role and worked alongside Seniors on the "Wellbeing & Fika" project. She has helped present topics to make the sessions more successful and insightful. Well done!

**Ojaswani Rawat**

**Kothar Rabbani**

Kothar is known for always being proactive and consistent in her SLA role. She has pushed herself to support her SLA colleagues and is a great example for others. Well done Kothar!