

*Middlesex University*

# THE SLA NEWSLETTER

SPRING BREAK

It's time to wake up from winter hibernation  
and freshen up your spirit with this New  
Spring edition!

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# TIPS FOR WELLBEING

Resource: NHS steps to mental wellbeing

## **Pay attention to the present moment (mindfulness).**

This includes your thoughts, feelings, body, and world. Mindfulness can help you enjoy life more and understand yourself better. It can positively change how you feel about life and approach challenges.

## **Connect with other people and give to others.**

If possible, take time each day to be with your friends and family; for example, arrange a time to eat dinner together. Make the most of technology; video-chat apps like Zoom are helpful, especially if you live far apart.

## **Be physically active.**

Read about exercise guidelines and workouts to help improve your fitness. Strength and flexibility exercises to increase muscle strength, improve balance and reduce joint pain!

*Don't forget to breathe!*



# TIPS FOR ASSESSMENT PERIOD!

*With SLA (Law) Monalisa Munapeyi.*



- 1) Organise all your revision notes and write the key topics of every module
- 2) Write where you find each topic material online (Westlaw and LexisNexis)
- 3) Highlight each important bit of your notes
- 4) Find links to the topics
- 5) Try to use different types of notes taking methods and figure out which works best for you such as :
  - Cornell Notes
  - Mind-mapping
- 6) What do you know about the topic, what I want to know and what have you learnt (KWL)

*You got this!*





# CORNELL NOTES EXPLAINED !

## HOW TO MAKE CORNEL NOTES

**Step 1:** RECORD LECTURE NOTES. The Note Taking Area is for writing your class notes.

**Step 2:** REVIEW YOUR NOTES and CREATE YOUR SELF-TEST COLUMN in the Cue Questions.

**Step 3:** SUMMARIZE YOUR NOTES. Prepare a summary of the lecture in your own words.

**Step 4:** TEST YOURSELF.

A diagram of a spiral-bound notebook with a green cover. The notebook is open to a page with a Cornell Notes template. The template is divided into four sections: a 'Title' section at the top, a 'Cue Questions' section on the left, a 'Main Notes' section on the right, and a 'Summary' section at the bottom. A silver pen is resting on the right side of the notebook. The notebook has a green cover and a silver spiral binding on the left side. The page is white with horizontal lines. The 'Title' section is at the top, followed by a horizontal line. Below this line is the 'Cue Questions' section on the left and the 'Main Notes' section on the right. The 'Main Notes' section is further divided into 'Main Notes' and 'Key Thoughts'. At the bottom is the 'Summary' section, separated by a horizontal line. A silver pen is resting on the right side of the notebook.

Title	
Cue Questions	Main Notes Key Thoughts
Summary	



# KWL EXPLAINED !

KWL-Know, Want-to-know, and Learned

K - What I Know	W - What I Want to Know	L - What I Learned

Create your own at Storyboard That

## Step 1

Start with column 1: Know.  
Under the first column,

## Step 2

Fill out column 2: Want to  
know. ...

## Step 3

Complete column 3: Learned.

## Step 4

Still want to know. ...

## Step 5

Importance. ...

## Step 6

F: Found. ...

## Step 7

R: Remember.

# REFLECTIVE CAFÉ

## Throwback



## *How does the Reflective Café impact your improvement?*

In the last edition of the Reflective Café, we focused on the development of a good set of skills.

Can you guess which ones?

### **How to reflect creatively and think critically!**

These skills can help you enhance your creative reflection in writing and it is beneficial to your future career.

In the Reflective Café, we shared and discussed the experience of the SLAs as educators and instigated bite-sized exercises to show us how to overcome challenges and to help us reflect while enjoying the writing process.



# *What is creative writing?*

Creative writing is a form of writing that goes beyond the traditional realms of normal, professional, academic or technical forms of writing.

Instead, it encompasses a number of different genres and styles across a whole range of fields of both fictional and non-fiction writing; storytelling, playwriting, poetry, prose, journalistic, and more.

## *What makes a good piece of creative writing?*

**Know your audience**

**Creativity is key**

**Write what you know**

**Push your imagination - where could your story take us?**



# Ask yourself questions, why... ?

What do other SLAs think about that ?

If you believe  
Speak Up !

Think, reflect,  
assess

Become critical  
in your writing

Brainstorm

How did it make you feel?

How do your students feel?

Are you using all of your available resources?



# SLA OF THE MONTH

*Alice Murphy*

"Alice has proved invaluable to the delivery of APM1000 Brands, Media and Society. Allie has performed several roles in an exemplary manner: she has provided in-class support, facilitating small-group discussions and practical workshops; she has also provided support and advice around assessments in person and online, in and outside of scheduled class time; she has reviewed the various TEL materials on Mylearning ahead of every class, advising on what was in need of updating, and suggesting alternative resources; and finally - and most importantly - Allie has provided feedback and suggestions on in-class and asynchronous teaching and learning activities, which has led to me updating and introducing new ways of doing things, all to the advantage of the students. Allie is very popular with the other students: she is knowledgeable but also very personable, and is able to help them master key concepts whilst also encouraging and enabling them to tackle more challenging lines of thought and ways of doing things."

**James Graham,**

Deputy Dean

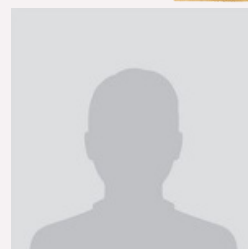
(Student Success, Faculty of Arts & Creative Industry)

*Christine Oludemi*

"She's been a brilliant SLA, helping me in several module iterations. She doesn't wait for me to tell her what to do but is able to recognise when she's needed. She's very patient with the students and has been incredibly helpful throughout the year. She's always kind and approachable, very calm. Also, last but not least very reliable. It's a pleasure working with her."

**Edina Kurdi,**

Hourly Academic for Foundation Year Maths



# SLA'S OF THE MONTH

## *Erika Kupfer Subi*

"Erika has been amazing this year as an SLA. She listens very carefully to what the students are uncertain about and is calm and encouraging with them. She builds their confidence and uses excellent examples from her own experiences studying. She takes everything seriously but at the same time is never impatient or judgemental. She always solves technology problems with screens and computers within seconds allowing classes to proceed smoothly. She is very hardworking but also very emotionally intelligent and knows when to be patient and thoughtful when a student is anxious about writing essays. She also has a brilliant sense of humour which helps the students to feel welcome in seminars."

**Lottie Hoare,**

Lecturer in Education and Early Childhood Studies



## *Sunny Subash*



"Outstanding SLA. His approach is very professional (reliable, helpful) and very kind and helpful to the students. He will also ensure to help after class as well and whenever needed. Students look up to him for advice."

**Kelly Androutsopoulos,**

Senior Lecturer in Computer Science)



# SLA AWARDS CEREMONY is here!

This month we hosted the Annual SLA Awards Ceremony organized exclusively for you to celebrate the hard work and contributions you have made so far for the success of Peer Assisted Learning scheme.



**More in next  
month's edition!**

An evening with light music, snacks and drink besides the awards ceremony itself, so it promises to be an exciting awards evening!

Thank you for presence!

Thank You!

