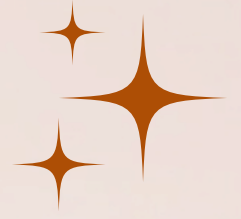


# Newsletter

Middlesex University

June 2024



## Spring into success

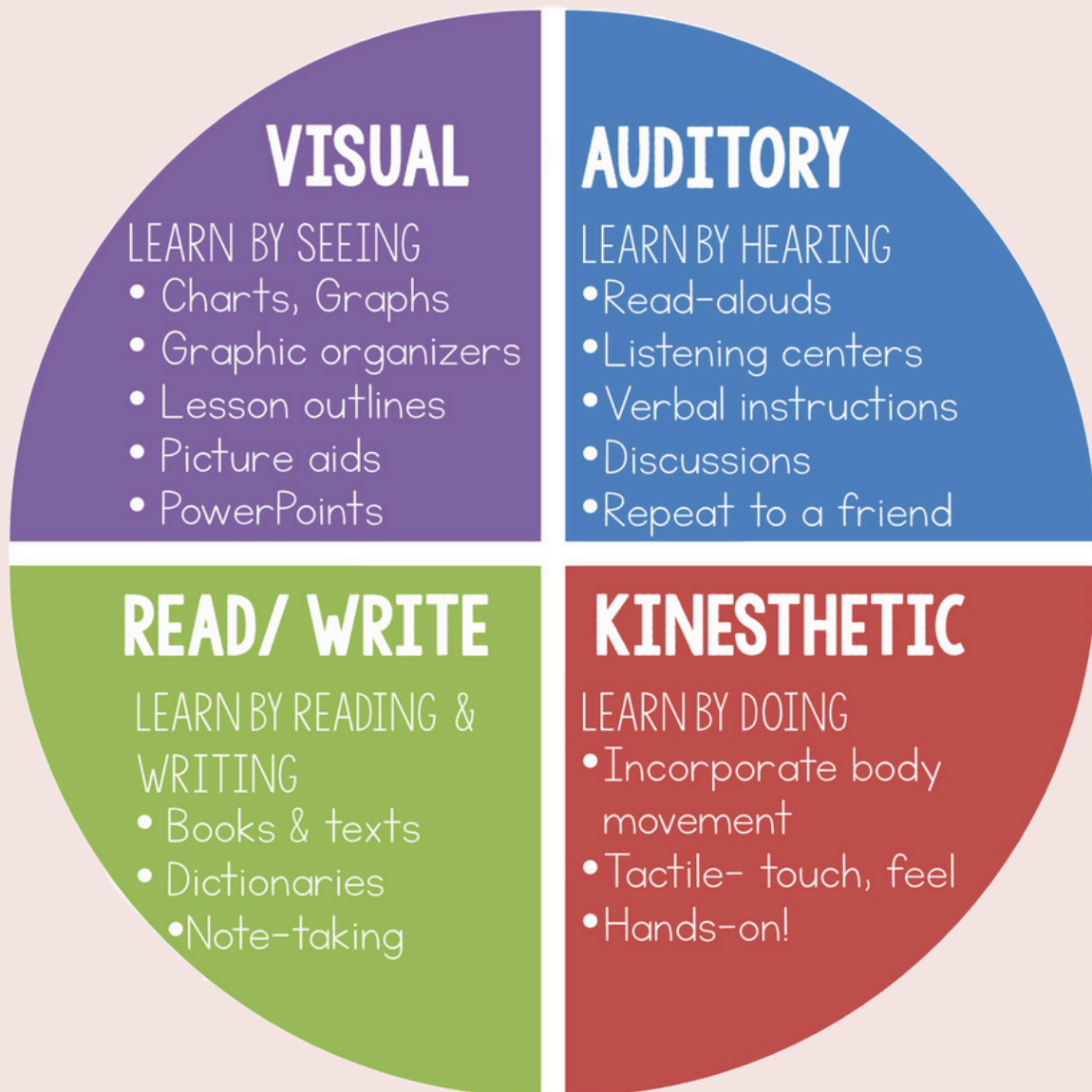


**Welcome to the Spring Edition of our SLA Newsletter! As the lowers bloom and the days grow longer, we embrace the spirit of new beginnings and fresh starts.**

**Spring is a time for growth, rejuvenation, and celebrating the beauty around us. We are excited to share this season with you filled with opportunities to learn, connect, and thrive. Let's make the most of this vibrant time together!**

**Romina Vasileva**

# Let's Help Students Enhance Their Learning Experience!




**Understanding their learning style can significantly improve students' ability to absorb and retain information. Whether they learn best by seeing, hearing, reading/writing, or doing, there are specific strategies that can help them make the most of their study time.**

**Take a moment to do a free Quiz. <https://www.learningstylequiz.com/>**


# 6 Tips

## Spring Cleaning for the Mind: Tips from SLAs for Mental Wellbeing

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- **Outdoor Adventures:** Spend time in nature, whether hiking, swimming, or enjoying at the park.
  - **Stay Connected:** Reconnect with friends and build professional networks through internships or events.
  - **Rest and Recharge:** Establish a healthy sleep routine and take breaks to relax.



- **Reflect and Reset:** Acknowledge your accomplishments and set new goals for the upcoming summer and academic year.
- **Explore Hobbies:** Dive into activities you enjoy or try out new ones you've been curious about
- **Balanced Diet:** Maintain a healthy diet and stay hydrated, especially during hot summer days.



By integrating these tips into your daily routine, you can ensure a restful and productive summer while preparing yourself for the upcoming academic year. Enjoy your break and make the most of this time to refresh and rejuvenate!

# Let's Help Students Take Care of Their Mental Health

Middlesex University is dedicated to student well-being. The University offers free and confidential Counselling & Mental Health Services to support students through any challenges they may face.

## How to Access The Services:

Visit The Counselling & Mental Health Services page  
<https://unihub.mdx.ac.uk/support/counselling-and-mental-health>

Email at [cmh@mdx.ac.uk](mailto:cmh@mdx.ac.uk) or call at 0208 411 5366.

Available Monday – Friday, 9 am to 5 pm.

## Additional Support

If students have concerns related to depression or other mental health difficulties, the following organizations also offer support and expert advice:



### Samaritans

Confidential support for people experiencing feelings of distress or despair.  
Phone: 116 123 (free 24-hour helpline) Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

### Mind

Promotes the views and needs of people with mental health problems.  
Phone: 0300 123 3393 (Mon-Fri, 9 am - 6 pm) Website: [www.mind.org.uk](http://www.mind.org.uk)

### Sane

Charity offering support and carrying out research into mental illness.  
Phone: 0845 767 8000 (daily, 6 pm - 11 pm) Email: [sanemail@org.uk](mailto:sanemail@org.uk)  
Website: [www.sane.org.uk](http://www.sane.org.uk)

# Coming Soon!!!

We are excited to announce the launch of new features in our SLA program this September, designed to provide better support and accessibility for everyone.

Here are the key features:

## Student Self-Referral for SLA Support.

Students can now refer themselves for SLA support using the QR code.



## SLA Scheme Related Queries.

For any queries related to the SLA scheme, please use the QR code.



## Student Referral Form for Lecturers.

Lecturers can refer students for academic support using the QR code.



These new forms are designed to streamline the process of seeking support and addressing queries, making it easier and more accessible for everyone including academics. We encourage all SLAs to showcase these resources to students, helping them enhance their academic experience.

More information will be provided during the training to ensure everyone is well-equipped to utilize these tools effectively.

# Reflective Café Throwback

**We want to take a moment to emphasize the incredible importance of working together and the benefits that come from our collaborative efforts in developing ideas. Here are some key highlights:**

**Shared Work: Working together means we share responsibilities, which helps prevent burnout.**



**Creativity: When we work together, we come up with more creative and innovative ideas.**



**Better Communication: Regular teamwork improves our communication and helps us understand each other better.**



**Adaptability: Our different perspectives makes us more flexible and better at handling challenges.**

**Thank you for all your hard work this year. Let's keep these benefits in mind and continue to collaborate effectively next year and be even more innovative and united.**

**A special thank you to  
Vida Baradarannia for the  
beautiful art piece!**

-  
**SLA, Fine Art.**



Your thoughtful and generous gift will be displayed in the SLA hub. We are truly grateful and will cherish it for years to come.

The SLA Scheme

# SLA Award Ceremony Throwback!



Our sincerest thanks to everyone who attended the SLA Award Ceremony. Your support and presence made the event extraordinary. It was a delight to honor the remarkable efforts of our SLAs with such a supportive community.





IN LOVING MEMORY OF

**Aya Mohammed**

**SSLA Fine Art**

19.10.1994 – 05.2024

***FOREVER IN OUR HEARTS***

We gather our thoughts to bid farewell to a remarkable person who touched our lives in countless ways. Your dedication, kindness and unwavering spirit left an indelible mark on all of us.

*With deepest sympathy and cherished memories!*