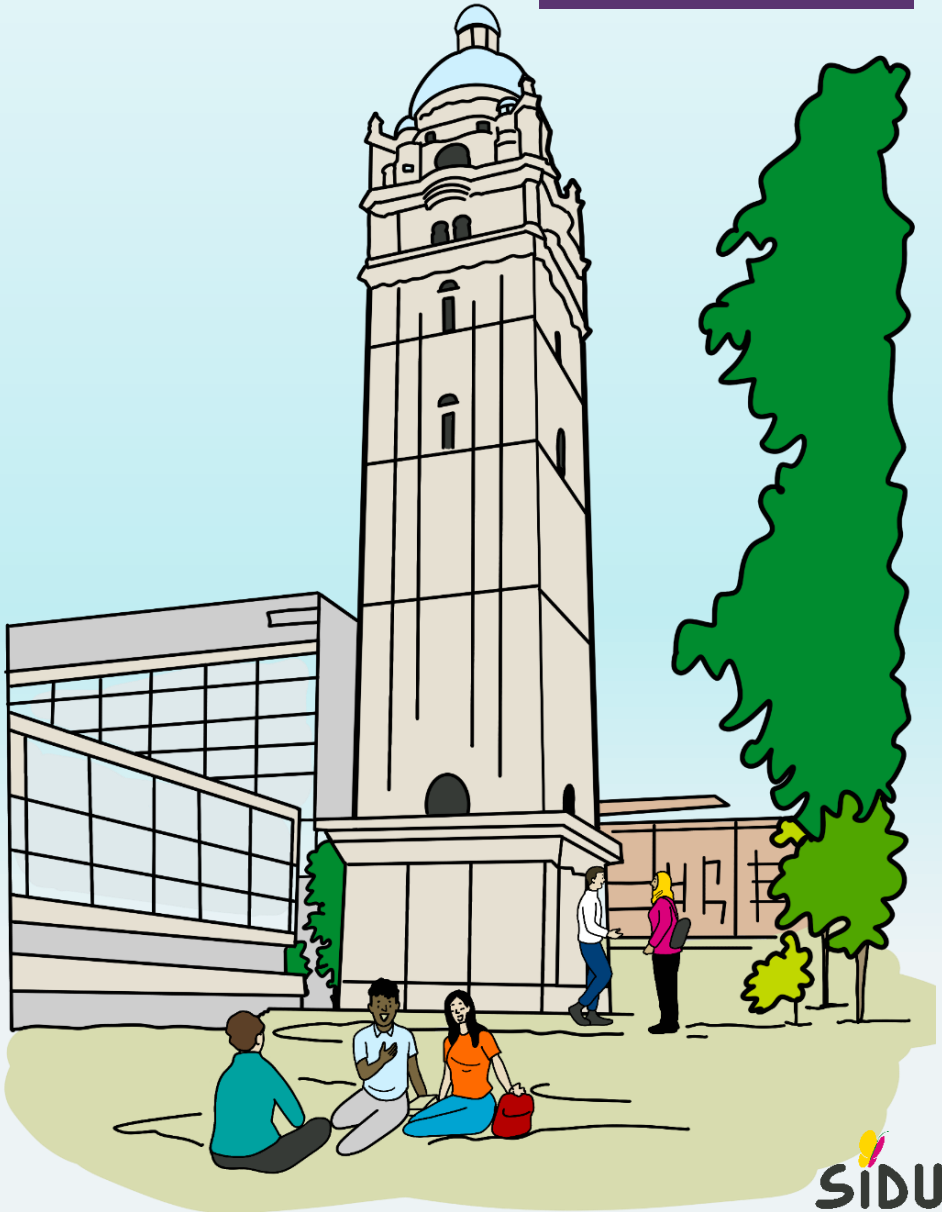


A Student's Guide to

Imperial





Contents

Your Student Profile	7
Demystifying the Imperial Structure.....	9
What to Expect in Your First Week, Month, Term, and Exams?	11
A Crash Course to Student Life	15
Introduction to CSPs	16
Forging Your Own Disciplinary Identity.....	22
Who Is an Ideal Student?	29
Your Career Life	32
Your Finances, Accommodation & More.....	34
International Student Support	35
Finding the Right Services.....	36
Bucket List of Things to Explore in the First Term	37
Search the Word - Identities.....	40
Scrambled Words - Appreciating Diversity.....	41
Giving voice to and learning from the experiences of underrepresented groups at Imperial.....	42
Let's talk about mental health	43
Recognising and tackling imposter syndrome	47
Microaggressions	51
Accommodation after First Year	53
Report and Support Form.....	55
Ongoing Education Research and Initiatives.....	56
Disability Advisory Service (DAS)	57
Student success stories	58

Ready? Let's go! 

This handbook has been developed from the Supporting the Identity Development of Underrepresented Students ([SIDUS](#)) Project (2020-2022, funded by the Imperial's Excellence Fund for Learning and Teaching Innovation). SIDUS aims to promote inclusion and support success for STEMM students from underrepresented groups, inspiring students to cultivate a sense of belonging to the academic community and their academic student identity at Imperial. The SIDUS project team includes Dr Tiffany Chiu (Principal Investigator), Dr Jo Horsburgh, Professor Martyn Kingsbury, Dr Órla Murray (all Centre for Higher Education Research and Scholarship) and Dr Billy Wong (University of Reading).

Based on 110 interviews with undergraduate students across departments at Imperial College London and the University of Reading, SIDUS explored students' lived experiences, including their successes, challenges, opportunities. From this, SIDUS has developed suggestions for how the university can foster a diverse and inclusive learning environment for all, especially amongst underrepresented groups. SIDUS research data has informed this Handbook in collaboration with StudentShapers. For a digital copy of this handbook and related poster and bookmark campaign, please access them via the SIDUS website [here](#).

Meet the SIDUS team



Dr Jo Horsburgh



Prof. Martyn Kingsbury



Dr Tiffany Chiu (PI)



Dr Órla Murray

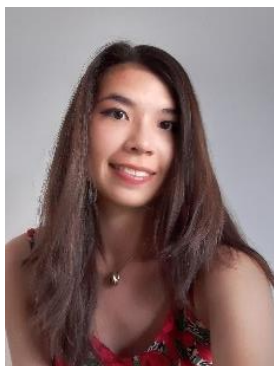


Dr Billy Wong

StudentShapers

StudentShapers is a programme that offers Imperial undergraduate students the opportunity to undertake projects in partnership with staff to enhance curricula, develop innovative teaching practices and make positive change to the student experience. This Handbook has been produced by three student partners: Danai Bili from Physics, Marine Coispeau from Life Sciences and Katarzyna Zukowska from Electrical and Electronic Engineering. The content is based on and inspired by the rich interview data collected in the SIDUS Project.

Meet the Student Partners



Marine Coispeau



Katarzyna Zukowska



Danai Bili



Message Behind the Logo

The butterfly in the SIDUS logo is a symbol of a positive transformation and the ability to develop and progress personally, academically, and in many other areas. The butterfly represents the diversity and dynamism of students' sense of self, particularly as they are actively negotiating multiple identities and learning to spread their wings at university. We hope this guide will help you to navigate your time at Imperial and beyond.

Meet the illustrator

The logo and handbook illustrations are the work of a professional illustrator: Raquel Durán.

✉: raquelcronopia@gmail.com

 [@raquelcronopia](https://www.instagram.com/raquelcronopia)  [@raquelcronopia](https://twitter.com/raquelcronopia)

Your Student Profile

Name:

Subject:

Department:

Constituent union:

Year of entry:

Graduation date:

Top 3 things I wish to achieve during my time at Imperial?

- 1.
- 2.
- 3.

Top 3 things that I am scared of?

- 1.
- 2.
- 3.

Ways to overcome them?

- 1.
- 2.
- 3.

“Now I can see that I worked hard to get here, so maybe I did deserve to be here.”

- Ella, Physics

Demystifying the Imperial Structure

Imperial College Services

From the [Careers Service](#) to the [Centre for Academic English](#) (CfAE), the Student Counselling and Mental Health Advice Service to the [Student Hub](#), there are many points of contact offering useful advice to students.

Faculties

There are four Imperial College London faculties: Natural Sciences, Engineering, Medicine, and Imperial College Business School. Engaging with your faculty allows you to consider **inter-disciplinary careers, hone specific skills, and get answers about questions relating to college-wide decisions.**

Departments

Every faculty consists of multiple departments, which are at the core of the Imperial structure, and host the different courses. They can also serve as points of contact for **personal and academic enquiries** and collaborate with the departmental societies.

Imperial College Union

Every enrolled student is part of the Imperial College Union (ICU). It is run by and for the students, who are **elected once a year by the student body in Autumn and Spring Elections.**

Constituent Unions

Within the ICU there are five constituent unions: The Royal College of Science Union (RCSU), Royal School of Mines Union (RSMU), City and Guilds College Union (CGCU), Imperial College School of Medicine Students' Union (ICSMSU), Silwood Park Students' Union. They provide **a great opportunity to socialise**

with people from other departments and other cultural background.

Student representatives

Our academic and wellbeing representatives from each department and year group would sit in Student-Staff Committees (SSC) to amplify your concerns and appreciation to your department.

Liberation and Community Officers (LCOs)

The LCOs and their network will work on tackling social issues and help build a more inclusive and diverse learning environment for you.



(Your LCOs)



(Your representatives)

Clubs, Societies, Projects (CSPs)

You can find any CSP you can imagine or start your own! Turn over for more information of what they are, how to join, and reasons to get involved!

Joining a CSP can help you make friends, develop a sense of belonging at Imperial, and maintain a healthy work-life balance!



What to Expect in Your First Week, Month, Term, and Exams?



- Visit the [Welcome Fair](#) to find societies to join - go to as many events as you want!
- Meet your [flatmates](#) in halls or see people from your cohort - remember that everyone is on the same boat, and everyone is looking to make friends! Don't be scared to break the ice!
- It is [okay to not be having the best](#) time of your life, after all, university is a big change! There is no need to push yourself over your limits - take the time to settle in.
- Your first lecture/tutorial/lab. Things may be different from school, so take time to explore and adapt to university. You might find the [Imperial Student Success Guide](#) useful for tips on effective notetaking and more.
- Your grades in the first tests do not determine your future performance.





- You receive your first feedback on pieces of work - keep in mind that the point is to be learning from the process and making **progress!**
- Don't be too hard on yourself, university is a huge step and a change from school. Be **kind to yourself** and give yourself time to adjust.
- We all come from different cultural and educational backgrounds. There might be things you are struggling with. Ask your personal tutor, peers, lecturers, departmental societies, wellbeing advisor or hall seniors - and **ask as many questions as you like to get the support you need!**
- Remember that no one knows everything even if they pretend that they do.
- Have you met your **personal tutor** yet? Maybe it is time to have a quick chat with them.
- Still **feeling out of place** is normal. University is a big change.
- Are you aware of all the **support services** available? **Have a look through this handbook** for an introduction to these services.



- **Congratulations** on completing your first term!
- You might still be **getting used** to university learning, teaching and assessment methods. You may have great friends already, or you may still be trying to find your people. Don't worry, there's lots of **time to find your way!**



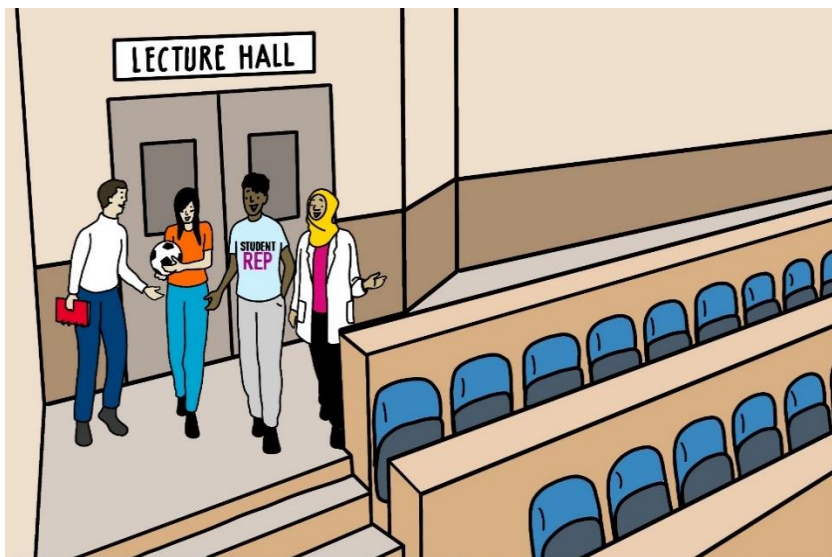
- The golden rule that senior students will tell you is that **first exams do not matter that much**. Learning from them is important, but don't worry if they don't go as well as you'd hoped as they only count for a small proportion of your final degree score.
- **The point of first exams is for you to assess your learning, studying process and techniques:** Did your note-taking technique work? What would you have done differently? What have you learned from this experience? **Ask your personal tutor or peers for help.**
- Remember that **you made it to Imperial**, which means that the board of academics believe that you can make it!

- **Reach out** and ask for help to support your **mental health** and wellbeing if needed. While mental health can be a taboo for some, it's really important to ask for help if you need it.
- First exams over - congratulations! Remember that your self-worth is **not determined** by your grades.
- You may have gotten a lower mark than what you're used to at school. That's okay! A pass is a **big achievement** already.
- These grades do not determine the rest of your degree. There is plenty of time to **improve** and a range of **resources and services** to help you, which we discuss throughout this Handbook.
- Don't be **afraid** to seek help if you're struggling with academic, personal, or wellbeing issues. Your wellbeing is extremely important!

A Crash Course to Student Life

Your Social Life

During your time at university, it is important to maintain a healthy work-life balance, specifically knowing when to work and when to rest. **Clubs, Societies & Projects (CSPs)** can be an important part of this balance. Imperial offers over 350 CSPs in the following categories: academic, arts & entertainment, charitable, cultural, departmental, faith, indoor, outdoor, martial arts, media, social and sports.



The **list of CSPs** is very diverse, allowing you to continue a **long-loved hobby** or try **something new**. You can meet new people outside your course and from all around the world. You can also join a committee by running for a leadership position in October or March elections. This is a great way to



meet new people and acquire transferrable skills that are highly sought after by employers!

Not finding what you are looking for? Every year the Union supports the creation of new CSPs that will be beneficial to the student community. Be bold and start something new! Unwind, meet new people, and look after yourself by joining a CSP at the annual Welcome Fair! Hear what other students have to say about CSPs:

“That’s where I found my sense of belonging”
- Felicity, Biochemistry

“So, if you are a bit lost, you can definitely find your own mini-family in a society”
- Austin, Microbiology

“We have a very strong LGBTQ+ community”
- Ella, Physics

Introduction to CSPs

What is a CSP?

CSP refers to “Clubs, Societies and Projects”. They are under the umbrella of the Imperial College Union (ICU). Their variety ranges from sports to cultural, and from departmental to social. CSPs are run by student volunteers, elected yearly by all members. Check out the list of CSPs via the QR code on the previous page or click on the QR code on the right to get to know the steps required to start your own society.



How to join?

Joining is very easy; just show up! Most CSPs welcome members all year round, but a good chance to meet them is saying hi at the **Welcome Fair**. You can get in touch during the year by searching the **Union CSP list** (follow the QR code on the previous page), following them on social media or emailing them. Please feel free to try some free pilot session before you sign up to the CSP.

How to get involved?

Student volunteer elections are in October and March. Get in touch with the CSP committee that you want to join, they may have some unfilled positions. Remember the student volunteers running CSPs are full-time students as well so the amount of events might vary across the year and between years.

What do student volunteers do?

Student volunteers work in teams, called committees. They organise and host events and try to foster a friendly and inclusive environment for everyone in their CSP. Through this, they lead their CSP and have the chance to gain many essential and transferable skills.



Why join? See what other students say below!

“Going to [societies] and then having the socials afterwards with a group of different people from different subjects, that was really nice as well. That felt like I felt like I belonged in the university as well.”

- *Alexa, Biochemistry*

“But also, at the same time, there are so many* societies where you can find an identity with ... So, if you are a bit lost, you can definitely find your own mini-family in a society, and I know so many people that have made such good friends in the societies that they’re in and that’s formed their friendship groups as well.”

- *Austin, Microbiology*

“I felt like I belonged to the University, and I think what really helped me to develop this sense of belonging is being a volunteer to student events talking about my experiences at the University.”

- *Sofia, Biochemistry*

“I think overall I have had a really good [university] experience, and I feel like we have had lot of opportunities and there’s loads of societies to get involved with”.

- *Asaroyoma, Chemical Engineering*

Your Academic Life



Going to university is a **big change**. For most, you've left your home and moved to London. For others, you'll be carving out a new student life in your home city of London. You may be anxious about making new friends, fitting in, and cooking and cleaning for yourself alongside studying and fitting in. These are all normal feelings that most first years have at some point. Your academic life at Imperial might be **daunting**, particularly the pressure of achieving high grades. But remember, being accepted at Imperial is already a **huge achievement** and you should be very proud!

Some students have done the International Baccalaureate, some A Levels, and others have followed different national curriculums. You may feel like you're **catching up or behind** everyone at the beginning. Don't worry, your department knows that everyone has different cultural and educational backgrounds. First year is there to get everyone on the same page, which is why it usually counts for so little of your overall degree classification. You have an entire year to get to grips with what is expected of you and what you can do to improve. It's a constant and continuous **learning curve**.

As every department runs quite independently at Imperial, make sure you listen to what your department tells you, not what you hear from students from other departments. For example, different departments may use different referencing styles. Don't worry, your **department will give you plenty of guidance** throughout your time at Imperial. To address more general academic jargon that you may have not been exposed to at school, check out the [Imperial Student Success Guide's glossary](#).



[The Centre for Academic English](#) can help you improve your [academic communication skills](#), including [listening and speaking skills](#) if that would be helpful. They also offer one-on-one tailored sessions, workshops and walk-in support on Wednesday afternoons. Reach out to them if you would like further help with topics such as academic scientific writing or academic/social communication.



The [library](#) offers numerous services including borrowing books and laptops, booking [study rooms](#), [disability support](#), and printing or photocopying. Subject specific support as well as annual workshops (for example on referencing) are also available. Do check out their [workshops](#) and [services](#)!



The [ICU Advice Service](#) is a free, confidential, non-judgmental, and independent service for all students studying at Imperial College. If you are experiencing a problem with your studies, your halls or you are looking for support with navigating the College/Union complaints and disciplinary processes - the Advice Service is here to help.



Hear what other Imperial students have to say on this:

“It wasn't all that smooth sailing, but yet I still managed to succeed despite the difficulties.”

- Amandaz, Biological sciences

“When I don't understand something, I'll make it clear that I don't understand”

- Rachana, Chemical Engineering

“Actually, getting a wrong answer is learning and is a part of that process to reaching the right answer”

- Oonagh, Mathematics

“Get to the right people to ask for help, share opinions, hear what they have to say and let them help you”

- Mei-Ju, Mathematics

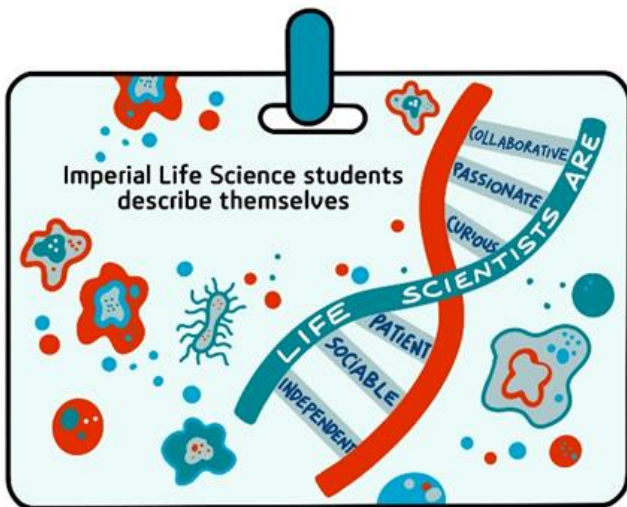


Forging Your Own Disciplinary Identity

As a first-year student, it's not always easy to find out exactly how you fit in the Imperial ecosystem or where you belong and that's perfectly fine. Don't worry about this too much as **you'll develop your identity and sense of belonging throughout your degree at Imperial**. Interestingly enough, you'll likely have multiple identities. For example, as a woman studying Physics you may identify as a Physicist, Natural Scientist, woman in STEM and more.

The below ID cards are mostly focused on disciplinary identity and any inserted quotes were given by students who participated in the project in which **they were asked to describe what the ideal student in their degrees were like**. **These are by no means fixed and rigid, they are actually very flexible and subjective. These simply act as some guidelines but not definitive characteristics. Remember that your student experience is what you make of it. It's up to you to forge your own disciplinary identity.**

Please note that these cards were constructed using quotes from the student interviewees, and so not all faculties and departments are presented below. Feel free to explore the website of your department and **talk to your year representatives, peers, and staff to help you forge your disciplinary identity!**



Name: Biochemist, Biotechnologist, Biologist

Surname: Natural Scientist


Union: Royal College Science Union (RCSU)

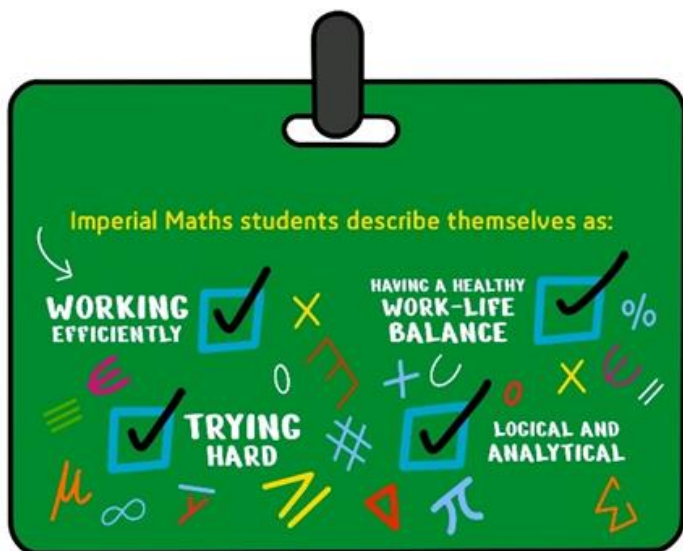
Address: Sir Alexander Fleming (SAF) and Sir Ernst Chain Building (SEC)

Life Scientists describe themselves as someone who:

“Recognises their weaknesses and builds on them by watching the right lectures and further reading in that kind of area. They’ve got a healthy social life as well”, *Aaren, Biology*

“Is very hardworking, they take opportunities they can get for like not extra credits, but just to make them different to other Biochemists and had strong critical thinking skills”, *Octopus-Lotus, Biochemistry*





Name: Mathematicians

Surname: Natural Scientist

Union: Royal College Science Union (RCSU)

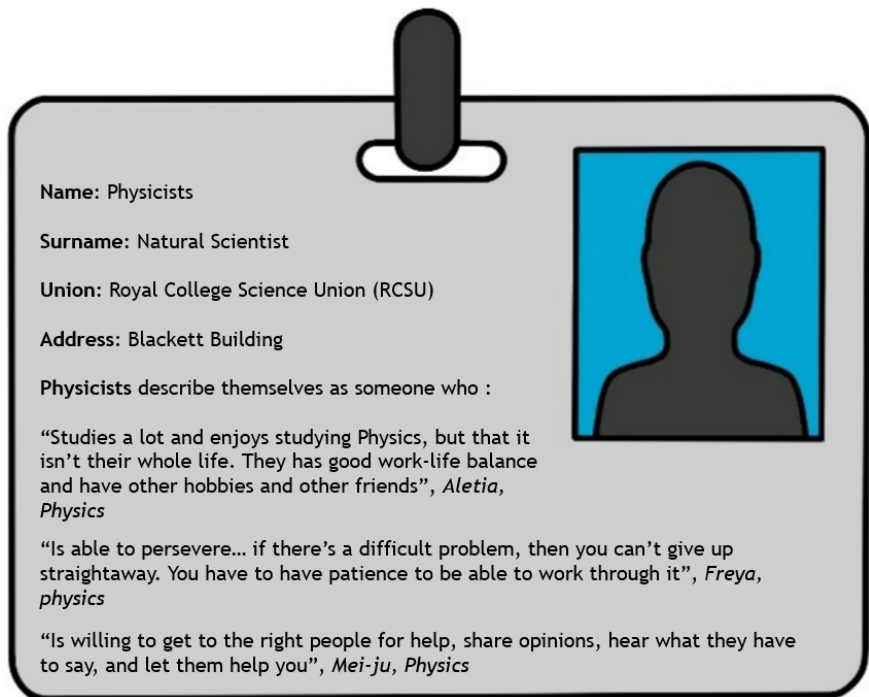
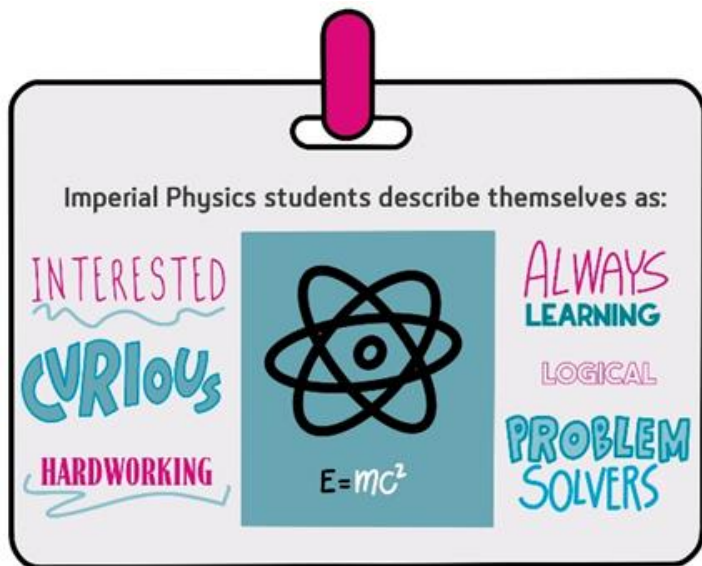
Address: Huxley Building

Mathematicians describe themselves as someone who:

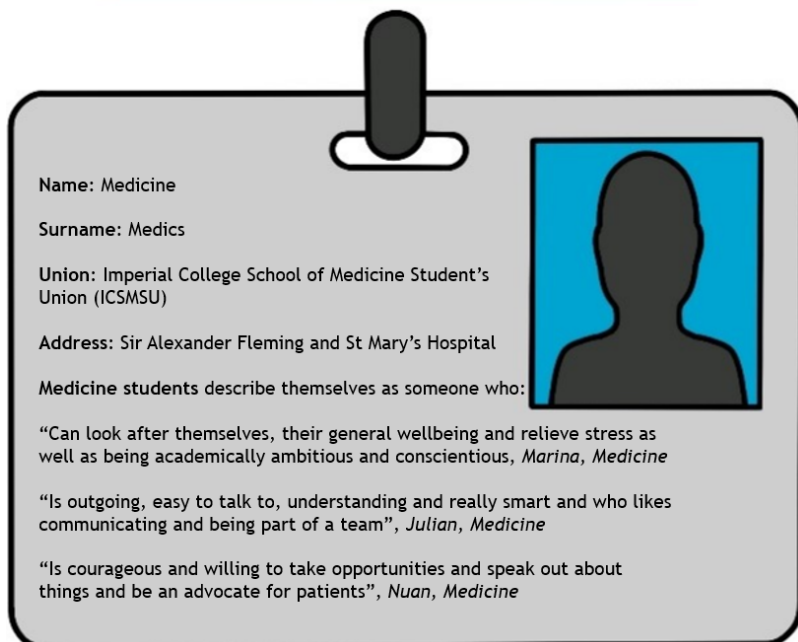
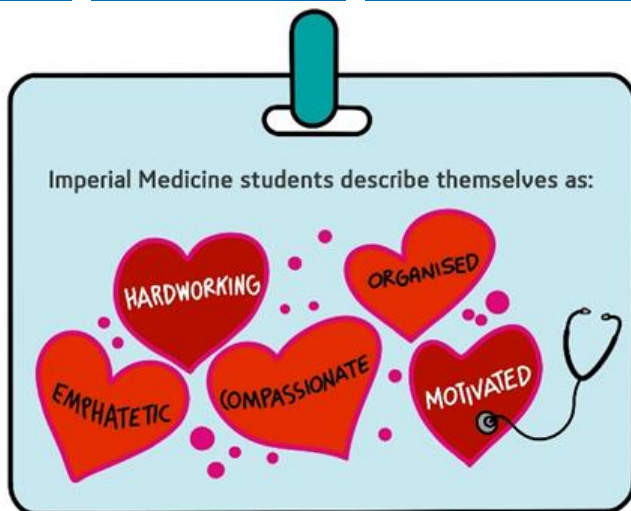
“Is resilient and incredibly hard-working. But the student has to also recognise that they need a work life balance” *John, Mathematics*

“Is hardworking and analytically minded but as long as you enjoy maths and have a passion for it, you will do well”, *Lauren, Mathematics*

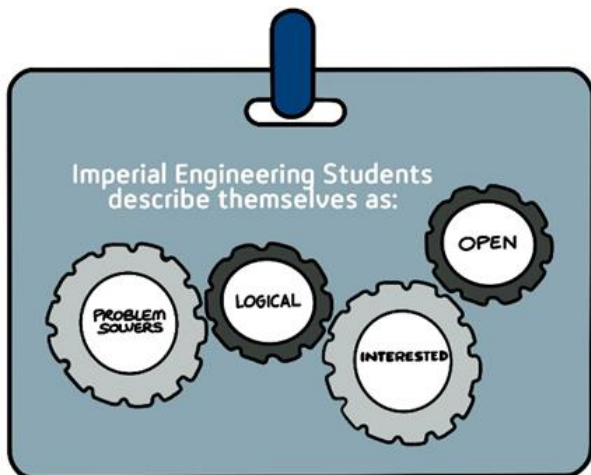
“Is willing to not understand something and then try again, because maths is basically about repetition...you keep on doing these questions until you can get them right... hardworking in that sense because you’ve got to keep practising”, *Aabha, Mathematics*



Faculty of Medicine: [Brain Sciences](#), [Immunology and Inflammation](#), [Infectious Disease](#), [Institute of Clinical Sciences](#), [Metabolism, Digestion and Reproduction](#), [National Heart and Lung Institute](#), [Surgery and Cancer](#), [School of Public Health](#)



Faculty of Engineering: [Aeronautics](#), [Bioengineering](#), [Chemical Engineering](#), [Civil and Environmental Engineering](#), [Computing](#), [Design Engineering](#), [Earth Science and Engineering](#), [Electrical and Electronic Engineering](#), [Materials](#), [Mechanical Engineering](#)



Name: Aeronautical, Biomedical, Chemical, Civil, Computing, Design, Electrical and Electronic, Materials, Mechanical, Molecular Engineers

Surname: Engineer

Union: City & Guilds College Union (CGCU) or Royal School of Mines (RSM for Earth and Materials Engineering)

Address: Department dependent and specific

Engineering students describe themselves as someone who:

“Is good with communication, a critical thinker, and also just being able to notice things that not many other people do, like seeing gaps in things that you could definitely take advantage of”, *Santana, Design Engineering*

“Can handle heavy workloads. Someone who’s always willing to explore new things, connect with new people, read around the subject in their own time and I feel like that would help with the degree”, *James, Electronic and Information Engineering*

The ID card is light grey with a dark grey tab at the top center. On the right side, there is a blue square placeholder for a photo with a dark grey silhouette of a person's head and shoulders.


Fill in your card! How would you describe the ideal student from your course? There's no right or wrong answer and your student identity is likely to evolve and develop during your time at Imperial!

Name: _____

Surname: _____

Union: _____

Address: _____



How would you describe an Ideal Student from your discipline?

Who Is an Ideal Student?

The Ideal student DOES NOT mean perfect!

A perfect student doesn't exist, but there are certainly ideals which you can work towards. Below are some qualities that we think are worth aiming for, based on interviews with students and academics (Wong & Chiu, 2019, 2020, 2021). This is not an exclusive set of skills and should only serve as an inspiration - you might have a different definition of an ideal student!

1. Ask questions when you don't understand something. Being open about it will allow you to learn. Don't worry about being judged or not understanding the material right away, this is exactly what you're at university for! Making mistakes is part of learning and reflecting upon them is a desired quality according to many lecturers and students.

"I'll tell them to swallow their pride... Take your shield down, just open yourself up ... Go to the student support service if you have issues with your writing. Go and bother your lecturers if you have questions, go to every tutorial and make sure you are there for every session because you will learn something."

- Foreman, student

2. Aim for progress (but not perfection). Your first sets of grades may be lower than what you were used to getting at school but remember that the leap between school and university is a big one!

“An ideal student isn’t really about the level that they are at . . . but an ideal student is someone who applies themselves to the best of their abilities”

- Rachel, staff

At Imperial, a 1st (First-Class Honours) is 70% or above in most departments, and so getting 60% or above is a 2:1 (Upper-Second Class Honours) and a very good mark. Regardless, passing your courses is already a huge achievement! Talk to your personal tutors and lecturers to understand how you can improve in future work. Check out the QR code above for the Success Guide’s section on studying effectively.



Do you need to work on your analytical scientific writing style or explaining your thinking more? You have at least 3 years to learn during your time as an undergraduate student (and the Centre for Academic English courses to help - see pg. 18)!

An ideal student is...

“Somebody who has the ability to reflect upon their own learning and their own performance”

- Nicole, staff

“Willing to try, to fail and to keep trying”

- Oliver, staff

3. Appreciate the importance of preparation. Take the time to do the reading before the lecture to familiarise yourself with it beforehand. This will help you grasp the topic much more quickly and allow you to actively participate in lectures and classes. You can benefit a lot from discussions with your lecturers and peers. Most academics will be more than happy to share their expertise and answer your questions! Remember that there are no stupid questions and probably many other students will have the exact same question as you!

“[Reading] helps them [students] to understand the material at a deeper level”

- Yvonne, staff

4. Engage in things outside of studying. Keeping a healthy work-life balance is really important for your mental health and treating yourself after a hard day or long week of work can keep your batteries charged. Join a CSP or become a volunteer; this will also give you transferrable skills extremely useful when applying to internships, jobs, and postgraduate courses.

5. Know the importance of taking time off. An ideal student is not someone who never takes a break. When you're well rested, you will have more energy to be creative and to actively participate in classes. Not only does this make you feel good, but your lecturers will surely appreciate this as well!

References:

Wong, B. and Chiu, Y.L.T., 2019. 'Swallow your pride and fear': the educational strategies of high-achieving non-traditional university students. *British Journal of Sociology of Education*, 40(7), pp.868-882.

Wong, B. and Chiu, Y.L.T., 2020. University lecturers' construction of the 'ideal' undergraduate student. *Journal of Further and Higher Education*, 44(1), pp.54-68.

Wong, B. and Chiu, Y.L.T., 2021. Exploring the concept of 'ideal' university student. *Studies in Higher Education*, 46(3), pp.497-508.

Your Career Life



You may or may not be thinking about life after university. Not knowing what you want to pursue after university is a normal and common feeling. However, the available services can show you some potential career paths that may suit you. A great way to explore your options is by attending career talks, workshops, and fairs. These are often hosted at a departmental level, by the Imperial Careers Service, and by student societies. The Careers Service offers one-on-one appointments for general career advice, CV and cover letter check-ups, and mock interviews. **You can download a copy of the Imperial Guide to CVs and Cover Letters from the Careers Service [here](#).**



You can access a list of internships and job listings, filtered by areas of interest by signing up to **[JobsLive](#)** with your Imperial login.

Your department and student-led departmental societies run events throughout the year. For tailored help, get in touch with the departmental Career Advisor. Career-focused CSPs (such as Finance, Law and Consulting) can provide you with further support for specific careers. There are lots of options and support available!

Identifying the things one dislikes and would prefer not to do is as important as finding out about the things one enjoys and is competent or good at. This is part of becoming self-aware and is an essential part of seizing control of one's destiny in life whether that is career and job related or beyond.



Undergraduate Research Opportunities Programme (UROP) would be a nice opportunity to have a “taste” of a career life in research. UROP can enhance your appreciation of the research environment especially if you are keen on considering postgraduate study. Equally, it is the perfect opportunity to pursue something relevant to your degree while enhancing your employability. Several hundred students participate annually. You can contact your lecturer or researcher early to discuss a feasible research project.

Your Finances, Accommodation & More



As a student, you might face new responsibilities such as budgeting your expenses, cooking and other house chores or searching for accommodation for the first time. Imperial's Student Hub, a central service available to all students, offers advice and information on finances, accommodation, student documents, records, international student enquiries, and more. The team can be reached either on site in the Sherfield building or via their online portal, email, or phone. **Click [here](#) to find out more information.**



They will also be able to redirect you to another service if they can't help you directly. The Student Hub can help you navigate the university and array of student support services.

The Student Support Fund is available for current students who face unexpected financial hardship with their costs of living (excluding support for tuition fees or visas). The Fund provides short term assistance for living costs up to £5,000.



The Student Experience Fund (SEF) enables eligible bursary students to take part in activities and events at Imperial College Union which would otherwise be inaccessible due to cost. The fund is brand new for the 2023/24 academic year.



All qualifying students automatically receive a balance to spend on their Union shop account. To use it, simply make a purchase

as usual and select "Student Experience Fund" instead of credit or debit card at checkout!



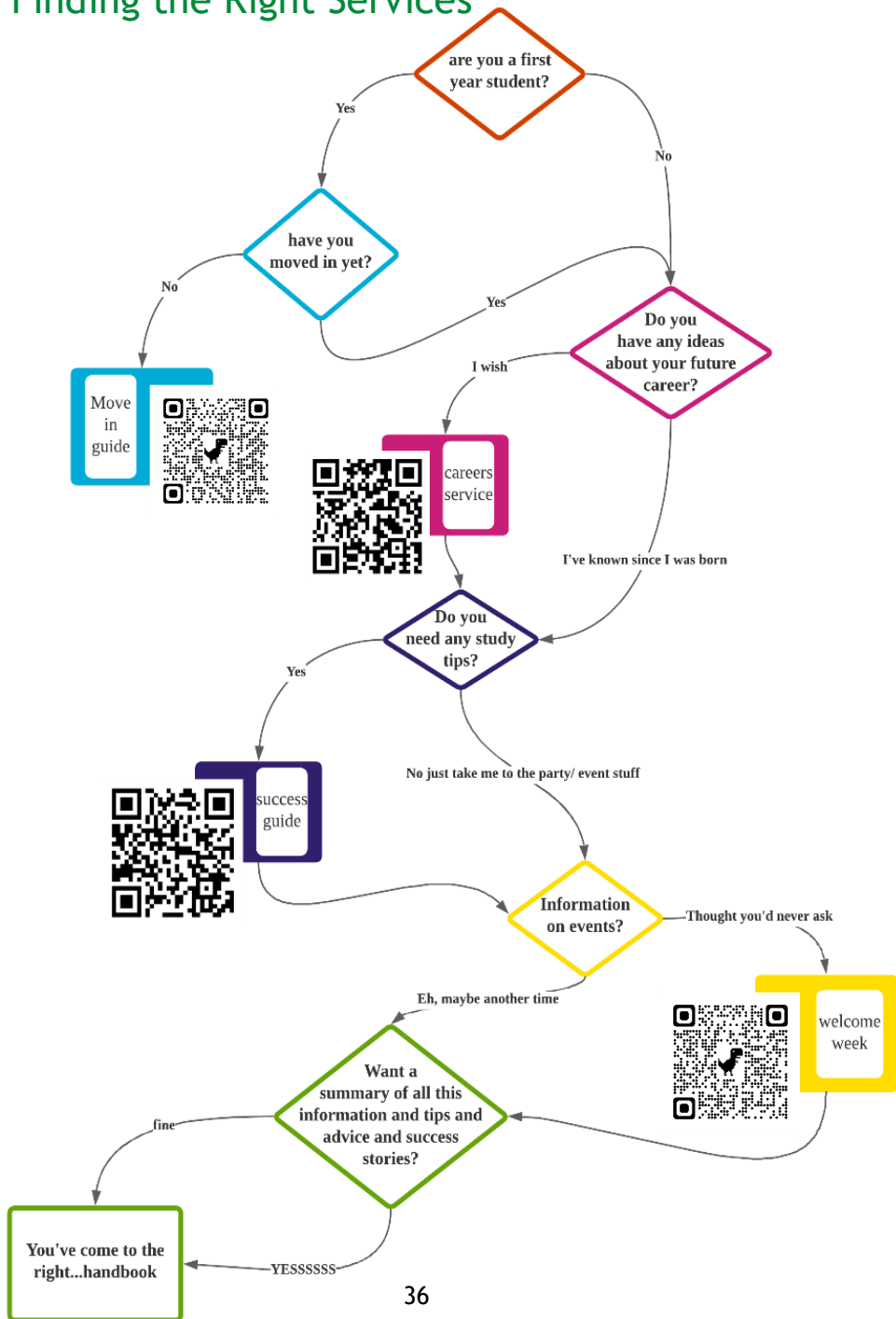
International Student Support



Check out the **International Student Support** pages for information on visas, accommodation, activities and more - all tailored to international students' needs. Visit the website to access helpful links and download their student guide.



Finding the Right Services

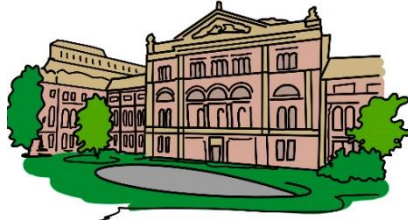
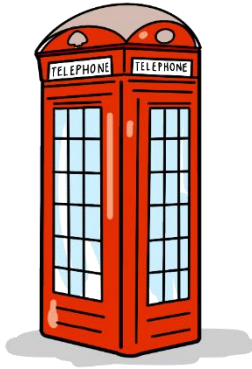


Bucket List of Things to Explore in the First Term

- I spoke to students from at least 5 countries and 5 departments.
- I signed up to at least two CSPs (Clubs, Societies and Projects) and got some freebies at the Welcome Fair.
- I attended at least one taster session from my chosen CSPs.
- Watch a film in the Union concert hall operated by Cinema Society.
- Take a selfie in front of the Royal Albert Hall. (You'll take another one there when you graduate.)
- I had curly fries and burgers at the [Union](#) (Student Union venue in Beit Quad on the South Kensington campus).



- I had lunch at the JCR (Junior Common Room) on the Sherfield Walkway with some people I just met. [Kimiko, the Japanese restaurant, is a classic! Remember to bring your student ID to benefit from student discount at the college outlets.]
- I visited all the great museums in South Kensington: Victoria & Albert, Natural History Museum and Science Museum [you can even do that in between lectures if you have a free period, it's completely free of charge and a 5 mins walk.]



I got lunch at the weekly Tuesday Farmers' Market on Dangoor Plaza and had a picnic with some friends underneath the Imperial Tower.

I took a photo near a red telephone box.

I had a lovely walk or run in Hyde Park. [You can also rent pedalos or rowing boats on the Serpentine.]

I went on a red double-decker bus. [You can get a student discount Oyster card or can pay contactless. There are also some organised tours of London on these buses.]

I found my department book section in the Central Library. [There is a non-academic literature section on the 5th floor too!]





- I talked to my Year Student Representative.
- I tried Ethos, Imperial's Sports Centre/Gym, opposite the main college entrance, next to Eastside Halls. [If you live in Woodward or Kemp Porter buildings, iGym is just around the corner. Check out all the [sports facilities](#).]

Search the Word - Identities

Can you locate some of the identities that can be found at Imperial?

IDENTITIES OF IMPERIAL

W	O	M	A	N	R	I	N	S	B	A	O	S	G
I	O	M	T	S	C	T	T	O	I	S	I	E	N
T	B	E	E	N	T	B	F	A	D	I	D	S	I
E	M	G	N	D	T	S	I	E	N	A	A	O	K
I	K	S	L	G	I	T	I	R	Y	N	I	S	R
E	S	E	D	N	I	C	I	R	C	I	N	E	O
S	O	S	C	I	E	N	T	I	S	T	Y	D	W
S	M	A	T	U	R	E	E	N	C	G	T	I	R
R	U	T	M	L	I	R	T	E	T	R	I	S	E
A	I	I	B	O	N	G	M	M	R	N	R	A	O
A	T	N	K	D	R	C	M	T	E	T	O	B	L
F	S	I	L	E	I	L	R	B	A	I	N	L	O
G	R	F	I	R	S	T	W	G	M	R	I	E	E
O	C	B	L	A	C	K	L	L	S	I	M	D	W

LGBT
 MEDIC
 MINORITY
 ASIAN
 SCIENTIST
 WOMAN
 MATURE
 BLACK
 FIRST
 DISABLED
 ENGINEER
 WORKING

Play this puzzle online at : <https://thewordsearch.com/puzzle/2625728/>

* This was made using: <https://thewordsearch.com>. Check the answers at the end of the brochure

Scrambled Words - Appreciating Diversity

Just like a discipline-specific glossary allows you to navigate and describe processes and findings in your area of study, an inclusive language helps you understand underrepresented groups and communicate ideas of diversity.



YLAL - Most of us won't be activists, but we can certainly be allies. It's someone who's there for people from underrepresented groups, listens to what they have to say and boosts their voice (e.g., by sharing relevant content on social media). Scan these QR codes and learn how to be a white and LGBTQ+ ally!



GNNDIEWI APRITOPTNAICI (WP) - a strategy to increase the proportion of students from underrepresented backgrounds including adjusting admissions procedures to ensure fair chances for all.

RUTAME STUDENT - not all your peers will come fresh out of high school, some are aged over 21 years old. They may already have a degree or have had to take years out for various reasons.

UNOROPNS - another example of inclusive language. Some of them are: 'they/them', 'she/her', 'he/him', 'zhe/zir'. Read more about why and how to use pronouns [here](#).

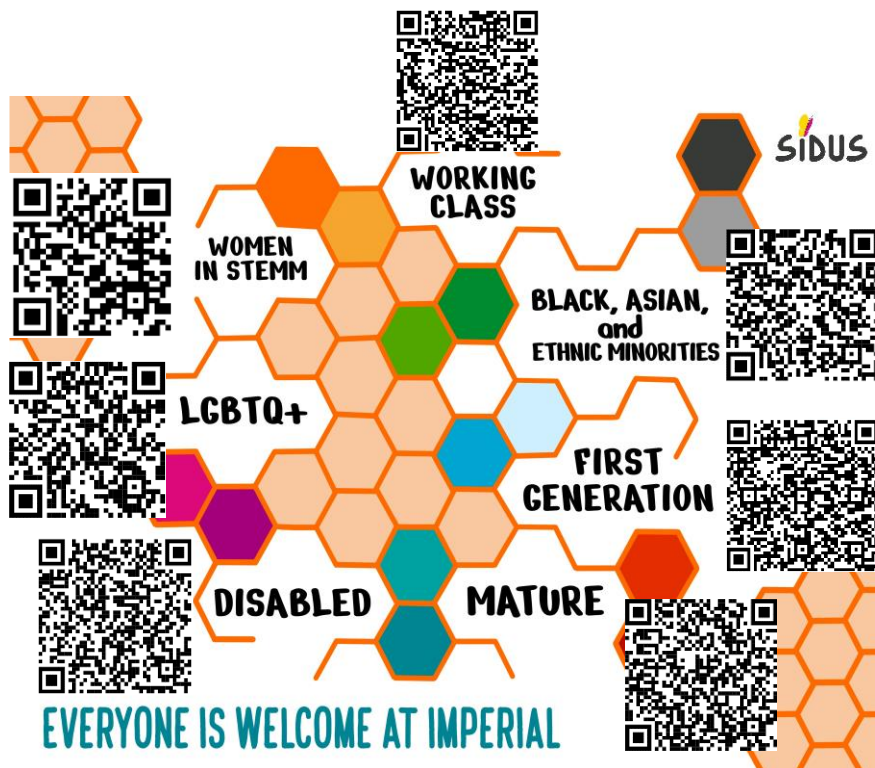
GOUECVRNDEINRE - a range of commonly co-occurring 'conditions' related to processing or cognitive differences. It includes Dyslexia, Autism, ADHD, and more. SpLD (Specific Learning Difficulties) is widely used as well, sometimes interchangeably, but is more inclusive. Learn more by clicking or scanning [this QR code](#)!



*Check the answers at the end of the brochure.

Giving voice to and learning from the experiences of underrepresented groups at Imperial

Scan or click the QR codes below to learn more:



Let's talk about mental health



Settling into university life can be stressful. For some being away from family and school or home friends is hard. Many students struggle with accepting lower grades than what they're used to from school. Others may have financial or health worries. Taking care of your mental health will help you cope with problems and avoid feeling overwhelmed. Make use of the advice and resources from the Student Support Zone and keep reading for tips and summary of resources.

External services in the event of urgent help:

Imperial College Health Centre – nearest doctor's surgery to South Kensington Campus. Call **020 75846301** or email imperialcollege.hc@nhs.net.

Samaritans (24 hours) – for people experiencing high levels of distress including suicidal feelings. Call **116123** or email jo@samaritans.org.

Nightline - confidential listening, support and advice via instant messaging. Open nightly (18:00 - 02:00) during term time. Go to their [website](#).

Shout crisis text service (24 hours) – free text service for anyone in crisis. Text **85258**.

HOPElineUK – confidential support for people under 35 who may be having suicidal thoughts and anyone concerned that a young person may be having thoughts of suicide. Call **0800 068**

Here's what other students have said:

"Sometimes there's a stigma around mental health and getting help. I think that really needs to kind of go away as well"

- Lakshani, Biology

"There have been times where I felt like the odd one out"

- Hazel, Biochemistry

"moving to a new country (...) and having a completely new environment, was pretty exciting. At the same time, I felt a bit lost because I literally knew maybe one or two other people"

- Steve, Physics

Tips and resources

Open up

Bottling up stress and anxiety is a natural reaction for some of us, but these feelings will likely only build up over time until it gets very overwhelming. If you're struggling, talk to someone - it can be a trusted friend or family member, personal tutor, welfare advisor, GP, or counsellor.

First point of contact*

Students in Halls: Wardens and Hall Seniors

Engineering: Wellbeing Adviser

Chemistry: Student Experience Officer

Maths: Undergraduate Liaison Officer + Student Experience Coordinator

Life Sciences: Undergraduate Liaison Officer

Physics: Mental Health Aiders

*If your department is not listed here, contact your personal tutor and college-wide service

Counselling

There is no shame in needing professional help. Sign up for counselling if you're experiencing difficulties and could use some extra support.



SilverCloud

Self-guided therapy that you can do at your own pace. Try one of their programmes to help with anxiety, depression, panic attacks, and negative body image.



Keep active

Regular physical exercise can be an important part of your mental wellbeing. Even going for a short walk can help you clear your head. Feeling like you could use some exercise but not sure where to start? Check out **Move Imperial** for tips.



Meditation and mindfulness

Try guided **Mindfulness Meditation** from the Chaplaincy practice or start a daily meditation practice with the help of apps such as Headspace or Calm. It can help you take a step back and focus on the important things. Scan the QR code for these and more apps to help you manage stress, anxiety, sleep issues and more.



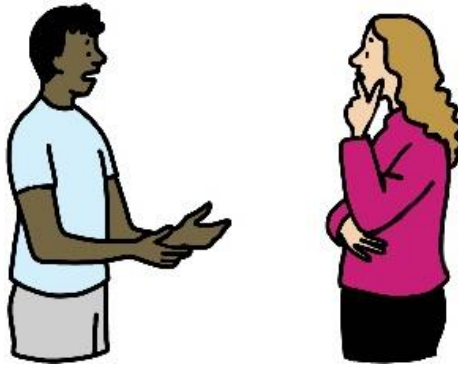
The Kind Mind Series

Great resources on a variety of mental health and wellbeing topics such as settling into university, coping with stress, isolation and loss, building resilience and much more from the Mental Health Advice Service.



Recognising and tackling imposter syndrome

* Note: This is a fictional conversation, but it's based on the SIDUS interview data and reflects the feelings and experiences of students who participated in the project.



I don't think I really deserve to be at Imperial...

Ohh really? Why are you saying that?

I don't know... I don't really have any big achievements.

But surely you wouldn't have been accepted to Imperial if they weren't impressed with your accomplishments and didn't see a lot of potential in you.

But everyone seems so much smarter here than me...

Hmm, I don't think that's true.
Have you ever heard of imposter syndrome?

Imposter syndrome? I've heard of it but I'm not sure what it is.

It's a belief that you don't deserve your accomplishments and that you will be 'found out'.

It's not a complete definition though. There are many feelings associated with it: discomfort, alienation, lack of belonging and not believing in yourself.

Huh. I can really relate to many of these.

Yeah, I thought so.

The interesting thing is that students experiencing imposter syndrome are often high-achieving but despite this they don't believe in their achievements such as getting into a competitive university, achieving good grades or landing a job offer.

That's really surprising...

Why does it happen?

Again, there may be different reasons. Many people find the transition to university difficult. Students who were typically top of their class in high school are disappointed to achieve average grades at university and feel intimidated by so many other high attaining students. Also, many students find university an alienating place and fear that they don't fit in because there aren't many other people like them.

But remember, you have been accepted into a world-class university because **you have what it takes to succeed.**

So, is imposter syndrome common?

Yes. A lot of students experience imposter syndrome and it can have a negative impact on their mental health, academic performance, and sense of belonging.

That sounds depressing...

So is there any hope for me?

Yes, absolutely! There are lots of strategies that can help.

What are these strategies?

Be aware and appreciative of your strengths and achievements. Document your skills and accomplishments, you can write them down and hang somewhere visible to keep reminding yourself of that. Try to catch your inner critic thoughts and replace them with positive ones.

Don't be afraid of failure! It's okay to make mistakes as it's all part of the learning process, we all do! We can learn a lot from our mistakes and it means we have the courage to try new things and develop.

Reach out for support. Check out the Student Support Zone and their materials on imposter syndrome as well as the Kind Mind Series! It will help you process your feelings and learn helpful coping strategies.

And last, but not least, open up. Have you talked to your peers about the imposter feelings?

Well, not really... Maybe a few closer friends. To be honest I would feel ashamed.

See, there it is, the fear of being found out typical for imposter syndrome! You might be surprised how many people feel the same as you, even if it doesn't seem like it.

So, break the silence! Be open about your feelings. It can bring you a sense of comfort, belonging and being understood and accepted. We've all been there and there are many solutions to this.

You are not alone, so please reach out and you will deal with it fine. <3

Okay 😊 I feel a little bit better. Thank you.



Microaggressions

An everyday comment or action can carry a lot of weight.

Derald W. Sue, psychologist and author of two books on microaggressions defines them as: "The everyday slights, indignities, put downs and insults that people of color, women, LGBTQ+ populations or those who are marginalized experience in their day-to-day interactions with people."

Below are some examples of microaggressions:



Intent is not the same as impact. You might not mean to upset someone, but everyday comments and actions can communicate negative messages, particularly to marginalised groups. Microaggressions can create an atmosphere or a climate of exclusion and make people feel like they don't belong.

Imperial prides itself on its diversity. You belong here regardless of your identity or background. Learn more about microaggressions [here](#).



You can report incidents (also anonymously) such as bullying or harassment through [Report + Support](#) website.



Accommodation after First Year



Becoming a Hall Senior

Whether you lived in Halls in your first year or not, you can apply to become a hall senior. If successful, you will be offered a place in one of the Imperial Halls in exchange for supporting the running of the hall (including social activities or pastoral care).



Imperial Halls Beyond First Year

Another option is applying to Senior Halls such as Evelyn Gardens.

Private accommodation

Imperial halls are normally limited to first-years except if you are joining as a hall senior, thus you will need to search for private accommodation. Look out for organised talks on searching for private accommodation from halls and the Student Accommodation Office. The comprehensive Student Accommodation information and Student Hub guidebook (links shown below) features timelines of when, where, and how you should start looking for housing. For finding people to move in with, check out the Flatmate Coffee Socials (link/QR code next page). If you need a rent guarantor in the UK, Imperial College can act as one when required by landlord or agency in order to rent a room or property.



Further guidance can be found below:

1. Recorded talk on private accommodation:



2. Private Accommodation Masterclass from Student Hub (guide and renting tips):



3. Newsletter for private housing (both with the possibility to sign up and access very informative previous content) and Flatmate Coffee Socials



Commuting students

Not all students live in halls in first year, some live at home in London or nearby, and commute. For students who are not based in halls, here are our top tips to navigate student life as a commuting student.



1. **Bring your own food on campus to maximise your social and study time while saving on take outs.**

2. **A large variety of food is also available on campus at a discount with your student ID.** Meet up for lunch on campus with your peers and friends, between lectures, labs or tutorials.

3. **Join at least one CSP.** As CSPs are student-led and -run, **most of the organised social and academic events occur after lectures where possible.** For example, Wednesday afternoons are reserved for sports at Imperial, so instead of commuting back

directly that day, you could go to a sports training. That way you will meet new people while doing some exercise!

Report and Support Form

We hope you have a great time at university, however, if you experience an incident such as bullying or harassment, you can report it through the Report + Support form (including anonymously).



Follow the QR code to access the form and a range of support resources.

Ongoing Education Research and Initiatives



Equality, Diversity, Inclusion Strategy (EDI)

An initiative run by Imperial, which focuses on training students and staff through workshops, shifting the focus on management processes, shaping the student experience, and taking positive action. More information can be found on the EDI webpage.



Centre for Higher Education Research and Scholarship (CHERS)

The Centre for Higher Education Research and Scholarship conducts educational research around many themes including identities in education, assessment and feedback, digital learning, wellbeing, sense of belonging, teaching and learning pedagogy. Publications can be accessed by all Imperial staff and students.



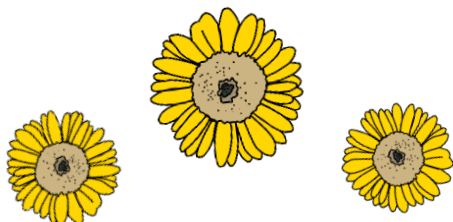
Imperial Festival of Learning and Teaching

It is formerly known as Education Day/Week.

The education research being conducted at Imperial ranges from student and staff wellbeing to the effects of the pandemic, from broadening participation to online assessments, and everything in between! You can also find out more information and presentations [here](#).



Disability Advisory Service (DAS)



The Disability Advisory Service (DAS) is here to support you if you have a disability and/or have a specific learning difficulty (SpLD) or autism.

Mentoring support, specialist study skills sessions, exam arrangements and specific accommodation requirements are some of the available adjustments. Follow the QR code to learn how to get a screening and for more information.



Student success stories

There are many interpretations of what constitutes a “success” story. For many it is achieving a certain grade or landing a certain job or an internship. For others, “success” is rather overcoming a fear, overcoming a barrier, allowing oneself to feel human and seek help, and at the end of the day, despite all obstacles, making it through.

Hear what our own Imperial students have to say on this:



“Like I felt almost as though you don’t deserve to be here or you’re here by fluke. But I think I’ve been able to shake that feeling off bit by bit to where I am now.” - Kolo, Medicine

“In the beginning, it was more the fact that my educational background was different from everyone else. I think that was the main thing that made me feel a bit out of place, but because all the events organised that I went to, they were mainly hosted by my hall of residency. Then it didn’t feel like there were more guys than girls around. I didn’t feel like I was out of place being female.” - Ella, Physics



“I struggled in my A-Levels, but when I got there, it seemed like everyone else had flown through them, so I was a bit worried then. After a couple weeks though, I was on the same level as them, so I was okay.” - Carol, Mathematics



“And then going [to societies] and then having the socials afterwards with a group of different people from different subjects, that was really nice as well. That felt like I belonged in the university as well.”

- Alexa, Biochemistry

“I didn’t feel like I fitted in because a lot of the events in the first few weeks of Freshers’ Weeks were very drink heavy or going out. I just think it’s not where I found myself. Later on, when I began to meet other people who had similar interests to me in the way that they have fun. I think that’s when I started feeling a bit more like I fit in or belonged.”

- Masika, Medicine



More inspiring stories from Imperial students



Imperial Stories



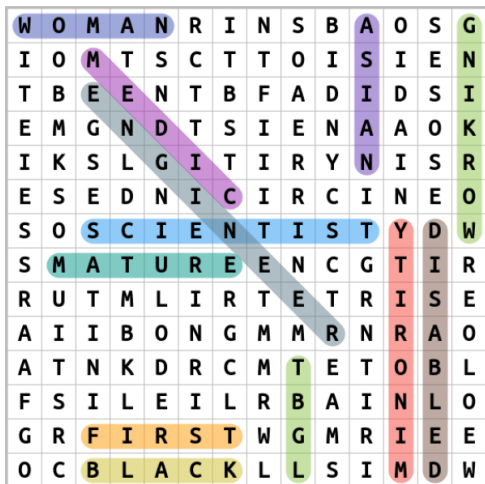
Five student's stories

Join a world leading scientific community where women succeed: Student Blogs



Search the word answers:

* credit to <https://thewordsearch.com/>



Scrambled words answers: *ally, widening participation, mature, pronouns, neurodivergence*



