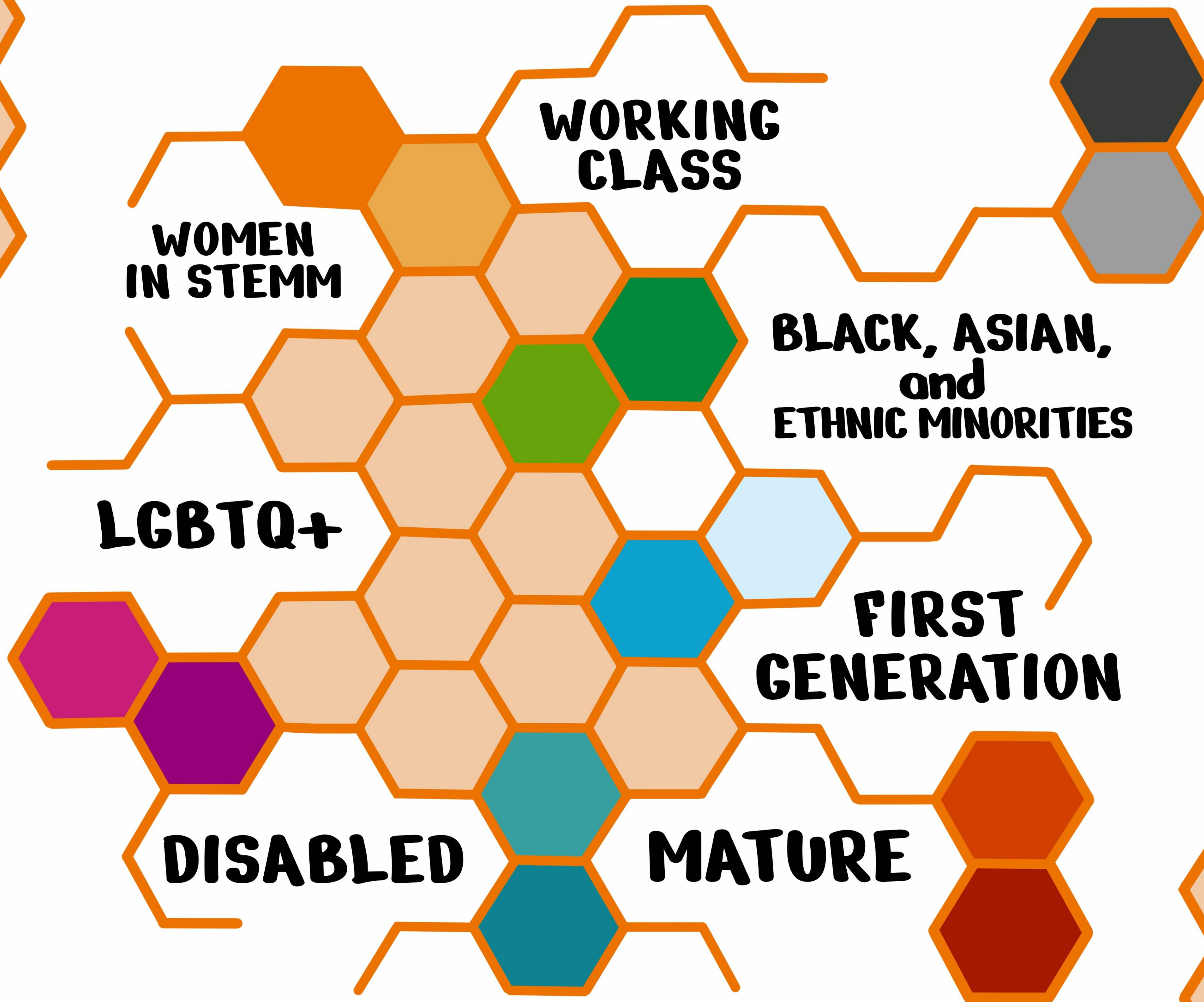
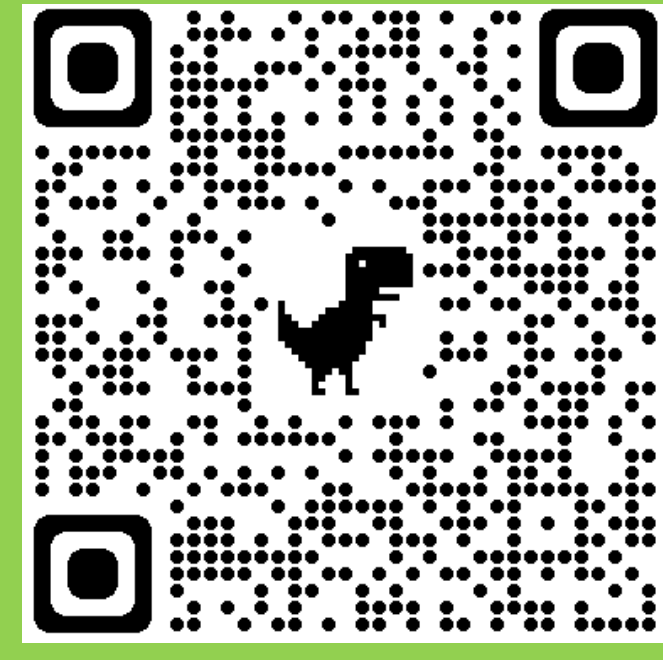
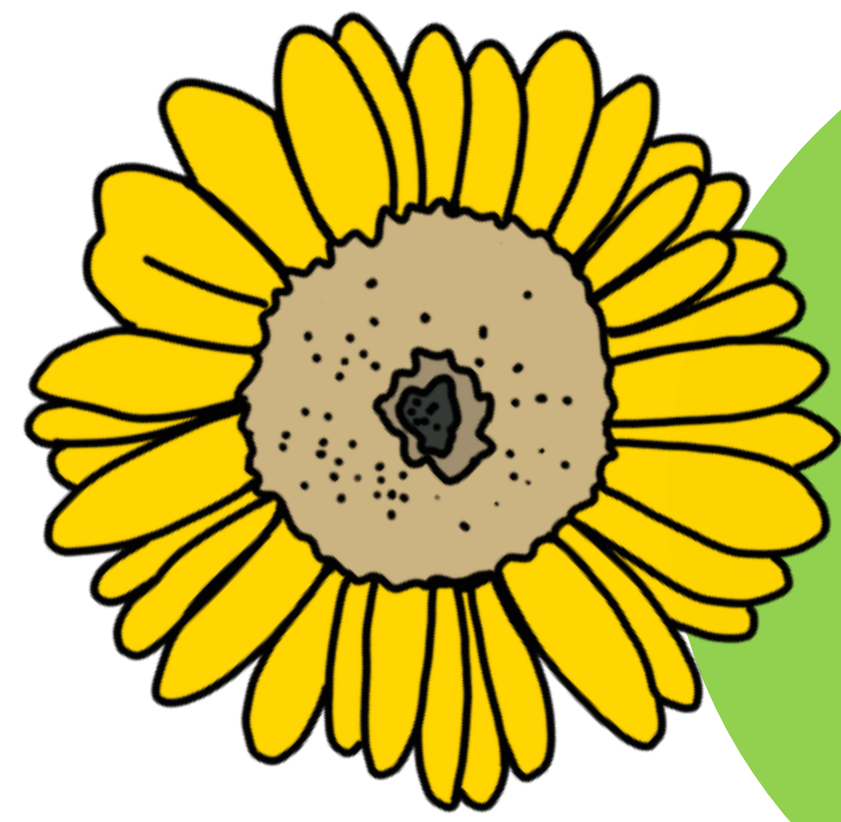




YOUR ACCENT IS PART OF YOUR STORY  
**EMBRACE IT!**



**EVERYONE IS WELCOME AT IMPERIAL**



Scan or click the QR code

Disability Advisory Service

Still confused or looking for something else? Check out "A Student's Guide to Imperial" for more information on available support!



Scan or click the QR code

# Imperial College services are here for YOU



Scan or click the QR code

Careers Service




Counselling and mental health support



Scan or click the QR code



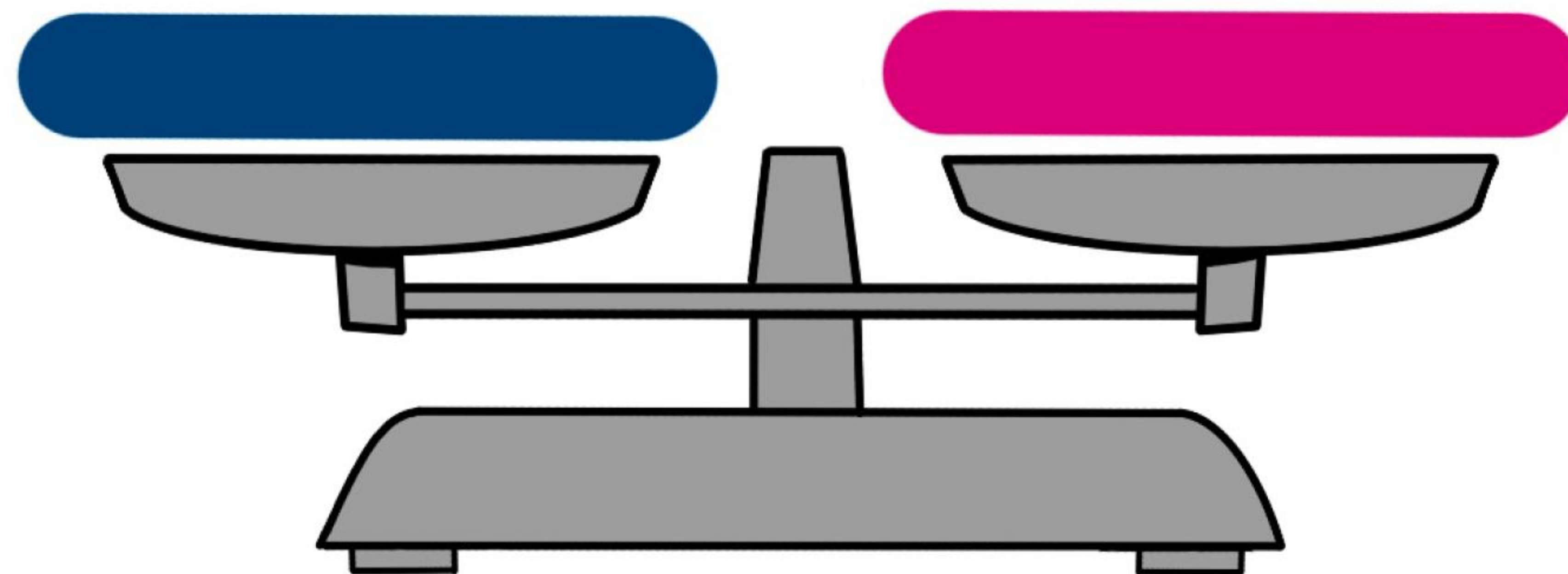
Centre for Academic English



Scan or click the QR code

Do you feel like the gender ratio sometimes gets **too much**?

**Speak up!**



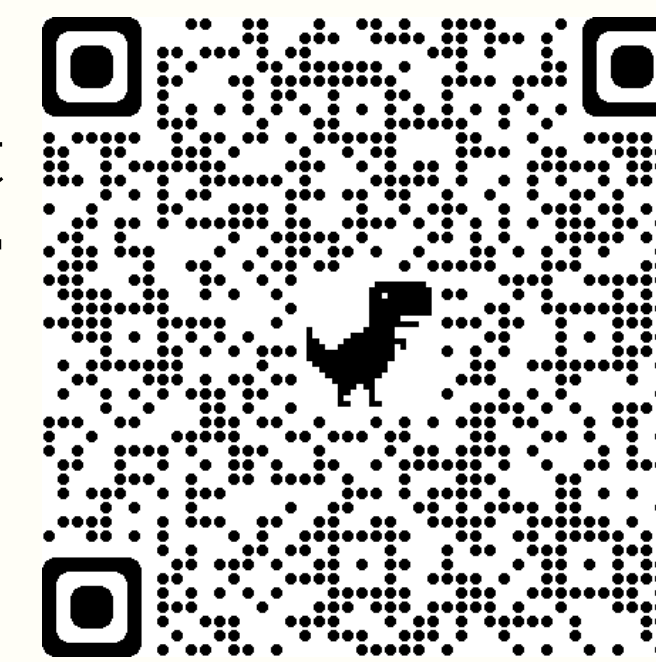
Read about  
#Women in STEM  
& Imposter  
Syndrome



You earned your place,  
now **ROCK** your degree!

**Own** your place in STEMM

Learn more  
about  
imposter  
syndrome



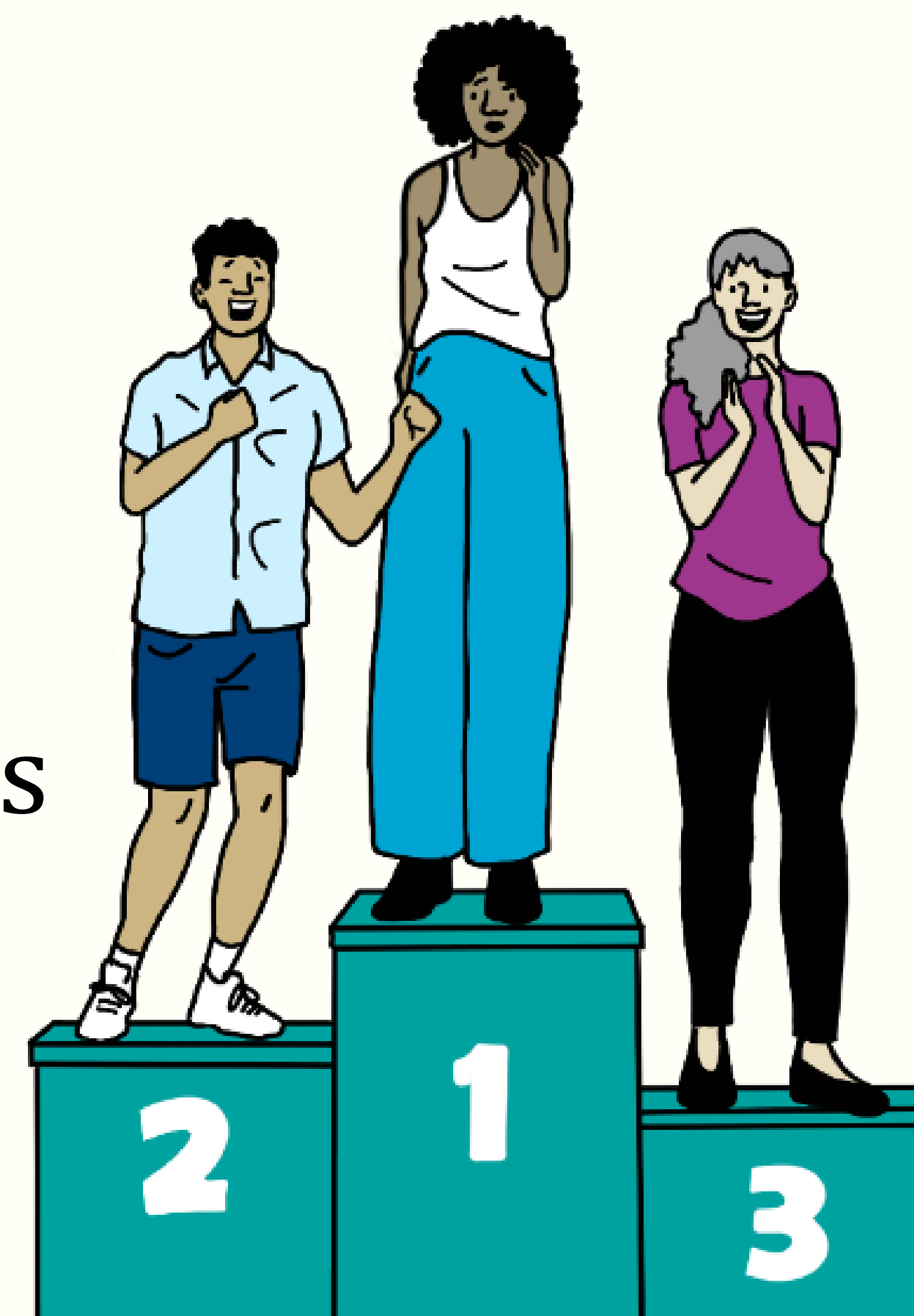
I M P \_ S T E R

S \_ N D R \_ M E

“Now I can see that I worked hard to get here, so I would say that maybe...

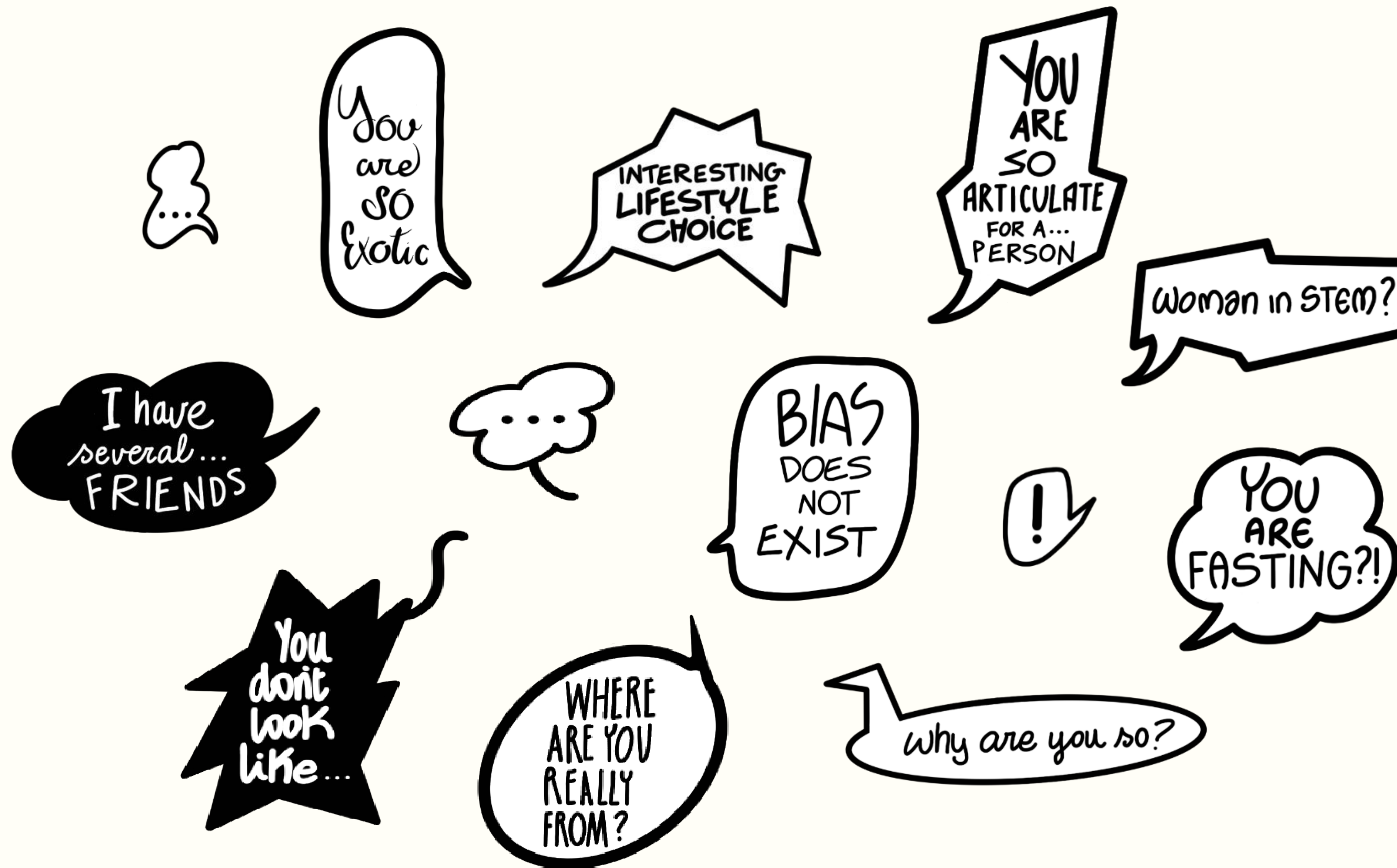
**I do deserve to be here!”**

- Ella, Physics



# microAGGRESSIONS

Some **words** can be suffocating to a **friend**



Read more about  
microaggressions  
here.



*The amount of information I am getting is overwhelming...*

*How is the Union structured?*

*I am not sure which College services to turn to for support.*

*I feel like I don't belong and sometimes it just gets a bit too much.*

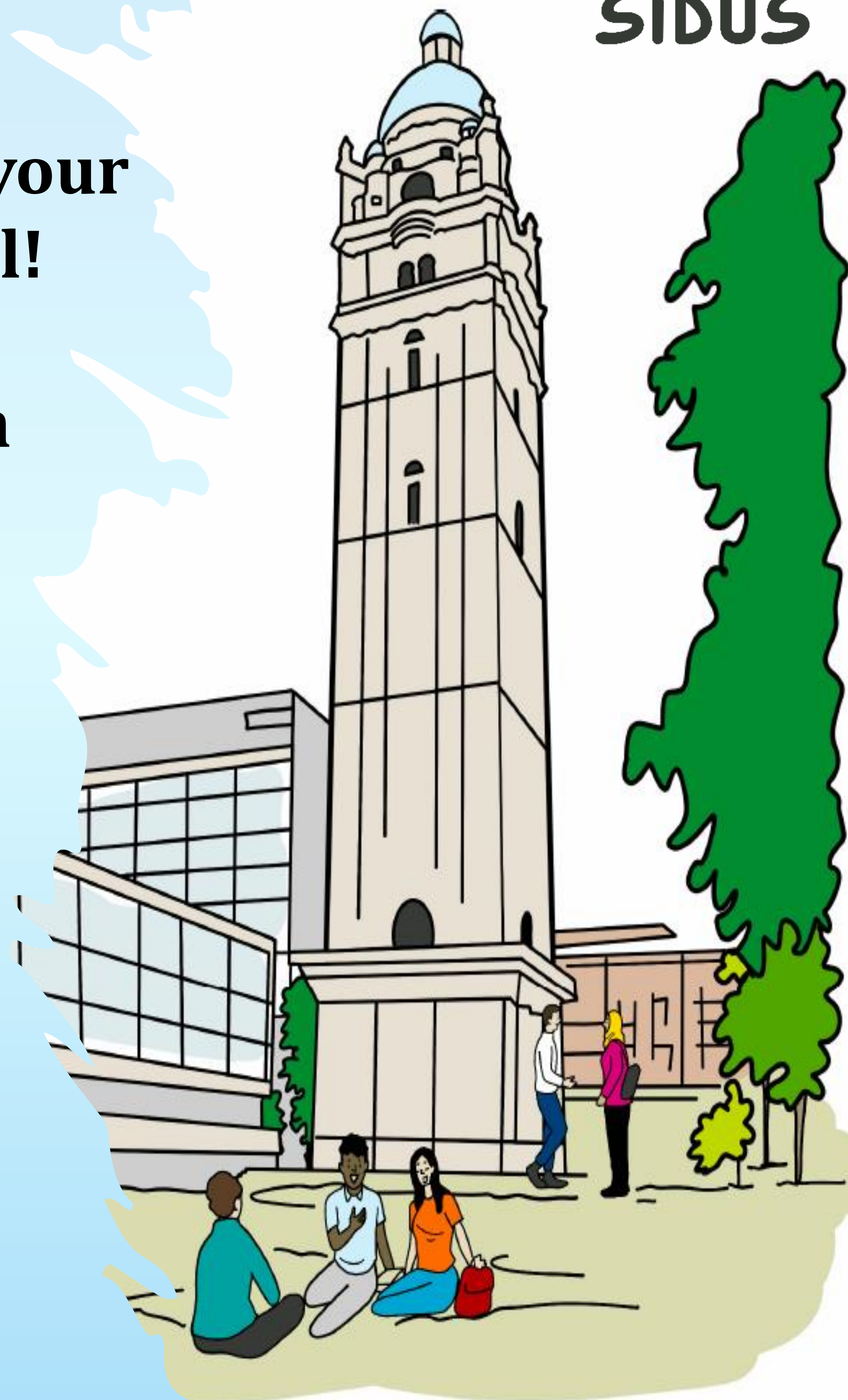
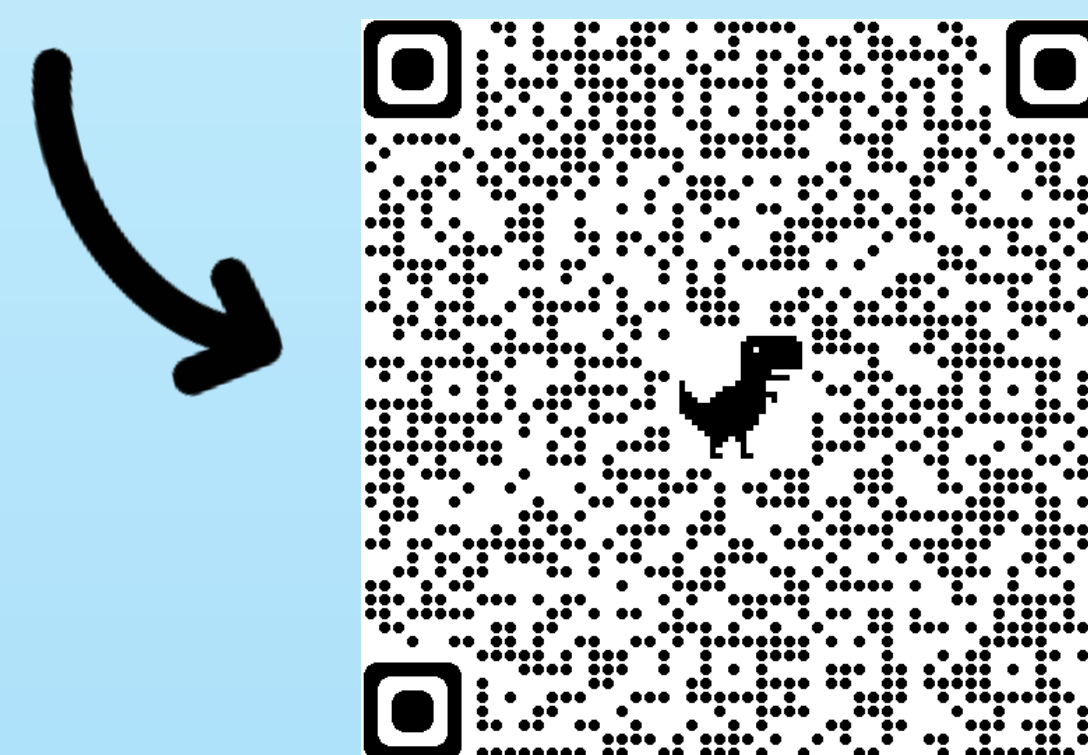
*What are the Constituent Unions?*

**Make the most of your time at Imperial!**

**Find answers in  
'A Student's Guide to Imperial'**

*made by students,  
for students*

**Download the handbook now**





The gender ratio tends to **silence** women and sometimes gets **too much**.

- Asaroyoma, Engineering



**You belong and deserve to be at Imperial.**



**Speak up** and engage with your course

**Keep** asking all your questions



**Remember** that you belong in STEM



Read about Women in STEM & Imposter Syndrome





Clubs Societies Projects

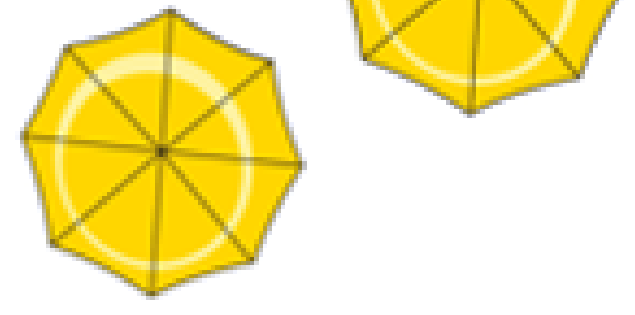


"Going to my society made me feel like I did belong."

- Alexa, Biochemistry




**NOT** fitting in



"I would tell myself I was having a good time, but I really wasn't."


- Masika, Medicine





"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 is **counselling and mental health support** available if you're struggling with low mood, anxiety or any mental health issues

Coping with problems alone can be tough - **don't be afraid to ask for help**

Talk to a counsellor or check out the available resources




**SIDUS team**

Hey, all good? **Stressed:/**

**You can do it!**

There are support services! <3

**I don't know who to talk to...**

**There's too much information**

**Hey, this is what SIDUS is here for**

**What do u mean?**

Some researchers interviewed loads of students and made a handbook

**We present support services that students said they found useful!**

**Cool!!**

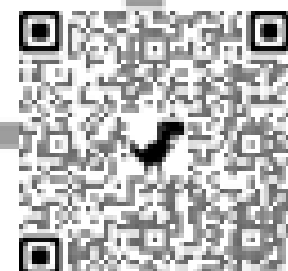




You receive a lot of information about support services but still do not know where to turn to?

**Make the most of your time at Imperial!**

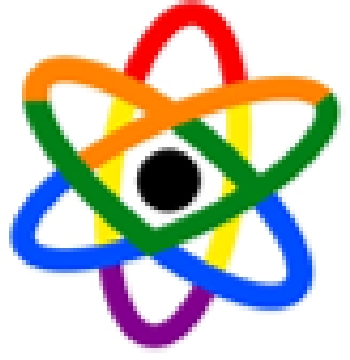
The **SIDUS handbook**, based on Imperial student interviews, highlights key mental health challenges & services available.

Supporting the Identity Development of **Underrepresented Students**.


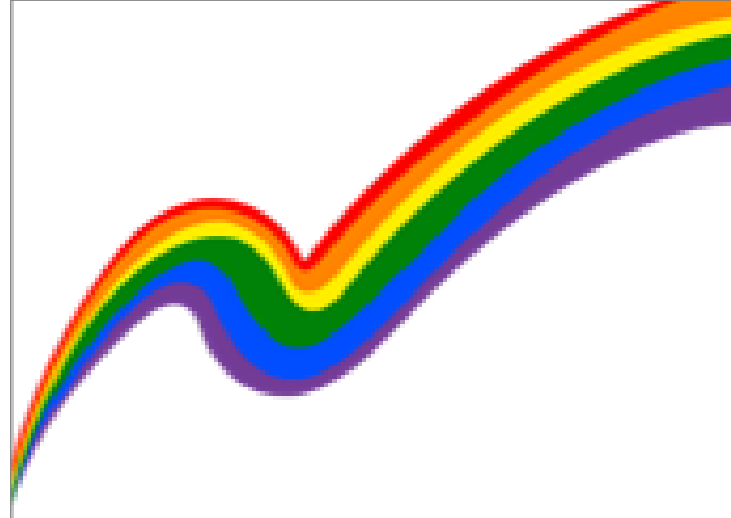




"I get anxious as I don't know how they think about **LGBTQ+** people."

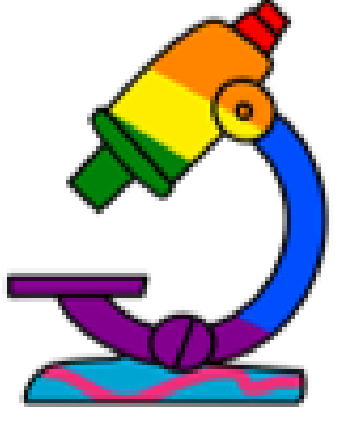
- Aletia, Physics





Your best self is your **authentic** self!

**LGBTQ+** scientists, medics and engineers, you belong to the Imperial community!



Learn how Imperial promotes diversity


HELLO!

How are you?

I am new at Imperial!

VERY EXCITED TO BE STARTING the course


Where are you from?




"A lot of other students who **miss out on interaction with all kinds of people** because of the **language barrier** didn't know about classes from the Centre for Academic English"

- Sarvjot, Mathematics

There is a variety of courses for academic and social contexts available from the Centre for Academic English (CfAE)



Learn more



**Have you got all the bookmarks yet? Check out the SIDUS website!**

