

Student Services Newsletter

Dear Student

Welcome to the March edition of the Student Services Newsletter. As we approach the end of term, we very much hope that it has been a rewarding time for you. My team are here to support you in your studies and your success.

Please read this newsletter to see all the initiatives that we have to help you get ahead and please do not hesitate to contact us for one-to-one advice.



For more information please visit: londonmet.ac.uk/studentservices

A look back at February

Careers and Employability Service Employability Award

The Employability Award team has been very pleased to work with students registered on the Award. We will reopen the Award for new participants in September 2015. Those who began the award in January 2015 have been busy attending workshops and gaining volunteering experience and are in the process of developing key skills needed to compete in the job market.

If you wish to gain experience and develop your skills you can still take part in activities without completing the Award. Please contact the Careers and Employability service, Student Services based at either Calcutta House or Holloway (Learning Centre). Call 020 7320 2370 or 020 7133 2094 to book yourself an appointment to see a Careers Consultant or for general information.

Careers and Employability & International Students advice

The Careers and Employability Service and the International Students advice service organised events for London Met's international students in February at Holloway and Aldgate. Students were able to find out what they had to do in order to be eligible to switch into one of the UK work immigration categories.

For any further enquiries please contact s.markey@londonmet.ac.uk or t.platt@londonmet.ac.uk

Disabilities and Dyslexia Service / Counselling and Wellbeing

The Disabilities and Dyslexia and Service; in conjunction with the Counselling Service; organised several events relating to mental health. These took place in February. Mental health problems affect 1 in 4 people every year, yet too often, people are afraid to talk about their experiences because they fear it will affect their jobs or relationships.

'Time to Talk Day' was a national event designed to encourage people to take 5 minutes out of their day to have a conversation about mental health. We took part in this at London Met on 5th February 2015 at Holloway. We organised a University Mental Health and Wellbeing Day on 18th February 2014 at Calcutta House. If you missed the event and would like more information and support, please visit:

www.time-to-change.org.uk/timetotalkday or
email: dds.studentservices@londonmet.ac.uk or
counselling.studentservices@londonmet.ac.uk

Advice and Funding Service

The Advice and Funding team had their Money week between 16th - 20th February. Events took place on Tuesday 17th February 12-2:00pm at the Piazza Holloway and on Thursday 19th February 12-2:00pm at Calcutta House Aldgate campus. It was an event to help students who were struggling to cope with their finances, providing one to one advice on coping with student funding and expenses. If you missed the event you can still contact Student Services to arrange to see someone for advice.

Careers & Employability Service

The Job Club

Would you like support in applying for experience and work opportunities? Join our new Job Club <http://tinyurl.com/o3e3maa> and we will contact to book to see a Careers Consultant for career advice and to support you in applying for placements, internships or jobs.

Dates for events in March

Have a look at some of the events taking place across the London Met organised by the Careers and Employability team to help enhance your development and aid your transition into a working role. Feel free to attend the workshops to tackle a different aspect to the recruitment process from CVs, application forms, interviews and networking. Register your interest on Eventbrite now at tinyurl.com/luukuel

Upcoming Volunteer Events 2015

Come and find volunteering opportunities – we have organised 2 specific events Tuesday 10 March 2015, **Law Career and Pro Bono Fair**, Atrium, Goulston Street, 12-2pm, Wednesday 18th March, Sports & Heritage Fair, The Rocket 4:00-6:30pm

New workshops for 2015

Whenever you speak, you will get noticed. Get confidence to this by attending this workshop. You can apply the skills covered in this interactive workshop to a range of speaking situations including: giving speeches and presentations, meetings, interviews, important conversations and telephone calls.

Public Speaking: Build your speaking confidence

Tuesday, 10 March 2015 from 10:45 to 13:00 at Goulston Street GS1-16 [Book Now](#)

Working the Room: Networking

Most of us are comfortable 'networking' on social networking sites. Yet for many of us we'd rather go to the dentist than do 'face to face' networking.

Miss out on networking and you could be missing out on opportunities. Networking provides an excellent way to raise your own profile, develop your connections, of course help others.

This practical workshop on Thursday 12th March 10.45 -1pm at Calcutta House CM1-12 will focus on what you need to do before, during and after an event to increase your networking success. [Book Now](#)

We are also pleased to invite you to a **Mock Assessment Centre** on

Monday 30th March 2015 -9.30am -4pm (lunch provided). [Book Now](#)

Come along to a mock assessment and development centre delivered by Windsor Fellowship to get all the practice you need to impress employers and get your dream job. We will have industry professionals to coach students through individual

feedback and experiential activities on how to perform successfully in Graduate Assessment Centres

With warm wishes

Hayriye Mehmet

Director of Student Services

