

## Student Services Newsletter – May 2016

### Dear Student

Welcome to the May edition of the Student Services newsletter. I hope you have had a good term and wish you well in your examinations. We also hope you will find this newsletter really useful and that it will help you get ahead in your studies or future plans, if you are graduating.

We are here to help you. Please do not hesitate to contact the Student Services team.



For more information please visit: [londonmet.ac.uk/student-services](http://londonmet.ac.uk/student-services)

### Advice, Information and Funding



Summer is on its way. The evenings are getting lighter and chances are, so is your wallet. With deadlines looming and student loan final instalments paid, it's a financially challenging time of year for most students. It's worth planning ahead a little and speaking to our lovely [Careers Team](#) about finding work over the summer holidays. Save a little now and you can enjoy later. Even more importantly, don't forget to plan ahead for the start of the new academic year, in September. You need to apply now to SFE for next year's student loans and grants, to guarantee your money is in your account by the first day of term. The deadline is 24th June. Here's the [website](#).

You may have seen in the News that, as of September 2016, Student Finance England are offering a Postgraduate Loan of up to £10,000. Until now, there has been no funding for postgraduate level study, so this is good news for many. Remember these things take time to sort out, so if you are considering postgraduate study, it is worth looking into this well in advance. More info can be found at: [www.gov.uk/funding-for-postgraduate-study](http://www.gov.uk/funding-for-postgraduate-study)



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<https://flic.kr/p/3UPdQ6>

You may also have seen that the government has cut the maintenance grant for

undergraduates. This will not affect you if you are currently enrolled and studying at undergraduate level. You came in to education at the right time - as from September 2016, new entrant students will get additional maintenance loans in place of maintenance grants. This means a lot more debt to pay off for future generations of students. See what the [NUS](#) has to say about this.



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### **Is there any other financial support available for me over the summer?**

If you are a lone parent, you may be entitled to claim welfare benefits over the summer vacation period. During the academic year your maintenance loan is counted as income which can lead to any housing benefit or income support being cut.

However as your student loan is calculated to last you over 39 weeks (term time), you can ask your Housing Benefit and Income Support office to reassess you over the summer vacation period, from the end of June until the start of September.

### **Hardship Support Fund - Summer vacation**

Applications to the summer fund are only available to students who will be continuing their studies - final year students are deemed to have completed their course and, as such, are ineligible to apply.

The summer fund works in the same way as the Hardship Support Fund, to provide financial support to help you access and remain in higher education. It can also help alleviate unexpected financial hardship. Hardship Fund payments can be used to help with course-related costs such as childcare costs and general living costs, e.g. rent, food and utility costs. Payments can also be used to meet exceptional costs, such as repairs to essential household equipment, assistance with priority debts and other emergency situations. The fund is not designed to meet the cost of tuition fees. You will need to explain any of the above in your personal statement. The summer fund should be open at the start of June.



Finally, a warm welcome to our new external debt adviser, Tony Szodi. Tony works for Toynbee Hall Debt Team who have kindly rolled out their services to see students on city campus. This is a free, confidential service, run between 2pm and 4pm at Aldgate, Calcutta House.

Tony can help you draft a repayment plan, negotiate with creditors, or even simply give your advice on how to handle landlords when you've got rent due. If you have debts that are getting out of control, come in and have a chat with one of our team members and we can book you in.

## Careers and Employability

It has been a busy term, with the Careers team providing advice and guidance to students and speaking with employers and volunteering organisations, to generate and promote opportunities. We have employers who want to hear from you - have a look at our [Job Shop](#) and register with [Jobs Online](#) and [Met Temps](#) to get vacancies.

Why not come to some of our many events and workshops? These start in June 2016, to help you get ahead in your career. Here is our action plan for success

- Use our [Careers Portal](#) for up to date advice on CVs, applications, interviews, psychometric testing and so much more
- Book an appointment to see a [Careers Consultant](#) to get individual help with your job search and applications
- Attend our [events/workshops](#) over the summer. Highlights include:
  - Confidence Workshops
  - Conference on Tuesday 7<sup>th</sup> June at Moorgate called **Way to Win- how to succeed in the graduate labour market. External speakers join London Met to help develop your skills.**
  - Time Management for Beginners, Wednesday, 8 June 2016
  - Leadership and Management Workshop, Tuesday, 28 June 2016
  - Team Development for Beginners, Monday, 11 July 2016

## Student Services Community Volunteering Award 2016

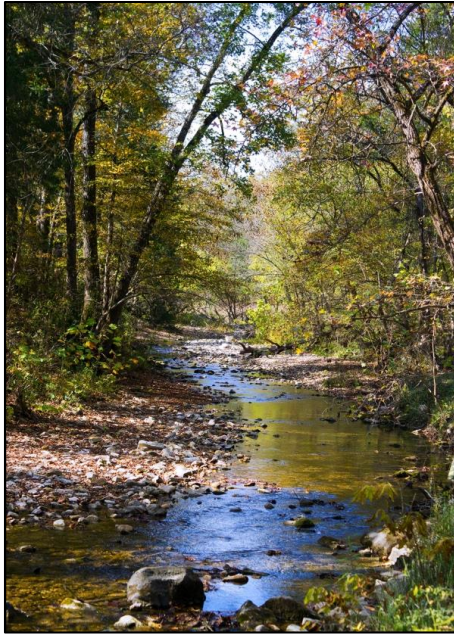
The Careers and Employability team support many students in community volunteering projects in Islington and across London. Over the past year, we have had many volunteers contributing to organisations and community programmes, including ReachOut, a mentoring charity working with children from disadvantaged backgrounds; Pembroke House, a multi-use community space in Walworth and Poetry in Wood, a community trust project based in Spitalfields.

We would like to thank all of our volunteers for the hard work and effort that they put in and the difference that they make to the London Met and wider community.

The winner of the Student Services Community Volunteering Award 2016, who has been a volunteer book keeper with Poetry in Wood and described as, 'an absolute star', was Judit Lozano. She received her award at the annual Student's Union Awards ceremony on 7<sup>th</sup> April. Judit was surprised to win and admitted being nervous about giving a short acceptance speech, in which she thanked her family and friends for supporting her. Jackie Remfry, Manager of Poetry in Wood said: "She has been our volunteer book keeper for Poetry in Wood for some time and has been an absolute star. I personally could not have got through the last year without her help. I am also the manager for Heba Women's project and Judit has also helped me with their book keeping. She is great to work with and although she has gained employment she still volunteers and comes here after work. Poetry in Wood and Heba would not be in such a good position financially without her help."

## Counselling & Personal Development

**The Ending Is The Beginning** - We hope you have had a successful year and that your studies have gone according to plan. This will not have been possible for all students. Even with the best of intentions, your progress may have been affected by tragic events, by illness or by personal struggles. Often, you have no control over these things. Throughout the year, staff in the Counselling Service have met with many students who have undergone such experiences - death in the family or among close friends; sudden illness or the need for surgery; stress and loss of confidence. As this academic year draws to an end, you may want to start thinking about how to prepare yourself for the next one. It's never too early. You may want to look at many things - how to manage your time better, how to build emotional resilience, how to reduce your levels of stress, how to overcome anxiety and social anxiety and many more personal matters



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With strategies in place, you will be better able to deal with any difficulties which could come along in the year ahead. If you would like to explore some of these issues (or any other personal issues) feel free to contact us in the Counselling Service. telephone: 020 7133 2985 (Holloway) or 020 7320 2370 (Aldgate). We recommend conversations. Have one with us.

## Disabilities and Dyslexia

The Disabilities and Dyslexia Service has seen a variety of positive changes and developments in the past few months. These are improving the service offered to students and staff alike. There will continue to be more developments in disability provision across campus as we gear up to the forthcoming changes in the Disabled Students Allowance (DSA) and the new academic year.



## New technologies enhancing the service

We have introduced a range of changes and technologies in DDS which have meant that we are able to offer far more appointments to our students. We have streamlined the waiting times in the implementation of support. The introduction of

JANET texting has seen a dramatic reduction in wasted appointments allowing us to see more students than before. We have also introduced screening software, LADS (Lucid Adult Dyslexia Screening) allowing us to screen more students and freeing up staff to offer appointments for other students.

## Disabilities Forum



DDS have also worked closely with the Student Union and disabled students on campus, in order to implement a student led disabilities forum. The forum will be meeting at regular points in the year in order to offer a support network for disabled students at London Met University. We will be using the forums to tackle a variety of disability related matters, offer advice and guidance from internal staff and visiting

speakers. Our first event in April saw a great turn out and very powerful presentation from two disabled guest speakers (see picture above).

On behalf of the Student Services Team, I would like to wish you a good summer. Please remember, that Student Services staff are here to help you throughout the vacation time.

With warm wishes

Hayriye Mehmet  
Director of Student Services

