

STUDENT VOICE NEWSLETTER

AUTUMN 2021

Welcome

to the Autumn Edition of the UCEN
Manchester Student Newsletter!

BELIEVE IN DIFFERENT

WELCOME

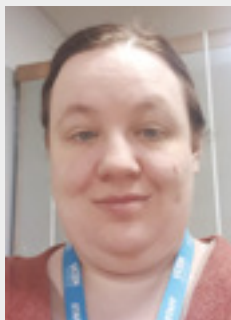
A big welcome to our new and returning students to all the campuses for the academic year 2021/22. The last few weeks have been full steam ahead and packed with lots of activities, meeting so many new people and welcoming you all back to our campuses. We had a fantastic week speaking to you all during Freshers' and loved seeing everyone using the Joust, Escape Van and taking part in our Big SU Quiz of the year.

We hope you have settled into your new classes and are finding your feet, but if you do need support don't forget the Future U services are there to help and support you during your studies at UCEN, from the Careers and Welfare team, to the Library services and Nela and I here at the Students' Union.

Looking to the year ahead we have a lot of events and campaigns going forward. Currently we are in the middle of our Black History Month campaign and we would love to hear from you and we want to hear your inspirational stories. We are also in planning stages for our Student Conference 2021/22, a two-day event with guest speakers, workshops and performances, so make sure to keep an eye on your emails for further information.

We also have many societies that you can get involved in from the Fitness society to the Photography society and even a Tech society. So if you want to get involved in any of the events, campaigns or societies email the Students Union' at su@ucenmanchester.ac.uk

Maryanne Letham
Students' Union President



Follow us on social media

 @tmcUCENstudentsunion |  @tmcsu |  @tmcsu



The Manchester College | UCEN Manchester

WELCOME MESSAGE

Welcome and welcome back all students! I am your Students' Union Vice President; it is lovely to have met so many of you at Freshers and I hope to meet many more of you throughout the year!

I would like to wish you all the best for your year ahead, and that you achieve the best you can and have fun doing it. I'm sure everyone is well stuck into their courses now, and some of you may be feeling a little overwhelmed too. Don't worry I am too! I am very familiar with the mixture of excitement and worry. I have just started the third year of my course and I will be balancing that with this job, I have never been good at managing my time, so I'm going to tell you about some things that I am trying out to help me manage my time and workload.

I bought a week planner the other day! I learned recently that writing to-do lists is not enough, you need to plan times to work on tasks too, this way you can also plan times for fun and relaxation, and not feel bad when you are watching TV but haven't finished your list. Because you know you have spent time working on the task, and you have scheduled when you are going to do more work. There is a week planner in this newsletter if you want to try it out yourself.

Be a friend to yourself. Yes, my week planner failed in the first few days, I was behind, I kept moving things around. But I looked back and felt good about what I did achieve, and I have learned a few things about when I might actually need rest, what I can and can't expect from myself. I didn't beat myself up about it, I carried on trying, planned my next week.

Look after your mental health, it starts with being that friend to yourself, but remember to look after your body too, I'm sure you hear it forever repeated that exercise and healthy eating is also good for your mind! But it's true. And if you need help, reach out, please never be afraid to ask for help.

Use the Future U services. Use Careers and Welfare for advice, the Library offer study skills support. Ask your tutors if you aren't sure where to find support. It's there if you need it!

Nela Blinkhorn
Students' Union Vice President

MINDFULNESS FOR STUDENT LIFE

@ UCEN MANCHESTER

By Christine James, Student Mentor at the Fielden Campus

These are proven benefits of mindfulness which can also help your studies include:

- Reducing stress
- Enhancing wellbeing
- Building resilience

Why not try this useful exercise - The 3 Step Breathing Space

The Breathing Space is a valuable tool for calming down, re-establishing mindfulness in the day and taking a minute when things are difficult. The simplest way to think about it is as a way to stop and breathe.

Stage 1: Acknowledging

- Make sure you're sitting comfortably.
- Either closing the eyes or gazing at floor.
- Noticing sounds.
- Bringing attention to immediate physical sensations, starting with the strongest i.e. contact with the floor and seat.
- Paying attention present moment: noticing thoughts; noticing feelings/emotions.

Stage 2: Gathering

- Gathering attention by noticing the breath, letting the breath be natural.
- Focusing on a part of the body where the breath is vivid, particularly the sensations in the belly as it rises and falls.
- If thoughts take your attention, gently guide it back to the breath.

Stage 3: Expanding

- Expand the awareness to the whole body.
- Reconnect with how you're feeling and what's going on with you.
- Notice any areas of tightness or tension and let the breath flow into them.

UNDERSTANDING THE STRUCTURE

- 1 The first stage recognises that the mind is likely to be caught up with stimuli. This stage helps in making a transition, and this needs to start with a broad awareness.
- 2 The second stage recognises the need to consciously focus the mind, being clear where the attention is directed.
- 3 The third stage suggests that a subtler kind of awareness of our experience is also possible once we have settled the mind a little.

It's possible to vary these elements a bit without changing the basic structure, which describes the process of settling and becoming aware.

Christine James is a registered social worker and a qualified mindfulness Teacher of Mindfulness for Stress and Mindfulness for Stress) and registered with BAMBA (British association of Mindfulness Based Approaches).

VISIT: breathworks-mindfulness.org.uk and to find out more click on 'learn mindfulness' tab. This will direct you to info on taster sessions and courses and free meditation sessions in Manchester

OR

Phone Breathworks on 0161 834 1110

OR Email: info@breathworks.co.uk

How to find out more and develop mindfulness practice

Future U

Melanie Lamb:

CounsellingReferrals@tmc.ac.uk

PAM ASSIST: Telephone and online

0808 196 3533 or visit www.pamassist.co.uk

Username: Student Password: student1





WEEK PLANNER

A regular routine can help reduce boredom and help you create a sense of normality.

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8am							
9am							
10am							
11am							
12am							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							

Key

Colour code each of the following and use to fill in the timetable:

-  **Timetabled study**
Attempt to do your online learning at the same time as your usual contact hours
-  **Self-directed study**
Reading, research etc.
-  **Exercise**
Try for 30 minutes a day
-  **Relax**
Reading, tv, films, talking to friends
-  **Eat**
Try eat at your normal times and stay healthy
-  **Connect**
Keep in touch with those important to you

GETTING TO KNOW MANCHESTER

Manchester is a vibrant city and the heart of industry in the North. Explore information and activities to get to know the city.

- A multiple choice picture quiz of famous Manchester landmarks. [Play](#)
- An ultimate guide to places and events to visit in Manchester. [Play](#)



WELCOMING BACK YOUR STUDENTS' UNION VICE PRESIDENT

Hello! I'm Nela, a Creative Media and Visual Communication BA student, focusing on animation, at Fielden Campus. This is my third year at UCEN Manchester. I was a Student Rep for my course the last two years, which helped me gain confidence in sharing my voice but also listening to and understanding the opinions of other students.

In my role now, Vice President for the second year running, I am as involved as I can be in finding out what students want and need, and supporting the SU President in making sure the Students' Union is what you want it to be.

I aim to focus on student mental health and what the SU can do to help. I believe in good communication and collaboration to solve any problems which arise and wish to encourage feedback and opinions from any and every one of you. This is about your student life, your wellbeing, and your experience at college.

Let me know what we can do for you!



WELCOME BACK TO OUR SU OFFICERS



Hi everyone, I'm Ahmed and I am currently in my second year studying Sport Science and Human Performance. I am also the SU Sports and Activities Officer for the second year running.

Being an officer last year was a great experience and an amazing way for me to gain more confidence in myself, as well as to meet new people in my first year. I had a wonderful time and I have been supported by the SU throughout to deliver great opportunities and activities for all students.

As a result, I decided to return to the SU to contribute further and share my experiences. I love being an SU Officer because it is a great opportunity to help to deliver the students' voices.

It is a really good chance for anyone who wants to learn new skills and develop those you already have. It will give you a great way to bump up your CV and get you ahead of other people when you come to apply for jobs. As well as all this you can help make changes and improve life for future students to ensure that they have a great experience. **Ahmed Eldars, Sports and Activities Officer.**

Being a SU Officer for me is something that I find very fulfilling. I help other students get the most out of the social side of being a student. There are times when it is hard to find a good study, family, and work balance (if you work). It is nice to encourage my fellow students to join at least one society to make friends and to be social outside of class. I also enjoy helping other students who may be struggling to make friends to be a friend.

As a student rep, it is rewarding to make the class a better place by helping make the program better. It is also nice to be able to forward "Pats on the Back" to any staff member who has made the life of a student or group of students better.

I find that the jobs I do as both SU Officer and Student Rep help me to be a better student and understand the way the program I am studying on is run.

Christina Ecklund, Welfare Officer



STUDENT VOICE AND REPRESENTATION

Having a voice in your student experience is essential to the growth and development of UCEN Manchester, as well as the managing of your expectations throughout your study. Student Reps are a vital part of student voice as the work they do is crucial in improving the student experience. We look forward to welcoming this year's Student Reps and working with them to seek and represent student views.

"I loved being a student rep! One of the other reps saw me at a student's conference as a fresh unconfident face and invited me over to a group of reps and from there I flourished in my 3 years of study."

BA (Hons) Creative Media and Visual Communication (Top up)

MICHELLE COMAR

GRADUATE AT UCEN MANCHESTER

Returning Student - third year in a row!

Our current SU Vice President and UCEN Manchester student, Nela Blinkhorne, is looking forward to picking up her role as a Student Rep for the third consecutive year.

"In my first year at UCEN Manchester, I volunteered to be a Student Rep for my course (Animation at the Fielden Campus). I remember being a bit nervous of it but thinking that in this way I can help my small class be heard. Getting involved as a student Rep, or with the Students' Union, is an amazing opportunity. For me I found that being a student Rep was fun and straightforward, I had support whenever I needed it too. It really helped me build my confidence, something I needed to then become Vice President of the SU! It also helped me develop a few skills, like communicating other people's ideas and feedback and how to both talk and listen in meetings. I'm not saying I'm perfect at it now, just that the experience provided me the skills to build on and the confidence to believe I could learn.

I know you know about how good these things look on a CV, but I want to add that getting involved with a bit extra here in the college can really help your personal development, by which I mean you'll feel involved, accomplished, you'll make connections with people, and it might be fun!"

Make sure to speak with your class Student Rep and feedback! Interested in becoming a rep next year? Contact the Student Voice Coordinator for more information..

APP STUDENT CONSULTATION GROUP

WHEN: October onwards

WHERE: Online

Access and Participation Plan Student Consultation Group

The Access and Participation Plan (APP) is designed to help us understand and increase the outcomes of students from the following groups:

- Students who grew up in low socio-economic areas (SES)
- Students from Black, Asian and Ethnic Minority backgrounds (BAME)

Become a part of the APP Student Consultation Group

Who we are looking for?

A current UCEN Manchester student who is passionate about increasing the continuation and attainment of students from the two selected groups. Come and share your ideas, thoughts and experiences!

What's involved and why join?

- Attend an online focus group or 1 to 1
- Receive a certificate for your dedicated time
- Express your interest by contacting - Student Voice Coordinator (Maryanne Letham) mletham@ucenmanchester.ac.uk

Register your attendance by contacting: Maryanne Letham
mletham@ucenmanchester.ac.uk

*Please read the [UCEN Manchester Access and Participation Plan](#) for more information on why we are targeting the two groups

FRESHER'S EVENTS

Freshers was a successful welcome-back-to-campus for the students this year, everyone was grateful to be able to meet each other face to face and find out useful information from staff and interesting stalls, between tea and cake breaks, or even glasses of bubbly! There was live music to set the mood, a joust game to compete in, a mobile escape room in which to work as team and amazing food!

Nela Blinkhorn Students' Union Vice-President

"It was amazing to be back on the campus and be part of these events. I think it went very well, and it was very well organized. There was lots of entertainment and everyone seemed to be really enjoying it."

Ahmed Eldars

"Fresher's Week 2021 was a fun opportunity to meet the incoming students into UCEN and share the opportunities to take part in activities throughout the school. Mornings were relaxed information gathering time that included coffee and pastries while the students could get their information from the booths. Lunch was provided and was delicious. While the lunch was on we had an escape van that was fun to do and had lots of interest. There was also an inflatable gladiator match that pitted the students against staff. There were many laughs with that.

What I found to be the very good on the Tuesday and Wednesday was the workshop in the afternoon on self-esteem. Ed from Well Said lead workshops that were very interactive and enlightening. I got lots of help from the sessions as they helped me realize that with everything, I have been though I am worthy of the success I have and also that I am a powerful person who can succeed on my own.

Thursday night we had a quiz that was so much fun. Students were in teams, and we had some nice food and some great laughs.

All in all, I felt that Freshers' was a fun time where I could meet new students and get them excited for the new journey they are embarking on."

Christina Ecklund

THE THREE RULES FOR A SUCCESSFUL JOB INTERVIEW

This week, job interview coach and author of *What Is Your Interview Identity*, Chris Delaney delivered a job interview masterclass to UCEN Manchester students as part of fresher's week.

IDENTIFY THE JOB CRITERIA



The identification of the job criteria is key to receiving a job offer.

Without an understanding of the job criteria – the skill, qualities and experiences an employer requires for the advertised job position results in low scoring answers.

Delaney explains “an applicant won't have the insight to choose job-relevant interview answers and examples without first identifying the job criteria”.

A lack of job criteria insight can lead to candidates going off-topic, giving descriptive answers that have nothing to do with their future job role. Answers that ‘waffle’ score low resulting in a lack of job offers.

Job interview answers should reference 3-5 skills, qualities and experiences, required by the employer.

To identify the job criteria:

Read the job specification which lists the required job criteria. It is the repeated criteria throughout the job spec that will become a job interview question.

Search online for a ‘job profile’. The job profile lists the duties and required skills required for each role and can then be used to plan interview answers to predicted questions. This technique is used when the job specification lacks information.

Use your online network. LinkedIn, as an example, can be used to contact people who work, or have worked, in the organisation for the advertised position. Many people who use social media are more than happy to help others, even going as far as providing a list of job interview questions and ideal answers.



BE A SELF-PROMOTER

Delaney explains *“The law of a job interview is: an employer can only score an applicant on what they have discussed during the job interview”*.

Consistently good interviewees are skilled self-promoters. Each answer given is clear, structured and states what the applicant, themselves, did to achieve a positive outcome.

DO NOT:

- Think it is arrogant to talk about your own successes
- Believe you have ‘imposture syndrome’ – you were offered a job interview based on your past experience and academic ability
- Self-disclose weakness

DO:

- Utilise non-verbal’s; strong eye contact, smile, gesture and positive and powerful body language
- Vary language and use positive and powerful words
- Explain in detail what YOU did to overcome problems

COMMUNICATE WITH CONFIDENCE

Communication is king in the job interview.

Employers admire confidence. A confident team with the required experience is likely to be a high-performing team. In addition, trust is closely linked to confidence.

Employers, therefore, subconsciously score applicants who communicate confidently slightly higher than a weak communicator.

To communicate confidently:

- Make small talk at the interview start to build rapport
- Vary tonality, projection, and emotions
- Focus on pace; speed up to create excitement and slow down when stating positive outcomes
- When feeling nervous (or have a dry-mouth) stop and drink water
- Be humorous or smile is that comes naturally
- Explain answers in detail as a high number of words per answer, research shows, gain higher scores
- Be expressive – use gestures and positive body language
- Ask the interview panel questions throughout the job interview

By following the three rules for a successful job interview helps any applicant, applying for any role, in any job sector to communicate their competencies confidently, resulting in high-scoring job interview answers.

THE WELLBEING TREE

We had some wonderful, insightful and inspirational entries to our wellbeing tree in the libraries and we are delighted to announce the five winners who had the top feel-good factor:

“Listen, learn, ask questions and aim high. Be open minded”

Daniella Mayhew

“You come into the world alone and you leave it alone. Enjoy yourself. Live for you.”

Kyanna Cronshaw

“Shoot for the stars, because if you fall, you’ll land on the moon.”

Lauren Walker

“Give some of the love to yourself that you keep giving to everyone else.”

Rose Thorp

“Simply smiling and saying hello to someone can change their life, a little bit of love can make the world a better place, take care of those around you and make their lives brighter.”

Josh Burton

Well done winners!



AND HERE ARE SOME OF THE OTHER NOTABLE ENTRIES:

- Remember the path is just the path. Not wrong or right. Don't have judgement. It's not good or bad. It's just your path
- You have to try! You try hard and then harder, push on through and believe in you, because you matter. Thank you so much for so much
- No matter how hard it may seem, never give up, keep climbing to the top my love
- It may feel like the biggest thing in the world right now, but time always makes things better
- No such thing as a normal way, only your way
- What's meant to be will be, stop overthinking and live in the present
- You deserve to create a happy life for yourself
- Smiles are contagious, go ahead and contaminate as many as you can
- There's no I in team, together everyone achieves more
- No retreat, no surrender
- Aim for the stars and reach the moon
- There's always a light at the end of the tunnel
- It's just a bad morning, not a bad day, just breath
- I am willing to put in the work as I am committed to my growth
- I call my power back to me, I am refreshed, I am balanced, I am ready for an amazing day
- Stay curious
- Always live life like it's the first time
- Life is like breath on a mirror
- Speak kindly to yourself, you deserve it
- You keep meeting the same person in different bodies, until you learn the lesson.

CATERING - VEGAN CHOW MEIN FOR 2!

How are your culinary skills? A cheap and easy stir fry that won't burst the bank! A colourful and heart meal you can enjoy and make on a budget (only £1.48 a portion)

INGREDIENTS

125g rice noodles	1 carrot	1 red pepper, seeds removed and thinly sliced
70g baby corn	1 tbsp veg oil	1 spring onion, sliced lengthways
2 tbsp light soy sauce	1 white onion	Freshly ground black pepper
2 garlic cloves	80g mangetout	
1 tsp five-spice powder	200g bean sprouts	
1 tsp chilli powder		

EQUIPMENT

Knife	Tablespoon	Pan
Wok/frying pan	Peeler	Colander
Chopping board	Teaspoon	Wooden spoon

METHOD

1. Cook the noodles in a pan of boiling water for 2-3 minutes, until al dente, or according to packet instructions. Drain, then rinse under cold running water and drain again.
2. Chop the onion, carrot, baby corn and red pepper into julienne (thin strips). Finely chop garlic and finely slice spring onion
3. Heat a wok until smoking and add the vegetable oil, add the onion, carrot, baby corn, mangetout and red pepper. Then add the garlic, 5 spice and chilli powder and stir fry for 1 minute add the bean sprouts and spring onion and stir fry for 30 seconds.
4. Stir in the cooked noodles and season with the soy sauce and ground black pepper.
5. Pile the noodles onto a serving plate and serve immediately cold running water and drain again.



CAMPUS CATERING UPDATE!

Service Offer

- Starbucks full hot and cold drinks offer
- Homemade cakes, tray bakes and muffin available in Starbucks and refectories
- Grab and go food offer with all food items served in takeaway containers or bags
- Hot nutritional meals including halal and vegan options
- Freshly made sandwiches, paninis, baguettes available in refectories and Starbucks
- Variety of salad and snack pots including vegan and halal options

Customer Guidelines

- We have signage to inform our learners and customers to keep to social distance guidelines
- We have provided hand sanitiser at the entrance of the service and till areas
- We have increased our touch point cleaning
- We have introduced staggered break times to minimize queues

CAREERS CORNER

BOBBY SABBAR

CAREERS AND WELFARE SITE LEADER

It is quite cliché to say that we are living in unprecedented times, but it is obvious that the recent events have challenged almost all of us to think differently about how we approach many aspects of our lives. As members of the Careers, Employability and Welfare team we too have also been thinking about some of these new challenges and effective ways to help you tackle them.

The future of graduate employment lies in the ability of graduates to develop skills beyond the classroom. The best employers expect graduates to be highly adaptable and resilient in the face of a rapidly changing economic and social landscape. The support and advice our team can provide will allow you to make informed choices as you navigate this changing landscape for many years to come.

As part of your time with UCEN Manchester we would like to support you as you take steps towards achieving your future goals as well as your professional development outside of the classroom. As a student you will have the opportunity to be supported by one of our qualified and experienced Careers and Welfare Advisors, there are a number of ways they can support you including one to one appointments tailored to your specific needs and requirements, these appointments will allow you to look at how to address any potential challenges or barriers, some of the ways we can address these would include CV and application support, mock interviews, skills audits and general career planning.

Not sure what you would like to do?

We don't expect everyone to have a detailed roadmap for their future and that's perfectly fine. You can still come and talk to us and we can help you take your first steps towards thinking about your future career, understanding what you want and exploring potential options.

We also appreciate that you may have more pressing and immediate barriers which may relate to your personal welfare, finances and accommodation. You can speak to our team about any of these issues and we will work with you to look at ways you may be able to improve your situation as well as inform you of what rights you have in relation to any matters. Where we cannot provide you with immediate support and advice, we will refer you to an appropriate organisation or individuals that will be able to provide with relevant help and advice.

Careers, Employability and Welfare Advisors are available across all our campuses to speak to in person and can book appointments with you.

We can also be reached through our dedicated email address

[careers&welfare@ucenmanchester.](mailto:careers&welfare@ucenmanchester.ac.uk)

ac.uk

where you can ask any questions or request an appointment or call back, please make sure to give us your student number and briefly explain what you would like to speak about

Also check out the **part-time jobs** section on the UCEN Manchester website for more guidance.

SU CORNER

If you were unable to make the Welcome Week events and would like to get involved with the Students' Union, please do email us at SU@ucenmanchester.ac.uk at any time!

Also, don't forget to get your Totum Card. Totum offers over 200 UK discounts to use at home and abroad, instore, and online. There's also an app to download too.

Currently Totum are running a deal for the price of 2 years you can get a 3-year card! A bonus for final year students is you will get 2 years of student discount after you have finished your course!

DID YOU KNOW...not only do you save money when purchasing a card, but you are also adding to the Students' Union income for student benefits. If you haven't already, get one now by visiting www.totum.com



HAVE A STORY YOU WANT TO SHARE? WANT TO FEATURE IN THE NEXT EDITION?

Contact mletham@ucenmanchester.ac.uk

- Submit your news stories, headlines and achievements to the newsletter for publication
- Read the newsletter on Moodle (via the Student Engagement tab)
- Become a blogger for HE Bee by submitting your stories, recipes and general student life chat
- For students by students – We are looking for features for the next edition

Why not get involved with the UCEN Manchester social media and digital channels? Scan the QR code to submit content such as work you have produced or a 'Day in the Life' content.



UCEN
MANCHESTER
FIND YOUR FUTURE

SU DROP IN, DROP BY!

Come along to your campus SU space and chat to a member of the team! We want to hear from you, any comments, feedback let us know. If you would prefer a quick call that is also available drop us an email at su@ucenmanchester.ac.uk

 @tmcUCENstudentsunion |  @tmcsu |  @tmcsu



BELIEVE IN DIFFERENT **BELIEVE IN YOU**

UCEN Manchester is committed to equality of opportunity, non-discriminatory practices and supporting individual learners. This information is also available in a range of formats, such as large print, on request.

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