Start right – video transcripts

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| **Page 13 - Sarah** |
| **Sarah - 1st year student**  Hello, I'm a first year student at the University of South Wales, |
| and I wanted to share with you some of the things that I found really useful in accessing as part of my first year. |
| So one of them is, accessing Study Skills. They run workshops on things like paraphrasing, how to structure an essay, essay writing, organising your workload. |
| One of the things that I've personally needed help and support with is my referencing. |
| So they run workshops on that but they also they've got this document which is well worth kind of printing off, and it's the Harvard referencing document. |
| And with any essay that I'm doing, this is one hundred percent by the side of me. Also, another part of the service that they offer, |
| is Study Skills advisors. |
| So once my essay is then written up, I send it across to them and they look at my punctuation and grammar, as well as my referencing. |
| And I found the service really, really useful, as they give you useful feedback on hints and tips to kind of improve areas of work and things. |
| The other area that I want to speak to about this really useful to link in with is your subject area librarian. |
| As we all know, books cost a lot of money, but the university has been really trying hard to reduce kind of money being spent on |
| books and uploading a lot of books online and how to find them and things like that. |
| So if you link in with your subject area librarian, they are really supportive, |
| really helpful and kind of find you things that maybe you wouldn't automatically find on your own. |
| So I found that as being really useful for me in my first year. |
| we were given skills and techniques of how to develop our academic writing with structure  in an essay, paraphrasing, referencing within text and punctuation and grammar as well. |
| So really take advantage of these sessions and take a look on the Unilife Study Skills Service, |
| where they offer much more support, one to one sessions, group sessions, workshops, which will all help you within your academic writing. |
| So take a look. |
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| **Page 14 – Bintou** |
| **Bintou - Post-graduate student of Built Environment**  Hello, everyone, my name is Bintou. |
| I am a student in USW. So today I'm going to share four tips with you all. So grab a pen and paper if you need to, |
| first of all, there is a twenty-four-hour library service, you can but study rooms and other facilities that I associate at your calls. |
| So definitely the library is your first point of contact. |
| Secondly, as a fresher, when you come on campus, connect to Wi-Fi, using your student email address and your password, |
| you can then talk to family and friends back home if you need to. |
| Thirdly, you can use the library, FindIt webpage service and Google scholar. |
| This will allow you to explore more into your subject area |
| and your subject of interest. Just to have a little look around what journals are being published in your subject of interest. |
| And finally, you can join the mentoring scheme if you haven't done so yet. |
| This is a network I find very useful and helpful in the university. |
| If you need any further information, just pop into the library and ask. |
| Thank you. |
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| **Page 20 – Ben** |
| **Ben - 1st year student learning disability nurse**  Hi, I'm Ben, I'm a first-year student learning disability nurse. |
| So with your Study Skills tutor and alongside others within your cohort, |
| we were given skills and techniques of how to develop our academic writing with structure  in an essay, paraphrasing, referencing within text and punctuation and grammar as well. |
| So really take advantage of these sessions and take a look on the Unilife Study Skills Service, |
| where they offer much more support, one to one sessions, group sessions, workshops, which will all help you within your academic writing. |
| So take a look. |
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| **Page 23 – Gloria** |
| **Gloria - 1st year Adult Nurse student**  Hello, my name is Gloria, and I'm a first year adult nurse student and I'm going to talk to you about time management. I do this by planning ahead. |
| I find planning very important because I'm able to look into different modules, prepare ahead for lectures, |
| and also I look at the worksheets and work on them by answering the questions provided and do quizzes, which might also be in some of the modules. |
| And I say organised by knowing how the weekly timetable looks like. |
| You know, by doing so then I know what I'm expected to do. |
| Thank you. |
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| **Page 28 – Rob** |
| **Rob Gliniany – 3rd year Secondary Design and Technology student**  Hi, my name is Robert Gliniany, I am a third year student at the University of South Wales. |
| I studied a Bachelor of Science, Secondary Design and Technology with QTS, with a view to be a secondary teacher.  Throughout my time, my three years at the university, I used to study skills a lot. |
| They really helped me, especially with things like essay writing and the dissertation especially. My English wasn't always the strongest, |
| so being able to access study skills and have a professional look at my work and point me in the right direction was invaluable. |
| I would suggest study skills to any future students because they are extremely,  extremely helpful, very responsive, and they will help you bring out the best and yourself. |
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| **Page 31 – Jake** |
| **Jake - Senior Study Skills Tutor**  Hi, everyone, I'm Jake Buckley, and I'm the senior tutor for the Student Development and Study Skills service, |
| and I'm here to give you a very brief introduction to our Specialist Study Skills Service. |
| So what exactly is a Specialist Study Skills? |
| Well, in a nutshell, Specialist Study Skills is one to one study skills, support for students with specific learning differences. |
| And these can include but aren't limited to dyslexia, dyspraxia, dysgraphia dyscalculia, ADHD and students with an autism spectrum condition. |
| And these one to one sessions are delivered by a team of specialists, study skills, tutors: |
| Who are trained in strategies and approaches to support students with neuro-diverse learning needs. |
| So how can students access this specialist service? |
| Well, to get Specialist Study Skills support, a student needs to have a disabled students allowance, otherwise known as the DSA. |
| And the recommendation within that DSA for specialist one to one Study Skills. |
| So once the students have applied and been approved for a DSA with specialist study skills recommended on it, |
| the disability team here at us w then refer the student to us in the Student Development and Study Skills Service, |
| and we then allocate the student to one of our specialist tutors. |
| And from that point the student begins their learning development journey with us. |
| So typically a student meets with their specialist tutor on a regular basis. |
| So normally once a week and these one to one sessions can support the student with any aspect of their academic work, |
| such as essay planning, academic writing, revision and memory techniques, time management referencing in many, many more. |
| And these sessions really are safe spaces for students to talk about and reflect on any element of their studies and their progress. |
| And our specialist tutors inspire students to achieve and fully engage in their studies. |
| The excellent feedback we often get from students really highlights how much students benefit from accessing our specialist service. |
| So that's it for me. If you'd like to get in touch with a specialist team or if you have a question or a query relating to disability support, |
| we've provided some links and email addresses in this section of the guide to make sure that you reach the right person. |
| Thanks so much for your time, I wish you all the very best for your studies. And I hope to see you sometime soon. |
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| **Page 32 – Katie** |
| **Katie - 3rd year Business and Management student**  Hi, I’m Katie, and this year I’ll be graduating from the Business and Management course at USW. I studied at the Newport City Campus and also took a sandwich year placement at Nationwide Building Society. I am also a dyslexic and autistic student, as well as a Student Ambassador and previous course representative and campus officer. |
| Make a budget. If you are going to be living independent for the first time, try to make and keep to a budget so that you make the most of your student loan. Set aside your money for food so you don’t blow all your money during freshers’ week. |
| Always back up your work. Always back up to OneDrive or the Cloud. There is nothing worse than spending weeks on an assignment then something happening to your computer and losing all your hard work. |
| Don’t hide at the back of the room. Try not to hide at the back during class; try sitting at the front. As someone who finds it hard to socialise with others, classes which I’ve sat in the corner at the back, I actually ended up isolating myself from the conversation. Even if you’re not confident enough to say something first, it’s more than likely that someone else at the front is, and they will break the ice. |
| Ask for help if you need it. It can be really overwhelming for some people, the different style of learning, living on your own and managing your own money. The university has lots of services which can help, from academic services to financial support and emotional support. |
| As a disabled student, I received study skills and mentoring every week. I had an amazing study skills tutor who always made me feel comfortable sharing my work and confident in my academic ability, which I never thought I would. This year I have achieved a first in every assignment, with multiple 80s and a 90. Study skills has helped me learn ways to overcome my dyslexia and feel proud of my work. When I went to uni, I was worried about fitting in and being actually able to do the work I was being asked to do. But with support, I am now graduating with a place on a graduate scheme, feeling more independent in my own abilities than I ever have. |
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| **Page 33 – Sally-Anne** |
| **Sally-Anne - Student Mentoring Co-ordinator**  Hello, I'm Sally-Anne, and I'm the student mentoring coordinator here at USW |
| and I'm here to extend you a very warm welcome on behalf of the student mentoring team, |
| our student mentors, our second year plus students who have had the experience of the first year and that settling in period. |
| And they have been trained to support you as you go through that yourselves. |
| And they have been trained to support you as you go through that yourselves. |
| They are here to show you around the online environments and, of course, |
| the campus environments when possible and point you in the direction for any support that you will need in your settling in period. |
| To find out more about the scheme and how you can request a mentor, |
| Please visit studentmentoring.southwales.ac.uk |
| We look forward to meeting you and very best of luck. |
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| **Page 33 - Aimee** |
| **Aimee - Super Mentor and 3rd year Psychology student**  I was a super mentor |
| and this role has really given me a chance to get more involved and see behind the scenes of what goes on student mentoring scheme. |
| So, for example, running the social media pages or planning events we can post for fellow students, |
| I really recommend the student mentoring scheme, |
| whether you're looking for a mentor, |
| would like to become mentor yourself because it helps you get involved more in university life and make the most of your experience here. |
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| **Page 35 - Aggie** |
| **Aggie - mentor and 3rd year Chiropractic student**  Hi, everyone. My name's Aggie Farlo-Hall and I'm a student mentor. |
| I'm currently studying to become a chiropractor, so I'm in my third chiropractic university year. |
| I'm also part of the USW netball team and triathlon team. I became a student mentor as I would really like to help students throughout their university life.  This could include introduction to their first year or recommending support throughout their university degree. |
| I also believe I'm a great listener, |
| so I'd love to listen to any problems and needs that students have. When I first joined university and so many questions about university life. |
| So I'm giving back to all the mentors that helped me. This university has a wide range of activities, from support groups to activities and sporting groups. |
| This is a great way to make friends and help through university life. |
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