

## Student Experience

Being a student at Inverness College UHI may look a bit different this year due to Covid-19 but there's lots of ways to keep up to date with everything you have to know as a student.

For any difficulties accessing teaching materials, ICT, Brightspace or Webex, check through the different help guides which can be found in the Brightspace Module "Student Guide to Inverness



College UHI", contact the helpdesk or contact your **PAT** or **PDA**.

Our learning resource centre at our Inverness Campus site is also open to students, who wish to access a PC or study space. Please note, however, that space is limited and you **MUST** pre-book in advance:

- Book a PC (including access to printer): <https://bit.ly/301LBJt>
- Book study space: <https://bit.ly/33PIFkr>
- Further information for students, visit: <https://www.inverness.uhi.ac.uk/coronavirus/>

## Student Engagement Officer

Hello, I'm Aimee Coultas and I'm currently the Student Engagement Officer here at Inverness College UHI and I'm currently in post to cover maternity leave. I started this role in March 2020 during lockdown so I can understand the difficulties of learning and teaching in this new and quite different environment. It's not been long since I was a student myself having graduated in 2018 so I know first-hand of some of the issues students face. I am hoping to work in partnership with all students throughout my time in post and hope to help students engage and get the most out of their student journey's. I'm excited to see what this new academic year has in store for us all!



Feel free to get in touch: [Aimee.Coultas.ic@uhi.ac.uk](mailto:Aimee.Coultas.ic@uhi.ac.uk)

## Working in Partnership



At the beginning of this new academic year, we collectively looked at the 8 themes of the student experience. We drew on evidence from student feedback, ongoing plans, officer manifestos and the idea of blended learning to concentrate on 3 main priorities to focus on for the year ahead, which are:

- Tools for Learning
- Student Voice in Partnership
- Student Life

We will continue to work in partnership to improve the student experience. We hope to release videos throughout the year to keep everyone informed on how this partnership work is progressing.

## HISA News

It's been a busy month for the new HISA Inverness team. What with training, getting used to working in an online environment and planning activities for the year ahead, it feels as though the summer has gone by far too fast! However, we did have our extremely successful Shout for Students campaign over the summer break. This was a campaign across UHI to mark the efforts of our students during the difficult circumstances caused by coronavirus and lockdown. We had a great response from staff and students to this campaign, and we were delighted to be able to celebrate all the hard work of our students. We would also like to thank Highland Council for their support in lighting up the Ness Bridge in the HISA colours to mark this campaign.



Now that the summer is over, our new team are raring to go and can't wait to meet all our students physically again when it is safe to do so.

Our new HISA Inverness President is Ruth McFadyen. Ruth is passionate about ensuring that the voice of every student is heard and that the student experience is as good as it possibly can be. Ruth is also keen to have some more student bar nights on campus, however this will not be possible immediately for obvious reasons!

Our new HISA Inverness Vice President for Activities and Welfare is Julie Riviere. Julie is determined to improve the student experience for our international students, to link up our different Inverness College UHI campuses, and to provide as many opportunities for students to get active and play sports as possible. If you are interested in finding out about clubs and societies, or even starting your own, Julie is the person to talk to.

Our HISA Inverness Vice President for Education this year will be Vivienne Mackie once again! Viv is delighted to be back representing our students for another year, and is looking to again work on areas she's passionate about such as mental health, liberation and equality issues and ensuring that the student voice is at the centre of the student experience at Inverness College UHI. Viv also took a lead on organising our Shout for Students campaign over the summer.



If you would like to contact any of our new officers, their details are as follows:

HISA Inverness President Ruth McFadyen –

[hisa.inverness.pres@uhi.ac.uk](mailto:hisa.inverness.pres@uhi.ac.uk)

HISA Inverness VP for Activities and Welfare Julie Riviere –

[hisa.inverness.aw@uhi.ac.uk](mailto:hisa.inverness.aw@uhi.ac.uk)

HISA Inverness VP for Education Vivienne Mackie –

[hisa.inverness.edu@uhi.ac.uk](mailto:hisa.inverness.edu@uhi.ac.uk)

General enquiries – [hisa.inverness@uhi.ac.uk](mailto:hisa.inverness@uhi.ac.uk)

We would love to hear from you!

Another thing to keep an eye out for just now is the chance to become a Class Rep. Class Reps have the chance to make real change for students, such as getting the microwave in the Corrie at the start of February. If you're interested in finding out more about becoming a class rep, please email us! You can also speak to your course leader if you would like to volunteer yourself. We're hoping to run Training Sessions to all Class Reps during October so make sure you sign up soon. Even though the majority of students are online, HISA still want to hear from you as to how to make your student experience as good as possible. We are still working hard to ensure that this year is enjoyable for all of our students. If you have any ideas as to how we could do this better or would simply like to chat, please don't hesitate to get in touch.

The HISA Inverness team.

## Wellbeing

There is an online virtual support centre in Brightspace called '**The Bothy**' a warm, nurturing and friendly space where all students can receive the ongoing help, support and advice they need to help them settle into college life and safely navigate their learning journey.

Within The Bothy students can access weekly wellbeing activities, advice on assistive technology to promote inclusivity for all learners, transition guides for vulnerable students, careers and employability information and workshops designed to help each student reach their fullest potential.

You can also find and contact your PDA, connect with the student support-team and gain access to other support networks within the local community. Self-help and wellbeing support is also available: <https://www.inverness.uhi.ac.uk/students/student-support/wellbeing/self-help/>

Wellbeing Groups are currently being run **every week!!**

All groups are on Webex, email [counsellor.ic@uhi.ac.uk](mailto:counsellor.ic@uhi.ac.uk) for more information.

Please do not be anxious, you can join these groups with your cameras off and do not need to contribute directly in order to access the information and support.

If you need some accountability help to attend, we can always send you an appointment reminder for the group each week via [counsellor.ic@uhi.ac.uk](mailto:counsellor.ic@uhi.ac.uk)

### **Happiness Group**

Tuesdays @ 11 am

Did you know there was a science to happiness? Join us to increase the amount of happiness you experience in your life. Each week we'll explore a different theme around happiness using apps, strategies and learn from the latest research.

### **Mindfulness Group**

Wednesdays @ 11am

Each week using a different theme we will look at how to incorporate mindfulness into our daily lives.

### **Wellbeing life hacks**

Mondays and Thursdays @ 2pm

Invest in yourself with a workshop that looks at stress and anxiety. With practical techniques to manage stress, mindful breathing, and strategies that help us find hope and calm. A space to take a breath and learn how to self-care when we need it most.

### **Guided Body Scan**

Wednesdays @ 4pm

Relaxing into Uncertainty. Reduce stress and anxiety in your life with a 30-minute body scan recording with the wellbeing team

### **Neurodiversity Support Group**

Thursdays @ 12noon – 2pm

For students who identify as Neuro Diverse to support each other, provide peer to peer support and coaching. The wellbeing officer is around as well for any questions or support.



## **Upcoming Events...**

- **ESES (Early Student Experience Survey) – Running from 5th Oct - 30th Oct, have your say to help improve the student experience and be in with a chance to win a £25 Amazon Gift Card.**
- Class Rep Recruitment is ongoing - for more information get in touch with HISA or your lecturer.
- The Loop Conference – Are you a class rep who's keen to shape the work that HISA and UHI do this year? Sign up for the Loop Conference now! [www.hisa.uhi.ac.uk/spa-loop-conference](http://www.hisa.uhi.ac.uk/spa-loop-conference)
- Sports Ambassador Programme – HISA are currently looking for sports ambassadors to help develop sports in their area! Visit the HISA website and keep an eye on social media for more details!
- HISA will soon be launching a project centred on connecting with nature and making the most of where you live! Keep an eye on HISA Inverness's social media for further announcements!
- Happiness, Mindfulness and Wellbeing Life Sessions Every Week!!!