

# The Link

Helping Students Stay Connected

Issue #4 - February 2021

## Covid - 19 Update

**Welcome back after the Christmas break and welcome January starts. We hope 2021 is positive for all.**

We have made the decision to extend remote delivery on all programmes until further Government guidance has been released. We are having to take a cautious approach to make sure the safety of our students and staff is at the forefront of what we do.

Teaching staff will be in touch with you directly regarding specific arrangements for your course after 22th February; if face to face teaching is being re-introduced on your programme.

It is important you continue to check your online timetable and student email regularly to keep updated.

As ever, please reach out to your PDA/PAT if you are experiencing any difficulties or **do not have adequate equipment** to complete your studies, including apprentices. Please remember the student support team are here to help too: [studentsupport.ic@uhi.ac.uk](mailto:studentsupport.ic@uhi.ac.uk).

## Mental Health and Wellbeing Tips

### **Three Simple Ways to Find Your Joy Using your Sense**

We can all feel quite joyless now and that our "get up and go has gone". Here are three suggestions to add some Joy back into your day.

#### **Music**

When things get tough, music can have the incredible ability to pick us up again. Honestly, is there anything much better than turning up the volume on a tune that is guaranteed to get you bopping along? Can you make a playlist for yourself or even a few with different themes? One could be a playlist of songs from your past that you can ask friends and family to contribute too, then you have the joy of reminiscing. Another could be songs from your favourite movies, to chill out to or dancing favourites.

#### **Touch something lovely**

Your skin is the largest organ in your body. This makes it a powerful tool in your ability to relax, unwind, and find relief from the stress that you're feeling. You can give your skin a warm touch by simply sitting in the warmth of the sun by a window or changing into your most comfortable clothes. Even taking a few minutes to play with and pet an animal can be amazingly beneficial to your mood. Wear comfy clothes, wrap yourself in a blanket.

#### **Hot Chocolate Breathing**

Imagine you are picking up a big mug of hot chocolate (if you don't like hot chocolate, imagine it is whatever hot drink you enjoy).

Imagine the warmth of the drink in your hands, you can close your eyes if you like.

Now hold your drink up to your mouth but don't drink, just take a big smell of your hot chocolate.

Breathe out slowly enjoying the smell of your hot chocolate.

Take several big deep smells of your drink and slowly breathe out as though you are cooling your drink.

When you are ready imagine you are taking a sip: Is it cool enough to drink? Can you feel the warmth of the hot chocolate in your mouth? Can you feel it moving through your chest and down into your stomach?

You can repeat these steps as many times as you like, you can even do it with REAL hot chocolate too!

## Working in Partnership



There has been lots of work done collaboratively by the Partnership so far this academic year:

- Promoting the role of the Class Rep.
- Encouraging feedback from students continuously throughout the year, particularly at SRCs.
- Trying to ensure the Student Experience is similar to a 'normal' experience.

Look out for HISA's Study Sessions where students can drop in and out, have a place to meet new people and study together.

Keep an eye out for more work being done by the Partnership throughout the rest of the academic year.

## HISA News

### HISA Con



The end of January saw our first ever online HISA Con, our annual student association conference! This event was really successful, with over 200 students from across UHI registering over the week. We had workshops focussing on employability, mental health, resilience and much more! We also had an MSP panel featuring local representatives, and a Q and A with Scottish Education Secretary and Deputy First Minister John Swinney MSP. If you'd

like to check out the recap of the event visit [www.hisa.uhi.ac.uk/events/hisa-con](http://www.hisa.uhi.ac.uk/events/hisa-con)

### Elections

HISA Elections are now open! This is the point of the year where you have a chance to shape the student experience. By nominating yourself for election you'll gain new skills, build relationships with students and staff and be able to make things better for your fellow students! We have three local positions in Inverness available for students. These are positions paid at £9.39 an hour, and the details are as follows:

- HISA Inverness President – 15 hours per week
- HISA Inverness Vice President for Education – 10 hours per week
- HISA Inverness Vice President for Activities and Welfare – 10 hours per week

If you want to make change across UHI, we also have three full time regional positions available. These are paid £9.39 an hour and the details are as follows:

- HISA President – 35 hours per week
- HISA Vice President for Further Education – 35 hours per week
- HISA Vice President for Higher Education – 35 hours per week

**Nominations have been extended and now close on Friday 26th February at 3pm.**

You can find full details and nominate yourself at [www.hisa.uhi.ac.uk/elections.com](http://www.hisa.uhi.ac.uk/elections.com) If you have any questions or would like to chat about anything to do with elections, email [laurie.symon@uhi.ac.uk](mailto:laurie.symon@uhi.ac.uk).

## Refreshers

This year Refreshers will look a little different to usual! However, just because it's online doesn't mean we don't have a great line-up of events! This year's Refreshers features workshops from RASASH and the UHI Careers Team, info from local businesses, a laughter yoga session and a quiz where you could win £100 worth of vouchers! Refreshers will take place from Monday 22nd – Friday 26th February, keep an eye on Myday and the HISA Inverness Facebook and Instagram pages for full details!

## LGBTQIA+ History Month

This month is LGBTQIA+ History Month and HISA will be running a number of events to mark this. Here's what our HISA Vice President for Further Education, Ash Morgan, has to say about what's on offer:



"I am so happy to say that HISA are offering a full spectrum of events for LGBTQIA+ history month! This month marks the proud and, sometimes, difficult past that has led the LGBTQIA+ community to the point it is at today. We stand on the shoulders of the previous members of this community and the work they have done is not forgotten. I would be honoured if you would join us to discuss some of this history or to celebrate some of the liberties we experience today because of this history!

Highland Queer Panel with four representatives of the community, including Team HISA's very own Ash Morgan, Highland Pride's Jess Taylor, Harry Main and Nikki Darling

- Creative Writing Workshop on the month's theme of "Mind, Body Spirit."
- Meditation Session with the brilliant Soul Seeker Yoga
- Zine Workshop with the Edinburgh Zine Library teaching you all things zine

Workshop with the incredible LGBTQIA+ charity Mermaid

Please don't forget that your local Rainbow Society branch is always open to you!"  
Visit the HISA Facebook page or [www.hisa.uhi.ac.uk/lgbtqia-history-month](http://www.hisa.uhi.ac.uk/lgbtqia-history-month) for more details!

## Class Rep Update

Just a reminder for **all students** as well as **January starts**. Now that Semester 2 is well and truly underway we are looking for Class Reps...

- Do you have a Class Rep?
- Do you want the chance to develop new skills?
- Do you want to represent your classmates?
- Do you want something extra to put on your CV?

If this sounds like something you want to be part of, speak to your tutor, visit <https://www.hisa.uhi.ac.uk/class-reps> or email [hisa.inverness@uhi.ac.uk](mailto:hisa.inverness@uhi.ac.uk) to find out more and put yourself forward!

# Library Books

For all Students who still have Library Books and wish to return them, this enables all students have an equal chance to borrow books and the process couldn't be easier.

*Did you know you can post your books back for free using the freepost address below?*

The links to info about borrowing and returning books:

<https://libguides.uhi.ac.uk/bookborrowing#s-lg-box-15337821>

<https://libguides.uhi.ac.uk/InvernessCollegeLibrary#s-lg-box-15273049>

## **The Freepost address for returning books:**

Library  
Inverness College UHI  
FREEPOST IV326  
1 Inverness Campus  
INVERNESS IV2 5NA

If students want to renew books, they can do so via My Day>Library Resources>Renew a Library Loan.

## Have your say...

If you've been a student with us in the past you'll know this time of year is focused a lot around feedback and surveys.

### **The NSS:**

The National Student Survey (NSS) is a UK-wide annual survey which asks final year undergraduates about **their experiences over their entire course, not just based on this year alone**. It is commissioned by the Office for Students (OfS), formerly the Higher Education Funding Council for England (HEFCE), on behalf of all the funding councils, including Scotland, Wales and Northern Ireland.

**The survey is administered by Ipsos Mori, an independent market research agency, and responses are anonymous.**



**This is YOUR chance to give feedback & help prospective students make the right choice of course. And for your troubles we will give you a £10 Amazon voucher, no catch...just as a thank you. All you have to do is forward your survey completion email to [nssuhi@uhi.ac.uk](mailto:nssuhi@uhi.ac.uk)**

### **SSES:**

The SSES is coming up soon so keep an eye on your emails for more information. The Student Satisfaction and Engagement Survey helps us to know what is going well at Inverness College and what needs to be improved so we can work together with students to help improve the Student Experience.

### **The Link Newsletter:**

Are you enjoying these Newsletters? Is there anything you want to see from upcoming editions? Let us know your thoughts... Email: [Aimee.Coultas.ic@uhi.ac.uk](mailto:Aimee.Coultas.ic@uhi.ac.uk) or [hisa.inverness@uhi.ac.uk](mailto:hisa.inverness@uhi.ac.uk)