

September 2017 - Issue 45

## Success for the Dyslexia Team at the Student Led Teaching Awards

The Dyslexia Team and Fiona Zinovieff, one of the SpLD, Tutors were nominated in the Student Led Teaching Awards for the Student Services Department Award during 2017. Fiona won the award.



Maria Lorenzini, the Director of Student Experience and the Dyslexia Team (R-L Maria, Jane, Tracey, Fiona, Rhian and Rafaela).



Fiona receiving her award for winning the category from Professor Oliver Turnbull, Pro Vice Chancellor Teaching and Learning.

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## Who are we?

### Head of Disability Services

#### Carolyn Donaldson-Hughes



MEd, ACE (Visual Impairment), CertEd,

Head of Disability Services, Student Services.

Carolyn has overall responsibility for the strategic development and operations of Disability Services. She also has responsibility for policy development in relation to the inclusive provision for disabled students across the University. Carolyn has over twenty six years' experience of working in Learning Support in Further and Higher Education. She co-ordinated an Outreach Learning Support Service across the Midlands before joining the University seventeen years ago.

### Admin Team

#### Tracey Morris

NVQ Level 3 in Business and Administration  
Administrator

Tracey joined the team at the end of November 2005; before this she worked in a busy Solicitors' office. Tracey aims to give an efficient and friendly service to all students whom she meets.



#### Gemma Watts



BA

Administrative Assistant

Our newest team member Gemma joined the team in July this year and before this worked at a residential training centre for the Emergency Services. Gemma will be the first point of contact for students contacting the Disability Services and is based in Reception.

## Disability Advisers

### Esther Griffiths

BA Econ, PG Dip, CACDP (BSL Level 1)  
Senior Disability Adviser

Esther joined the team in August 2010 as a Disability Adviser. Esther has worked in disability provision in Higher Education for almost 20 years and has worked at Manchester University as well as previously at Bangor in a number of roles, including managing the Access Centre.



Esther has line management responsibility for the Disability Advisers, Mentoring Scheme and the Support Workers Scheme.

### Ruth Coppel



MA S.E.N, PG Dip ABA, BSc  
Disability Adviser

Ruth joined the team in September 2014 as a Disability Adviser. Ruth has a Master's degree in Special Educational Needs and has worked within the field of disability for over 17 years in a variety of sectors. She was previously a DSA Study Needs Assessor at the Bangor Access Centre, working there since 2008. Ruth also has a background in Autistic Spectrum Disorders and Applied Behaviour Analysis as well as care for young people with life limiting conditions.

### Stephanie Horne

MSc, BSc (Hons)  
Disability Adviser

Steph joined the team in November 2015 as a Disability Adviser. Steph started working at Bangor University as a Researcher in Centre of Cognitive Neuroscience in the Psychology department. She has since worked in disability-related roles for 15 years. During this time her roles have included DSA Study Needs Assessor, working in a DSA equipment supply service, Assistive Technology trainer and Access Centre Manager.





## Mental Health Advisers

### Fiona Rickard



BSc, RMN  
Mental Health Adviser

Fiona joined the team in October 2004 and her primary responsibility is as a Mental Health Adviser. Fiona studied Social Sciences at Bradford University. She then worked as a Community Service Volunteer and as a Nursing Assistant before training to be a Psychiatric Nurse. As a Community Psychiatric Nurse she has had experience working with different Mental Health Teams in

Yorkshire and North Wales.

### Cheryl Parkinson

MSc, BSc, RMN, PGCE, PGDip Professional Development, DipCBT  
Mental Health Adviser

Cheryl joined the team as a Mental Health Adviser in November 2011. Cheryl has worked across the health and social care sectors in Manchester and Wales for over 27 years - training as a Registered Mental Health Nurse in 1988. Cheryl became involved in the education sector in 2007 and has experience of lecturing at HE and FE levels.



### Fiona Hill



MA, BSc(Hons)OT, PGCertHE, FHEA  
Mental Health Adviser

Fiona joined the team as a Mental Health Adviser in September 2016. Fiona is an Occupational Therapist who has worked in a range of physical and mental health settings in the NHS and Social Care Sector, including community and acute services, over the past 19 years. She has a Masters Degree in Education Studies from Bangor University and worked in the School of Healthcare Sciences as a lecturer in Occupational Therapy for 10 years before joining the Disability Services team.

## Dyslexia Team

### Jane Jones



PhD, MA, PGCert HE, ATS BDA, BA  
SpLD Manager

Jane joined the Dyslexia Service in February 2013. Prior to this she studied at Bangor University, before going on to lecture at both Chester University and Aberystwyth University. During this time Jane also held the administrative roles of Disability Link Tutor, Mitigating Circumstances Exam Support and Year Tutor providing pastoral support to students. Jane's primary responsibility is to manage the SpLD service provision within Disability Services.

### Andrea Reynolds

PhD. Psychology  
SpLD Adviser

Andrea has 9 years research and teaching experience with adults with dyslexia and other specific learning differences. In her role as SpLD Adviser, she provides support and advice to students as well as helping them to develop independent learning strategies to accomplish their academic goals.



### Rhian Graham



M.A., B.A., PGCE, CQSW, CFPS. (Language Diff.), Dip. in Theology (Welsh). Reg. with GPTI. and UKCP.  
SpLD Tutor

Rhian has worked at the University for ten years and over the last seven years, she has gained varied and extensive experience of working as a SpLD tutor in both English and Welsh. Rhian aims to work in a collaborative way with students and the focus of the work can discover and facilitate individual learning strategies, develop appropriate academic skills and improve self-confidence and resilience.

### Fiona Zinovieff

PhD, BA, BDA APS  
SpLD Tutor

Fiona has worked with Bangor students who have dyslexia and other SpLDs for over 21 years, helping them to find strategies to unlock their learning potential and the confidence to fulfil their potential by using them.



### Rafaela Williams



AMBDA, 9485, PGCE, BA  
SpLD Tutor

Rafaela has worked in adult, further and higher education for over 20 years as a literacy/SpLD tutor, social sciences lecturer and curriculum manager. As a teacher, Rafaela enjoys working with adults to overcome barriers and reach their potential.

### NMH Co-ordinator

In process of recruitment.

### Farwell to Nicky

Nicky will be leaving Disability Services at the end of August. Nicky will be very much missed - by us, by colleagues across the institution and, of course, by her students; the university has benefitted greatly from her years of experience and extensive knowledge of SpLD.

Nicky has a long background in dyslexia and her experience over the last few years has been as a specialist tutor, adviser, and assessor for students with specific learning differences. Nicky has also enjoyed the chance to promote SpLD awareness across the University and meet prospective SpLD students.



Disability Services would like to wish Nicky well for the future.

## Pre entry programme for non-resident students - 12 September

If you are a student from the North Wales area who will be living at home during your studies and commuting to Bangor University you may be interested in attending an event especially for you.

The Home Student Induction Day is an event held on 12 September 2017 from 10am - 2.30pm in PJ Hall here at Bangor University.



It's an opportunity for you to meet other students who, like you, will be commuting to University, an opportunity to meet fellow students and to make friends before you start your course.

During the event you will be given a presentation from a current student who'll share their experiences with you as well as short information sessions from Support Services. You will also get an opportunity to tour the Main Arts University site and see our library facilities.

You will receive further information and an invitation to the event in the Welcome Week Diary which will be sent out to you over the summer.



## New students - Your arrival weekend at Bangor - Saturday 16 September / Sunday 17 September



### Welcome to Bangor!

The new academic year is nearly here and you'll soon be on your way to Bangor! You will be receiving plenty of information about Welcome Week activities from your School and the Students' Union - make sure to take every chance to join in with what you want to, but also get some relaxation when you can before the start of term.

Those of you who have booked rooms in the Halls of Residence will be arriving on Saturday 16 or Sunday 17 September. The Halls staff, wardens and peer guides will be ready to help you with settling in and can assist with all your general enquiries.

### Come and meet the Advisers!

If you would like a chat with one of the **Advisers**, they will be available on the Ffriddoedd Site from **2pm - 6.00pm on Saturday** and **10am - 2pm on Sunday**. Please drop in to see us in **Alaw common room**,

<https://www.bangor.ac.uk/accommodation/documents/accommodationsitemap.pdf> (Number 22 on the map) or contact us by Thursday 14 September if you would like to book a specific appointment.

If you don't manage to see us over that weekend, or if you are not going to be living in Halls, please make an appointment during Welcome Week, so that we can start to get to know you and make sure your PLSP is in place for the beginning of term, or whenever you can.

✉ [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk) or ☎ Gemma / Tracey on 01248 383620 or 382032.

All the best from Esther, Ruth, Steph, Fiona, Cheryl, Fiona and Andrea.

## Meet your Peer Guide during Welcome Week

Peer Guides are here to help new students. There's a group of them in all academic schools, some undergraduates and some postgraduates so no matter what level you will be studying at Bangor, there'll be some help available.



Our volunteers are current students who remember what it is like to be new at Bangor. They'll have social events organised to help you make friends, show you around so you find your way to everything and will supply you with all sorts of information from what you need to do about choosing modules to where the launderette is. They'll answer your questions, but if for some reason they can't they will refer you to someone who can. Remember though, if you feel you need a little extra help beyond this discuss it with your disability adviser who might be able to make some further suggestions.

They will also try to contact you before you get here so look out for Facebook messages, texts and emails (don't forget to check your Bangor email once you receive your log on details) so you can begin to get to know them and let them know when you expect to arrive so they can pop along and meet you.

Peer Guides will be out in force at the Halls of Residence over the arrival weekend - knocking on doors, welcoming you and giving you all sorts of invitations and information. Look out for them in their brightly coloured T shirts (yellow this year!)

As most postgraduate students do not live at the Halls of Residence it is more likely that you will meet the Postgraduate Peer Guides in your Academic School shortly after arrival. You can get Peer Guiding information at the Braint Common Room at the Ffriddoedd Village during the day on the Saturday and Sunday of arrivals. On the Sunday there will also be help available at the St Mary's Village.

Once you've settled you might like to volunteer your services as a Peer Guide - look out for our posters and emails and come along to an information session or email for more information.

For more information on any aspects of the Peer Guide Scheme ☎ 01248 382072 or

✉ [peerguiding@bangor.ac.uk](mailto:peerguiding@bangor.ac.uk)

## Top Tips for Settling into University Life

### 1. Expect some ups and downs.

Whether this is your first time away from home or you're returning after a break, starting a new year at University means you will be facing something new and, for all of us, even positive change is stressful.

Change can be both invigorating and disorientating. Away from familiar surroundings and support, we can find ourselves feeling daunted by tasks we would normally have coped with easily.

The first few days can be quite bewildering with so many new faces, places and things to do. It is not at all unusual or surprising to feel lost or lonely at times in this situation.

Other students maybe feeling just the same - this is an ideal time to make friends and support each other.

### 2. Take care of yourself.

Friendships take time. Your new friends and peers will take a while to get to know you well enough to know what you are feeling and thinking. This means that you will have to look after yourself. You will need to think about your needs and put time and energy into making them happen.

### 3. Take time to reflect.

Moving to University can be a great opportunity to discover who you are and how you want to live your life. You may want to experiment with new ways of being and try new things. Just leaving home is a massively new experience for many students.

Taking time to reflect on these new experiences will help you to make up your own mind about what suits you, who you want to spend time with or what you want to get involved in.

Taking time every day to unwind and relax will help you to process and enjoy your new life.

### 4. Take as many opportunities as you can to find the people you like and get on with.

University is a great opportunity to make friends. There will be like-minded others with similar interests and personalities, they may be in the next room or you may need to find each other. Make use of the peer guides and other students to show you around. Joining societies and attending socials are a great way of meeting others.

Do the things you know you will enjoy, take a chance for something new and say no if you feel pressured into anything you're not comfortable with.

### **5. Get organised from the start.**

Life at University offers you a great deal of freedom which requires you to be self-motivating and organised. You will need to think about how to divide up your time and find a personal balance that suits you and gives you time to work, play, socialise and be alone. Creating a routine and structure to your day/week is likely to be helpful.

### **6. Remember to work.**

Keeping up-to-date with your work will prevent you from getting a backlog and the stress that this creates. Remember that problems tend to grow, so take courage and tackle them as soon as they arise.

### **7. Remember to play.**

University is a great place to socialise, have fun and follow your hobbies or sporting activities. Make the time to play and relax; it will help you to stay healthy and more productive in your work.

### **8. Care for your body as well as your mind.**

Regular exercise, good quality sleep and healthy food will help you to get the very best from University.

If at first you have trouble getting organised for cooking, eat at the places provided. Try to avoid just having snacks. You may find that there are other people in your hall to cook with and that might help get you started. (There are also some healthy and tasty recipes on the Wellbeing website: [www.bangor.ac.uk/student-services/wellbeing](http://www.bangor.ac.uk/student-services/wellbeing))

### **9. Don't give yourself a hard time.**

Not everyone finds it easy to socialise and we all say or do things occasionally that we later regret. Remember, beating yourself up achieves nothing. Try to learn whatever lesson is there for you, then forget about it and move on!

### **10. Don't do ANYTHING you don't feel comfortable doing.**

Whether it is spending more money than you can afford, using drugs, having sex or even just going out when you want an early night. Remember, you do not have to do anything if you don't want to.

### **11. Share your concerns...you won't be alone.**

Bottling up problems is never helpful. Talk to someone: a friend, family member, peer guides, one of the student support teams or counselling service.




## 'Non-Resident' Students

**Not living in Halls? The following information may be of use:**

- ◆ It can be helpful to make arrangements to meet up again with someone you have met on the Open Day, to go to your first lecture together, or to meet up either before or after for a coffee.
- ◆ A Mature Students' Room situated on the Ground Floor of Neuadd Rathbone, College Road can be used as a base when you are in the university. Please contact [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk) for the Access Code.
- ◆ Being a 'non-resident' student has advantages, such as not having to leave home, family and friends behind.
- ◆ Try to find a way to access some of the activities within the university to help you feel that you belong. If there are difficulties for you in staying on in the evenings, for example because of family commitments or distance, there may be some societies to suit you that operate in the daytime.
- ◆ It is understandable that there is a lot that you don't know. Don't be afraid to ask. There are many people here to help you, from finding a lecture room to giving money advice. They are all there to help you as much as to students who live in.


## Getting around Bangor University

Whilst Bangor University is set within a beautiful location, its hills can create challenges for some people, particularly those with mobility difficulties. Building upon a project carried out as part of a summer internship last year, with the help of the Alumni Fund, we have employed two MSc Film Production students to create additional videos to add to our bank of filmed routes.



### Getting Around Bangor University

➔ Accessibility Resource



It is hoped this document will help you find your way around the academic buildings at Bangor University. It will tell you where to park, if there are lifts and the safe refuge points you need to go to if an emergency situation arises. As parts of Bangor are hilly, eg College Park it may be an idea to familiarise yourself with the area before starting work / study at the University. 'Map Ref' relates to the Campus Map: <http://www.bangor.ac.uk/tour/LocationMap.pdf>.

If you have specific questions regarding facilities in the Halls of Residence contact the Halls Office: Tel: +44 (0) 1248 383944 | Email: [halls@bangor.ac.uk](mailto:halls@bangor.ac.uk).

<ul style="list-style-type: none"><li>• College Road Site – Page 2</li><li>• Student Support Services – Page 18</li><li>• Pontio: Arts &amp; Innovation Centre and Students' Union – Page 22</li><li>• Deiniol Library – Page 25</li><li>• Science Site – Page 27</li><li>• Dean Street Site – Page 30</li><li>• Fron Heulog – Page 33</li></ul>	<ul style="list-style-type: none"><li>• Reichel – Page 33</li><li>• Estates and Facilities (also Bar Uno and Halls Office site) – Page 34</li><li>• Canolfan Brailsford (formerly Maes Glas) – Page 36</li><li>• Ocean Sciences – Page 37</li><li>• Normal Site – Page 40</li><li>• Treborth – Page 49</li></ul>
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Call Main Arts Security on 01248 382795 if you get into difficulty whilst at the University.

Guide produced by Health and Safety Services, Bangor University (Updated by Alistair Davies). For further information please contact Suzanne Barnes on tel: 38-3847 or email: [s.barnes@bangor.ac.uk](mailto:s.barnes@bangor.ac.uk) [www.hss.bangor.ac.uk](http://www.hss.bangor.ac.uk)

Our thanks go to Alistair Davies for creating this resource and Marcela Banguero and Charlotte Wells for the additional footage.

# Disability Services Newsletter

Using GoPro cameras we now have real time routes from our new Student Village, St Mary's, to key parts of the campus, including Main Arts and Pontio. These recorded routes will be available in time for the new cohort of students to help them navigate across Bangor and also will be useful for visitors planning their routes.

## PŴYSGOL BANGOR UNIVERSITY **How to Get to the College Road Site**



[Click to play video of all routes](#)

### From Ffriddoedd Site

- There is only one main route from Ffriddoedd Site to the College Road Site
- This route is shown in the video.

[Play route from Ffriddoedd Site to College Road Site](#)

### From Train Station

- There is only one main route from the train station to College Road Site
- This route is shown in the video.

[Play route from Train Station to College Road Site](#)

### From St. Mary's Site

- There is only one main route from St. Mary's Site to College Road Site
- This route involves walking up and down a very steep slope.
- This route is shown in the video.

[Play route from St. Mary's Site to College Road Site](#)

To use this resource, visit:

<https://www.bangor.ac.uk/studentservices/guide/index.php/en>



### Help is at Hand!

Starting university is a big change in your life. This is exciting and challenging - a chance to meet new people and study a different course. However, any big change is also very stressful. Adjusting to unfamiliar environments and experiences inevitably places demands on us, and is often scary, confusing and just plain exhausting!

People do not always settle into student life as quickly as they had hoped, and can feel disappointed with their chosen course, their new surroundings, or themselves. If someone is feeling stressed or distressed, it can be extremely difficult to approach anyone for help.

However, the university does have resources, to which students can turn for support, including:

<ul style="list-style-type: none"><li>• Student Counselling Service</li></ul>	<ul style="list-style-type: none"><li>• University Chaplains</li></ul>
<ul style="list-style-type: none"><li>• Mental Health Advisers</li></ul>	<ul style="list-style-type: none"><li>• Personal Tutors &amp; Disability Tutors within Academic Schools</li></ul>
<ul style="list-style-type: none"><li>• Other specialist advisers in Student Services</li></ul>	<ul style="list-style-type: none"><li>• Student Health Service provided by Bodnant Surgery, not far from the University</li></ul>
<ul style="list-style-type: none"><li>• Wardens in Halls of Residence</li></ul>	<ul style="list-style-type: none"><li>• Disability Advisers and SpLD Advisers</li></ul>

Don't feel you have to face all your difficulties on your own; if you speak to someone, you may find ways of making problems easier to manage. Contact us in Student Services for more information.

<http://www.bangor.ac.uk/student-services/>

### Student Counselling Service

The Student Counselling Service offers a variety of resources to support students during their time at University. If you are thinking of making contact, this is what is suggested:

"Students are encouraged to view contact that they may have with our service as a journey to develop psychological well-being and emotional resilience. As a first step you could begin by exploring our online self-help resources. We have links on our homepage to a wide range of self-help sites on topics like managing anxiety, depression, procrastination, exam stress, bereavement, addictions, eating disorders, abuse issues and other topics. These include downloadable podcasts to assist with relaxation and meditation skills along with exercises to encourage a good night's sleep.

We also have Information Handouts on our website on many of these topics which we hope you will find helpful.

You could try our Mindfulness Drop-in sessions or register for one of our iCan workshops. Students who are engaged with our service can arrange to borrow a self-help book from our library.



These resources are a useful starting point for you explore and help you decide whether counselling might be appropriate for you.

Counselling sessions are also available for students who would benefit from one to one support."

Details of all of the services provided are available on the Counselling Service website:

[www.bangor.ac.uk/studentservices/counselling](http://www.bangor.ac.uk/studentservices/counselling)

### Student Counselling Service - What's on offer?

- Building Resilience workshops available on a rolling programme;
- iCan workshops available to help tackle subjects relating to student life;
- Mindfulness drop-in sessions available every Wednesday afternoon at 4.00pm in the Annexe Meeting Room, Neuadd Rathbone, College Road;
- Group Therapy available by referral or on application;
- One to one counselling sessions also available by contacting the service.

**For more information visit our website at:**

**[www.bangor.ac.uk/studentservices/counselling](http://www.bangor.ac.uk/studentservices/counselling)**

**or contact us on ☎ 01248 388520 or ✉ [counselling@bangor.ac.uk](mailto:counselling@bangor.ac.uk)**



## Mental Health

Cheryl Parkinson and Fiona Rickard, Bangor University's Mental Health Advisers, have joined up with Bangor Students' Union to offer students a number of drop in sessions. The good news is that as part of our partnership we have been allocated a good-sized room just off the main hub and immediately next to Reception, which provides a degree of accessibility and privacy.

### Mental Health Advice Drop In

- **Where:** Pontio, Students' Union, Level 4
- **When:** Wednesdays 2pm-4pm starting 27 September - 13 December 2017.



#### This could be for you if ...

You have a mental health concern or worry?

You want to have a chat with a Mental Health Adviser or discuss concerns?

You want to find out about support available?

You are concerned about increasing levels of anxiety?

You are losing sleep due to worrying?

You are experiencing exam or study related stress?

You have concerns about a friend or housemate?

Or you just want a bit more time and space?

If you answer yes to any of the above then please come along

## Dyslexia Team Specialist Study Skills Support

Specialist study skills support offers you the opportunity to work one-to-one with a study skills tutor to develop the skills needed for effective study.

- We have specialist study skills tutors who specialise in offering support with maths, statistics and with the Welsh language.
- Your study skills tutor can help you to evaluate your existing strengths and study methods and support you in areas you may find more challenging. They will introduce you to a range of strategies to enhance your learning, such as:
  - **Time Management and Organisation Skills.**
  - **Numeracy:**
    - Help with mathematical language.
    - Understanding of financial topics and statistical concepts.
    - Use of computation aids, IT programs and calculators.
  - **Research and Academic Reading Skills:**
    - Reading efficiency techniques.
    - Strategies for selecting information.
    - Summarising, note-making and note-taking techniques.
    - Effective use of the library.
  - **Writing skills:**
    - Organising, ordering and structuring your ideas.
    - Structuring arguments and expressing ideas.
    - Spelling, grammar and punctuation skills.
    - Constructing sentences and paragraphs, paraphrasing.
    - Editing and proofreading skills.
  - **Presentation skills.**
  - **Revision strategies:**
    - Memorisation strategies.
    - Exam techniques.

Contact [121dyslexia@bangor.ac.uk](mailto:121dyslexia@bangor.ac.uk) if you would like to book a session.

## Screening for Specific Learning Differences (SpLD) such as Dyslexia and Dyspraxia

If you think you may have a specific learning difference we offer a screening service.

To book an appointment for a screening, please email [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk), ☎ 01248 383620 / 01248 382032 or call in at Disability Services reception on the lower ground floor of Rathbone.



### Drop-in Service

#### Dyslexia Team Drop-in Service

The Dyslexia Team offers a drop-in service, for students registered with the Dyslexia Team, each weekday during term time starting from 16 October 2017, 12.00 to 13.00

- ◊ **Monday** - specialist 1:1 support with general study skills.
- ◊ **Tuesday** - specialist 1:1 support with general study skills.
- ◊ **Wednesday** - specialist 1:1 support with general study skills.
- ◊ **Thursday** - specialist 1:1 support with general study skills through the medium of **Welsh or English**.
- ◊ **Friday** - specialist 1:1 support with general study skills including statistics.



Just let the administrator know that you've come for a **drop-in session** and she will direct you to the right tutor.

August 2017



## Making a Difference – Specialist Study Skills Support

**An introductory session for students with dyslexia, dyspraxia, ADHD and other specific learning differences**

To get an experience of the one to one specialist study skills support provided by the Dyslexia Team, and for more information on this service, we are having two introductory sessions as detailed below:

**Session 1: Wednesday 20th September, 2017**

**Time: 2:00 – 3:30 pm**

**Location: New Arts Lecture Room 1**

**(1<sup>st</sup> Floor New Arts Building, College Road)**

**Session 2: Thursday 21st September, 2017**

**Time: 2:00 – 3:30 pm**

**Location: New Arts Lecture Room 1**

**(1<sup>st</sup> Floor New Arts Building, College Road)**

These sessions are open to both new and returning students.



### Highlighting Academic Excellence



Samantha Bridge

Samantha Bridge, a third year Bachelor of Nursing student will be completing her degree in August 2017. She has been awarded the 2015/16 Huw Thomas Award for achieving the highest aggregated marks for summative assessments, for the second year of her programme. In addition, Samantha has worked collaboratively with Dr John Alcock on a research proposal project using historic archive data. This resulted, (in March of this year), in her having the privilege of delivering a presentation jointly with Dr Alcock, at the Royal College of Nursing International Conference in Cardiff. The title of the

presentation was: "A Comparative Historical Analysis of Florence Nightingale's Letters to William Rathbone during the Bangor Typhoid Outbreak 1882-1883: A Student Engagement through Partnership Study".

Reflecting on her successes, Samantha believes that the support of the Dyslexia Team and in particular her specialist one to one Tutor contributed enormously. Samantha commented: "I found it difficult to adapt to the different teaching styles of my lecturers. Also, my experience of Tutors in high school brought back fear and the thought of accessing support really scared me. However, meeting my one to one Tutor was the best day ever. Being able to

rely on the support offered by the Dyslexia Team kept me going academically and this allowed me to better manage many personal challenges. Indeed the hard work has truly paid off, as I have a job lined up when I graduate. If I had to do it all again, I would only do so if I had the guarantee of receiving the same invaluable support I had from the Dyslexia Team”.

**Well done Samantha congratulations on your success.**

## The Study Skills Centre

The Study Skills Centre works alongside students at all levels of undergraduate and postgraduate study, and offers a range of services including:

- Individual writing and study skills appointments
- Maths and Statistics appointments and drop-in
- Writing, research and exam skills workshops
- Research writing groups
- Online study guides

### SUCCEED WITH YOUR WRITING

The Study Skills Centre is holding a series of eleven interactive workshops, which are open to students across all levels of study. This free series provides a hands-on opportunity to explore issues central to the academic writing process. The workshops are task-based, enabling you to learn by doing and questioning.

These following workshops are held at 1pm each Wednesday, and occasionally on Tuesdays at 1pm and Thursdays at 10am:

- |   |                                     |
|---|-------------------------------------|
| 1. Undergraduate study success          | 7. Making your argument stronger    |
| 2. Postgraduate study success           | 8. Redrafting essays                |
| 3. Plan to write                        | 9. Making the most of your feedback |
| 4. Tackling essay questions             | 10. Presenting with confidence      |
| 5. Read to write                        | 11. Doing your best in exams        |
| 6. Paraphrasing and avoiding plagiarism |                                     |

You are welcome to follow the complete workshop programme, or to opt in only for those sessions that appeal to you. The workshops are free and places can be reserved online. Workshop venues will be disclosed once you have booked your place.

For more information about the workshops and how to book, go to:

<https://www.bangor.ac.uk/studyskills/index.php.en>



### Introduction to IT Services

Find out about the IT facilities you are going to need for your course!

The university will communicate important information to you via email, including: notice about changes to lecture venues; important information on examinations; reminders about non-payment of fees.

It's essential that you keep on top of your emails, right from the outset - you may be surprised just how many you receive in your first week at university alone!



Your School may offer some sessions on managing emails during Welcome Week. If not, IT Services are running the following workshops in Room 013, Adeilad Deiniol, Deiniol Road.

No need to book, just turn up.

- **Wednesday 20 September, 2-3pm** - Intro to IT facilities for New Students
- **Wednesday 20 September, 3-4pm** - Intro to IT facilities for New Students
- **Thursday 21 September, 3-4pm** - Intro to IT facilities for New Students

Topics will include:

- Email & Internet within Bangor University
- MyBangor - Online Services
- Blackboard (Bangor University's learning environment)
- Programs available to aid your study

### Library Service - FAQs



#### How many library sites are there?

Three in Bangor: Main Library, College Road (art, humanities, law, languages), Deiniol Library, Deiniol Road (sciences, psychology, health), Normal Library, Normal Site (education, sports science), and one in Wrexham (healthcare sciences).

#### Can I use any library site?

Yes, you can use any library site. You may want to use a library which is closer to you, or has spaces you enjoy using, rather than the one for your subject.

#### Can I have the books I want sent to a different library site?

Yes. For example, you can request that books in the Normal library be sent across to the Main library for you. It will take at least a day.

## Disability Services Newsletter

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### Are there quiet spaces in the libraries?

There are quiet areas and social areas.

### I don't like coming into the library, can I access everything I need online?

There are many e-books and e-journals online, and you can contact librarians for help via email and social media. Depending on your course, you may need to come to the library for some printed books and resources, see the next question.

### Can someone collect my books from the shelves for me?

If your PLSP identifies this need, you may use the Book Collection Service. Contact us (phone or email) with book details, and collect from library desk the next day.

### How do I find out what books and resources are in the library?

Using the library catalogue: <http://library.bangor.ac.uk/>. We have a new catalogue this year, so contact us if you need any help.

### Is there guidance on using the catalogue, finding journal articles & research?

For a one to one session, book to see your college's Academic Support Librarian. We offer this service to staff, students, local community, etc.

- Arts & Humanities: [j.greene@bangor.ac.uk](mailto:j.greene@bangor.ac.uk)
- Business, Law, Education & Social Sciences: [mairwen.owen@bangor.ac.uk](mailto:mairwen.owen@bangor.ac.uk)
- Healthcare Sciences, Psychology & Sports Sciences: [y.noorani@bangor.ac.uk](mailto:y.noorani@bangor.ac.uk)
- Natural Sciences: [b.hall@bangor.ac.uk](mailto:b.hall@bangor.ac.uk)
- Physical & Applied Sciences: [m.duggan@bangor.ac.uk](mailto:m.duggan@bangor.ac.uk)

### I need a printed book in digital format, can I request alternative formats? I am also having trouble accessing some of the e-resources, is there help available?

Yes! Contact your Academic Support Librarian (see names above).

### Can I access material in alternative formats?

Yes, for more information please contact the library accessibility team:

[lib.accessibility@bangor.ac.uk](mailto:lib.accessibility@bangor.ac.uk)

### If I have any more questions, how do I contact the library?

☎ 01248 382981 / ✉ [library@bangor.ac.uk](mailto:library@bangor.ac.uk)

Instant Library Chat (available on library web pages and catalogue)



Twitter: <https://twitter.com/BangorUniLib/>



Facebook: <https://www.facebook.com/bangoruniversitylibrary>



Instagram: <https://www.instagram.com/bangorunilib/>



## Mendeley - Reference Management Tool

Whilst the University is extending its subscription to Refworks for a further year, Mendeley is an alternative reference management tool to Refwork. Library Services can provide user guides and training sessions on how to use this Mendeley.

To book a one-to-one appointment with your academic support librarian, please email [libsupport@bangor.ac.uk](mailto:libsupport@bangor.ac.uk)



## Assistive Technology Rooms

Currently two assistive technology rooms are available - one in the Main Arts library and the other in Adeilad Deiniol (Deiniol road library/IT). We are pleased to report that a third room is being created this year in the normal Site Library.

The rooms are accessed using your library / ID card which will grant access if you are registered to use the rooms with Disability Services.

The rooms have accessible chairs and desks and computers with larger monitors for you to use in a smaller more quiet space. Additional equipment also includes scanners and a "Magnilink" CCTV / colour changer / magnifier. The Main Arts library room is also equipped with a Braille printer.

Please contact Disability Services if your ID card needs adding to the authorised list to use these rooms.

## Note-Taking Workshop



During October, Bangor's Access Centre, along with Disability Services and Learning Technologies will be holding a workshop on getting the most out of note-taking using recording devices such as your smart phone, digital voice recorder, or LiveScribe smart pen. In this workshop you will be able to see the different devices in action, and be able to try some out for yourself.

We will be sending further details closer to the time, but if you are interested in attending, you are welcome to pre-book by emailing [access\\_centre@bangor.ac.uk](mailto:access_centre@bangor.ac.uk)

In the meantime - you can try the Sonocent Audio Notetaker software and smartphone app, free for 60 days at <http://www.sonocent.com/60-day-trial>.

## Applying for DSA? We can help!

We are able support any Bangor University student with their application for DSA. This includes support with completing the application form, liaising with Student Records and being able to answer most questions you may have with regards to the DSA process.



We will also save a copy of the form in case it gets lost in the post.

For more information, please contact us at ✉ [assessment@bangor.ac.uk](mailto:assessment@bangor.ac.uk) or ☎ 01248 383030.



Gwasanaeth  
**Gyrfaedd a  
Chyflogadwyedd**



**Careers &  
Employability  
Service**



**Looking for work experience?**  
**If you are 24 or under  
our new project could help**

**Cyflawni drwy  
Brofiad Gwaith**  
**Achieve through  
Work Experience**

We can help you:

- Decide on the best options
- Choose your own time frame
- Find the right opportunity

**And make all the arrangements!**

**\*Eligibility conditions apply**

To find out more visit:  
[my.bangor.ac.uk/careers/students/go-wales](http://my.bangor.ac.uk/careers/students/go-wales)  
Email: [gowales@bangor.ac.uk](mailto:gowales@bangor.ac.uk) Phone: 01248 388159



**Cronfa Gymdeithasol Ewrop  
European Social Fund**

**gcb** **bea**  
Cyflwynwyd Bangor Bangor  
Employability Award

[my.bangor.ac.uk/employability](http://my.bangor.ac.uk/employability) • 01248 382371 • [gyrfaedd@bangor.ac.uk](mailto:gyrfaedd@bangor.ac.uk) | [careers@bangor.ac.uk](mailto:careers@bangor.ac.uk)

[@GyrfaeddBangor](https://twitter.com/GyrfaeddBangor) | [GCB - Gwaith Cyflwynwyd Bangor](https://www.linkedin.com/company/GCB-Gwaith-Cyflwynwyd-Bangor) | [gyrfaeddbangor](https://www.facebook.com/gyrfaeddbangor)  
[@CareersBangor](https://twitter.com/CareersBangor) | [DEA - Bangor Employability Award](https://www.linkedin.com/company/DEA-Bangor-Employability-Award) | [careersbangor](https://www.facebook.com/careersbangor)

**B-Enterprising**

**Drop in to meet the GO Wales Advisors on:  
Wednesday 11<sup>th</sup> October between 2-5pm**  
Careers & Employability Service,  
2<sup>nd</sup> Floor, Rathbone

**For more information about the project and other ways to contact us:**

- **Visit** [my.bangor.ac.uk/careers/students/go-wales](http://my.bangor.ac.uk/careers/students/go-wales)
- **Email** us at [gowales@bangor.ac.uk](mailto:gowales@bangor.ac.uk)
- **Talk** to your Disability Adviser or Mentor about a referral.

## Employability @ Bangor

During your time at University, you'll be having all sorts of new and different experiences that will help you to develop your employability. From independent living and learning new skills through your course to completing work experiences and joining societies, these are all skills and experiences that future employers will value!

At Bangor, you can record your extra-curricular activities on your employability account, accessed through [My Employability Hub](#) on My Bangor. These activities can count towards a Bangor Employability Award, and could even appear on your final academic transcript - the HEAR.

You will receive support in your school to get started on the Hub (look out for employability sessions in your timetable), but you can also start with two interactive online induction sessions (around 10 minutes each) which will tell you all you need to know about developing your employability, how you receive recognition for your activities, and how to track what appears on your BEA and HEAR!

[How to Access Personal Development Tasks and Workshops](#)

[How to Record Extra-Curricular Activities](#)

Resources in the Hub are available in alternative formats, so please get in touch with us if you have specific requirements. Individual appointments are also available if you would like to discuss your activities or have any queries about how to use the system.

Log into the Hub today to get started, and email [employability@bangor.ac.uk](mailto:employability@bangor.ac.uk) if you'd like to get in touch.



**gcb bea**  
Gwobr Bangor  
Cyflogadwyedd Bangor  
Employability Award



### Have your say!

#### **\*Vacancies for Student Membership of the Disability Working Group\***

The Disability Working Group monitors policy and procedure in relation to disabled students at Bangor University. We welcome student involvement and currently have two vacancies. The Group is chaired by Maria Lorenzini, Director of Student Experience, and reports to the Student Services Task Group. Membership includes representation from Disability Services, Property & Campus Services, Health & Safety, Disability Tutors, Senior Tutors, Library Services, Careers, IT Services and the Students' Union. The Group meets three times a year; this year's meetings are scheduled for:

11 October at 2pm

7 February at 2pm

9 May at 2pm

Disability Service also runs optional meetings before hand, with refreshments provided, to discuss the agenda items, and any other pertinent issues.

Contributions are eligible for Bangor Employability Award credits.

If you would like to volunteer to sit on the Group, or would like further information, please contact ✉ [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk) or ☎ 01248 383620 / 382032.

### University Mental Health Awareness Day in partnership with StudentMinds:

This year University Mental Health Day took place on 2 March 2017. It was a great opportunity to bring together all of the key players in university mental health.

The theme for this year was 'Active Mental Health' with the aim to open up conversations about the relationship between mental and physical wellbeing. UNDEB were active with the 'elephant in the room' and generated lots of discussion around Mental Health. Campus life run a whole week of activities aimed at boosting wellbeing such as knock on for your neighbour, games and evening events. The Counselling Service continued with their iCan workshop programmes and the Mental Health Advisers run a Drop in session with art, craft and relaxation sessions available.



Fiona Rickard and 'the elephant in the room' at the Mental Health Drop In.

The day was an opportunity to get more students involved in volunteering projects and events, helping to build up a larger base of students and staff to support future health promotion and campaigns. There was a total of 81 Universities who took part with lots of fun activities. To see more please follow this link:

<http://www.studentminds.org.uk/unimentalhealthday2017.html>

The University Mental Health Awareness Day is run each year and we welcome all suggestions so that we can make Bangor University's contribution a success.

### Graduation Success for Ilan

A talented engineer graduated from Bangor University after four years of hard work this week.

As well as graduating with a [MEng Electronic Engineering](#) degree, Ilan Wyn Davies, 22, from Bala, Gwynedd also won the Dr John Robert Jones Prize of £1,000, which is awarded annually to the best students across all disciplines at the University.

Ilan said: "It's a relief to finally be graduating, I've really enjoyed my four years at Bangor, even though it's been hard at times. It was a very nice surprise to hear that I won this prestigious award, and totally unexpected. It's a huge honour."



Ilan

Ilan found out that he was dyslexic during his first year in the sixth form. This didn't deter him from thinking about a university education, and whilst at a Bangor open day, the homely atmosphere, friendliness and the support available from the Dyslexia Team, ensured that Ilan made Bangor his firm choice. He then applied for and won a £1,500 Scholarship, which is awarded to those who achieve the highest academic attainment upon entry in the relevant subject areas.

Ilan has made the most of the opportunities available to him during his time at Bangor, he explains:

"I was a member of the The Welsh Society - Undeb Myfyrwyr Cymraeg Bangor, and enjoyed socialising and playing rugby. I took an active part in the Enterprise by Design Challenge, which brings students from different subjects together to compete in multi-disciplinary teams. I was part of the winning team in 2015 and facilitated the winning team in 2017.

"During the summer of 2015 I spend 2 months on a summer placement at Y Wylfa on Anglesey, and in 2016 I gained a 3 month summer internship with Hitachi G.E. in Japan.

"During my internship in Japan, I had the opportunity to climb Mount Fuji and to experience all aspects of the Japanese culture. I gained knowledge and experience of the company

involvement and technologies within the nuclear industry: especially the advanced boiling water reactor technology and aspects that would play a part in the new Wylfa power station.

"I am very grateful to the staff at the [School of Electronic Engineering](#) for their support, guidance and belief in me, especially to my tutor, Dr Iestyn Pierce, for his unconditional support and confidence in my academic abilities. I'm also indebted to Rhian from the Dyslexia Team for her continued support during the past 4 years and developing and improving my literacy skills.

## Campus Life

A vibrant, comic-style promotional graphic for Campus Life at Bangor University. The background is a mix of pink, yellow, and blue with polka dots and diagonal stripes. In the center, a large yellow starburst contains the text 'CAMPUS LIFE' in bold, stylized letters. Below it, a black banner reads 'CAMPUSLIFEBANGOR.CO.UK'. Surrounding the starburst are various icons: a camera, a microphone, a soccer ball, a guitar, a tennis racket, and a pumpkin. The Bangor University crest is visible in a black speech bubble. To the right, a black circle contains the text 'DON'T FORGET to wear you halls' band for lots of freebies! see Facebook for more details'. Below this, text reads 'Get involved, meet new mates, try new stuff & have some fun!' and 'THAT'S WHAT CAMPUS LIFE IS ALL ABOUT!'. At the bottom, a yellow banner says 'Come and meet the Crew at Serendipity!' and a black banner displays 'WWW.CAMPUSLIFEBANGOR.CO.UK' in yellow.



## Gwasanaethau Myfyrwyr

### Student Services



PRIFYSGOL  
**BANGOR**  
UNIVERSITY

- Gyrfaoedd a Chyflogadwyedd
- Sgiliau Astudio
- Cymorth Myfyrwyr
  - Arweinwyr Cyfoed
  - Tai Myfyrwyr
  - Cymorth Ariannol
  - Iechyd Myfyrwyr
  - Newid/Gadael Eich Cwrs
- Gwasanaethau Anabledd
  - Canolfan Aseu
  - Tim Anabledd
  - Tim Dyslecsia
  - Cyngorwyr Iechyd Meddwl
- Cyngori Myfyrwyr
- Darpariaeth Ffydd

- Careers and Employability
- Study Skills
- Student Support
  - Peer Guiding
  - Student Housing
  - Money Support
  - Student Health
  - Changing/Leaving Your Course
- Disability Services
  - Assessment Centre
  - Disability Team
  - Dyslexia Team
  - Mental Health Advisers
- Counselling Service
- Faith Provision

[www.bangor.ac.uk/student-services](http://www.bangor.ac.uk/student-services)  
[gwasanaethaumyfyrwyr@bangor.ac.uk](mailto:gwasanaethaumyfyrwyr@bangor.ac.uk)  
[studentservices@bangor.ac.uk](mailto:studentservices@bangor.ac.uk)  
**01248 382024**  
**Neuadd Rathbone, College Road**





## Our contact details

Head of Disability Services  
Carolyn Donaldson-Hughes

✉ [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk)

Dyslexia Team Manager  
Jane Jones

✉ [pss204@bangor.ac.uk](mailto:pss204@bangor.ac.uk)

Assessment Centre Manager  
Dylan Griffiths

Study Needs Assessments ✉ [access\\_centre@bangor.ac.uk](mailto:access_centre@bangor.ac.uk)

Diagnostic Assessments ✉ [assessment@bangor.ac.uk](mailto:assessment@bangor.ac.uk)

Senior Disability Adviser  
Esther Griffiths

Disability Advisers

Ruth Coppell / Steph Horne

✉ [disabilityadviser@bangor.ac.uk](mailto:disabilityadviser@bangor.ac.uk)

Mental Health Advisers

Fiona Rickard / Cheryl Parkinson  
/ Fiona Hill

✉ [mentalhealthadviser@bangor.ac.uk](mailto:mentalhealthadviser@bangor.ac.uk)

SpLD Adviser

Andrea Reynolds

✉ [dyslexiaadviser@bangor.ac.uk](mailto:dyslexiaadviser@bangor.ac.uk)

Non Medical Help Co-ordinator

✉ [supportwork@bangor.ac.uk](mailto:supportwork@bangor.ac.uk)

Administrator

Tracey Morris

✉ [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk)

Admin Assistant

Gemma Watts

✉ [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk)

☎ Gemma or Tracey on 01248 383620 / 382032 to make an appointment.

✉ [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk)

For details of services provided by Disability Services visit

<http://www.bangor.ac.uk/student-services/disability>

To make an appointment with the Counselling Service, ☎ Helen on 01248 388520 or ✉

[counselling@bangor.ac.uk](mailto:counselling@bangor.ac.uk)

## Approved by the Matrix Accreditation Body

