

Kickstart your Journey!

Joining our MDX community

WELCOME TO MIDDLESEX!

- ➔ You're joining a diverse and inclusive community
- ➔ This session is about thriving at university – not just surviving
- ➔ Learn how to stay well, get support, and build a respectful environment

INTRODUCTIONS

WHY ARE WE HERE TODAY?

- You're joining a dynamic and inclusive community, not just a campus
- We all shape the culture and experience here, everyone deserves to feel safe and respected
- University is a great opportunity to meet people from different backgrounds and cultures!
- Your journey is what you make it – hear from our Student Ambassadors about their journeys

WHAT DOES RESPECTFUL BEHAVIOUR LOOK LIKE?

- ➔ Listening and valuing others' views
- ➔ Be kind, be curious, be accountable
- ➔ Respectful everyone's boundaries – physical, emotional, digital
- ➔ Challenging discrimination, harassment, or exclusion

WHAT DO WE EXPECT FROM EACH OTHER?

- Treat others with kindness and dignity
- Speak up when you see harm (safely and respectfully)
- Respect difference and diversity
- Follow our University policies

WHAT HAPPENS IF THINGS GO WRONG?

- You're never alone if something happens that you're uncomfortable with
- We take disclosures and reports seriously
- There are clear policies and procedures to support all students
- Support is always available, whether you decide to report formally or not
- You can find more information on our approach and support at: www.mdx.ac.uk/safety (this website is printed on the back of your student ID card!)

REPORTING OPTIONS

- ➔ You don't have to make a formal report to get help.
- ➔ If you are unsure what to do, or just want to speak to someone first – email CareandConcern@mdx.ac.uk to speak to a specially-trained Student Liaison Officer – they will listen, explain your options and help you decide what feels right for you.
- ➔ Alternatively, you can make a formal report using our Report it to Stop it form, found via [MyMDX](#).

WHO'S HERE TO HELP?

- For concerns about your own wellbeing, or if something happens which makes you uncomfortable – Care and Concern (CareandConcern@mdx.ac.uk)
- For independent advice and support – MDX Students' Union Advice Team (www.mdxsu.com/advice)
- For more information on our approach to harassment and sexual violence, including support information: www.mdx.ac.uk/safety

WELLNESS AT MIDDLESEX

- ➔ Wellness isn't just physical or mental – it's holistic
- ➔ The Wellness Wheel has 8 areas to help you thrive
- ➔ Let's explore each one and how they connect to life at MDX



INTELLECTUAL WELLNESS

- Be curious – challenge yourself and your ideas
- Learning happens inside and outside of the classroom
- Utilise MyMDX to get clued up on the resources available to you – find out more about getting to know your digital platform on the '[Using MyMDX](#)' tile within the MyMDX app
- [Academic Skills Advisors](#) help you develop skills and strategies you need to succeed at university, focusing on how you study so you can work more effectively and confidently (“Learning” tile on MyMDX app)

PHYSICAL WELLNESS

- Sleep, nutrition, movement – they all matter
- Look after your body to support your mind
- [MDX Sports and Recreation](#) offer
 - [MDXMoves](#)
 - [Fitness Pod](#)
 - [Sports clubs](#)

SOCIAL WELLNESS

- ➔ Build friendships and join communities – we recommend joining our Unibuddy Community to connect with peers across the University
- ➔ Get involved with your Students' Union, MDXSU Societies and events are a great way to meet like-minded people, explore your passions and make the most of your experience www.mdxsu.com/societies
- ➔ Learn to manage your social media intake

EMOTIONAL WELLNESS

- Understand your emotions and ask for help when needed
- Life will have ups and downs – that's okay
- We are always here to support you. The Student Support and Success Team are made up of:
 - [Mental Health and Wellbeing team](#)
 - [Advice and Inclusion team](#)
 - [Responsive/Urgent Support team](#)
 - [Academic Skills team](#)
 - *You can find out more on MyMDX – including how to book an appointment with each team*

OCCUPATIONAL WELLNESS

- Find balance between study, work and rest
- Explore what motivates and fulfils you!
- [Our Career and Employability Service](#) provide a range of services to support your career development:
 - 24/7 online support through employability platform, Handshake
 - Work experience and placement support
 - 1:1 appointments offering sector-specific advice
 - CV and application feedback, mock interview assistance
 - Paid, part-time opportunities through Middlesex Unitemps
 - Free events such as careers fairs and networking opportunities

FINANCIAL WELLNESS

- ➔ Explore our [Uni on a Budget](#) resources to manage
- ➔ Sign up to UNIDAYS, Student Beans and NUS Totem card for additional savings and discounts
- ➔ Switch to a student bank account for better perks
- ➔ Get an [18+ Student Oyster photocard](#) and receive 30% off the price of adult-rate travelcards and Bus & Tram pass season tickets
- ➔ Speak to the [Advice and Inclusion Team](#) for advice around finances, funding and housing

SPIRITUAL WELLNESS

- Explore what gives you purpose and meaning
- Connect with others through faith, values or reflection
- There are many [SU societies](#) related to faith and spirituality which you can join
- [Prayer Rooms](#) – located in Portakabin 8 for men and the Sports Pavillion for women

ENVIRONMENTAL WELLNESS

- Take care of our shared spaces
- Respect others in the physical and digital environment
- Free shuttle service to and from StoneX stadium from campus
- Too Good to Go app allows you to rescue unsold food from waste at a great price

FEEDBACK

Please share your feedback in a 2-minute, one compulsory question survey!

<https://tinyurl.com/MDXKickstart25>



THANKS FOR LISTENING

Any questions?



mdx.ac.uk



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