MDXSU Advice service offers independent, non-judgemental and confidential advice and support on a range of academic and non-academic issues.

As an MDXSU Student Advisor, you can ask me about the kind of help that we offer, how you can access it and the areas that we cover, as well as discussing any issues that you might be experiencing. You can also find out about some of the projects and activities that we are working on and how you can get involved.

Kristyna Irategeka
MDXSU Student Advisor
We use maths every day, anything from following a recipe or doing DIY, to working out how much we need of something or how long it will take us to get somewhere.

We are constantly bombarded with statistics by the media and deciphering these can make an impact on how we understand and perceive things. For many students, maths and stats are also an essential element of their University programme or career progression and can be a bit daunting.

Come and have a chat if you are struggling to understand drug calculations or formulae, need to analyse data for your dissertation or display it in a report, want to know how to use SPSS for statistical analysis or how to put together a questionnaire, or need some guidance preparing for a Professional or Employer’s Numeracy Test.
I cycle to work at the Hendon Campus as part of my commute in order to keep fit, release the happy endorphins at the end of a busy day and as my contribution to reducing climate change by not polluting the atmosphere. I also chair my local cycle group in Hertfordshire, so have an interest in the politics around cycling.

You can ask me questions about cycling to Uni, the best routes to take, getting hold of local cycle maps, finding cycling groups, free local cycle training and much more.

I’m also happy to share my experiences of encouraging my family to cycle, including cycling adventures on a tandem to Scotland and the Lake District with my son Freddy and my partner Jane’s experiences as a disabled cyclist.

You can find out more on this cycling guide: http://libguides.mdx.ac.uk/transport/cycling
Search like a Pro: Finding what you need, when you need it!

There are many ways to find the information for your assignments, but I can show you the most effective ways to search.

Get advice and tips from a professional librarian who has many years of experience and learn how to search like a Pro.

Find out how to start your research, make full use of our library resources, and develop your search skills to find the best possible information. All subject areas covered, but business in particular.

Jamie Halstead
Library Liaison Manager
Ref & Roll: How to rock your referencing

Harvard referencing is an essential part of academic life – so the sooner you get your head around it the better!

I can help you to become a referencing rock ‘n’ roller with a better understanding of the ins and outs of getting it right.

Find out how it works? Why do you need to do it? Where can you get help? How can you make it easier and save time?

Jo Wilson
Library Liaison Manager
Investing in yourself: the benefits of volunteering

Ask me questions about the numerous benefits of volunteering, including my personal perspective, and from having worked in an area supporting and facilitating students to volunteer.

There are numerous benefits to be gained, and experiences to be had, many of which money can’t buy! I view volunteering as a process of investing in your own personal development, and if you have an open mind, and are willing to try new things, the opportunities can be amazing.

Mel Parker

Head of Sport and Recreation
Fairtrade: Creating a better world for all

The Fairtrade team at Middlesex University help inform and educate students and staff by raising awareness on the struggles Farmers still have across the world and the undervalued, unfair pay and exploitation that continues across the globe.

With Middlesex University having Fairtrade products on campus and raising awareness about the Fairtrade Foundation we’re helping to support and encourage consumers to make better choices with purchases and understand how these purchases can really make a difference.

But it doesn’t just stop with Fairtrade – the University has a strong passion for fairness, empowerment and bettering ourselves. Fairtrade is a great example of how we do this by educating the next generation to help pave the way to a more sustainable future.

Ask me questions to find out more.

Jo Williamson
Contracts Officer and MDX Fairtrade Lead
On my first day at Middlesex Uni the SU president advised us to “Make sure you squeeze every drop out of University!...Make the most of everything that is on offer!” and for the next 3 years I did just that!

There was so much learning and inspiration in my course, but extracurricular activities also offered much enrichment and opportunity.

As a result I gained a lot more out of Uni than I ever dreamed possible, developing personal, academic and employability skills. I also found many employment opportunities within and through Middlesex; including being a Research Assistant, Education Liaison and Outreach Assistant, Student Learning Assistant, and a Student Voice Leader.

After graduating many of my friends who were entering the job market were envious of my experience. Remember that your career starts from your first day at Uni, so it’s imperative to start planning from day one. Decide on your goals, the experiences you want to gain, the fields you want to explore, and what challenges you want to overcome. Every year I did just that, I really came out of my shell, grabbed every opportunity on offer and felt extremely satisfied when it came to graduation day.

I owe my amazing student experience to Freshers week! So what are you waiting for? There is plenty to do at Middlesex, so explore and get stuck in. Make your student experience a memorable one!

Aishah Piprawala
Education Liaison and Outreach Advocate
Every student needs a helping hand occasionally, but sometimes personal circumstances, problems and issues can make it really hard for an individual to cope or even continue with their studies.

This is where my team comes in. We aim to limit the impact of a student’s situation on their ability to study and enable them to continue with their University programme. This support might be short term, ongoing or even throughout their entire time at Middlesex University. We work closely with academic staff as well as other support services to ensure holistic and effective support is provided when needed.

Outside of work I have a keen interest in social justice and am in the final stage of a degree in Criminology (Youth Justice) with a particular interest in drug policy and its implications for young people.

I am also a sports nut and spend most of my free time playing golf. Eventually I would like to use golf coaching as a method of instilling core life skills in young people, enabling them to live meaningful and enjoyable lives.

Ask me questions and find out more about the work I do and my personal interests.
At Middlesex we take your wellbeing very seriously and we want you to be able to fulfil your potential and achieve the best results you are able to.

To study well you need to be in the best possible health, both mentally and physically, so we have introduced a new Student Wellbeing Framework.

Find out how this Framework can support you and let me know what you want in terms of wellbeing at Middlesex.

Julie Crabb
Head of Student Support and Wellbeing
Product certification demonstrates your ability to use professional standard financial databases. This is a fantastic employability tool which will ensure that your CV stands out from the crowd when you’re applying for internships and graduate positions. Certification courses are available in the library for the following databases: Bloomberg, Datastream and Eikon. Come and have a chat to find out more.
Over the course of my life and career, I have had the great pleasure of engaging with studies in many different fields. I am fascinated by what different disciplines such as the arts and humanities and natural and social sciences have to offer each other, and by how our lives and understanding are enriched by diversifying our studies.

I am committed to lifelong learning and always pursuing new projects, not only through formal study, but by seeking new ideas, experiences and reflection in everyday life. As a teacher it is my pleasure to help others also embrace lifelong learning and to discover and harness varied opportunities for self-development.

Alex Pitt
Senior Lecturer in Academic Writing & Language
I’m an industry expert, business consultant, hackathon designer, public speaker and founder of Innovation and Integration Ltd (www.iandi.eu). I’m also a Scrum Master and Agile Coach specialising in creating development frameworks for digital leadership and entrepreneurship education.

After completing my undergraduate degree in Management with French at Middlesex University I began coaching in 2010, focusing on working with women entrepreneurs.

Since then I have worked in Belo Horizonte, where I set up an acceleration programme for StartupBrasil and worked with a National Agency for Entrepreneurship Development; completed a Masters on Management in a Virtual Environment and created BASICS, I&I and SEE models designed to develop social entrepreneurs.

Come and chat to me about becoming a social entrepreneur, discovering transferable skills, career design strategy and working smart to maintain your wellbeing.

Aga Gajownik
CEO Innovation and Integration Ltd
We’re in this together:
Finding your community at Middlesex

Sometimes life can get in the way of your studies and having fun! Maybe you are a parent with childcare responsibilities, a student who has a long commute to campus, an international student living in Britain for the first time, a student studying on a postgraduate programme or perhaps you are a mature student returning to education after several years away.

Whatever your circumstances, MDXSU want you to have a positive experience while at University and achieve the best grades possible. We are here to support you through our Student Communities for International, Commuter, Mature and Postgraduate Students, and students who are Parents & Carers.

These community networks are here to make sure all students have the best university experience possible, helping you to find supportive and fun communities, influence positive change on campus and enjoy community specific events throughout the year.

Find out more about the networks, how you can get involved or ask me questions about my job as Student Communities & Development Coordinator.

Hannah Keating
Student Communities & Development Coordinator
Student Learning Assistants (SLAs) are experienced students who have been identified by their academic tutors as being highly motivated and capable learners who "have been there before" and know the typical academic issues new students face in their studies. They work in lectures, seminars, workshops and small group sessions to assist students in their learning.

SLAs do not teach but are fully trained to work with students using effective questioning and active listening methods. They work collaboratively with academic staff, supporting students in small groups, one-to-one or the classroom.

Find out why I became an SLA, what it involves and how being an SLA has helped my personal development including fundraising, innovating and public speaking.
Wellbeing for all: There’s more to it than chips and exercise

I am the Manager of the Counselling and Mental Health Service at Middlesex University and started my job in August. I am an Occupational Therapist by background and worked previously in Forensic Mental Health for a number of years. I am passionate about working with students with mental health difficulties, but also about reducing the stigma attached to these common struggles. I am also interested in wellbeing in general, for both staff and students, and am developing ideas to improve this for the benefit of our university community.

A northerner through and through, I moved to London 5 years ago and also have lived abroad for 7 years. I hate exercise but know it’s important for my own wellbeing. I love chips and would have them at every meal if it wasn’t for my expanding waist line!

Come chat to me about anything and everything.

Leah Madnick
Student Counselling and Mental Health Manager
I want to share my love of Real Tennis which I play on Middlesex University’s own court adjacent to MDX House. I’d heard of the game before I started working at Middlesex because Henry VIII famously played it at Hampton Court, in fact there’s still a court there today.

If you want to keep fit, like racquet sports and trying something new I’d definitely recommend it. The rules are a bit mad and the racquet is an odd shape, but you’ll get the hang of it. The main thing is the people at the club are really friendly and will welcome you whatever skill and fitness level you’re at.

Find out more about the game, the Real Tennis Courts on campus and why I enjoy it so much.

 Alan Wheeler
 Liaison Librarian: Natural Sciences and Law
Ever thought about rock climbing and mountaineering? You might be surprised at how many opportunities there are to do so in the UK and even further afield.

In September 2018 I climbed Kilimanjaro in Tanzania with a team of students and staff from 5 Universities across the UK in support of the charity DigDeep.org.

Come and have a chat to find out more about rock climbing opportunities at the University and around the north London and how you can have your own mountaineering experience through organisations such as:

https://www.climbforcleanwater.org/kilimanjarochallenge

I can also tell you about my amazing trip to Tanzania, all the challenges, plus I have some great photos of Kilimanjaro taken from above the clouds.

Louis Slabbert
Technician – Infrastructure Manager
I am currently working as Graduate Academic Assistant for the Tourism Department at Middlesex University having graduated last summer.

In my 2nd year at Middlesex I did an Erasmus exchange to Valencia in Spain where I was involved in lots of activities including cross-cultural events. I now have lots of knowledge to share on the practicalities of doing an exchange such as finding accommodation, adapting to a different cultural lifestyle, the Spanish educational system, as well as the benefits to be gained by doing an exchange.

Find out how this helped my personal development such as improving my Spanish, communication skills and so much more, as well as becoming more proactive and engaged. For example in my final year I created and led the Erasmus Community at Middlesex, as well as being a Student Ambassador, Course Ambassador for Tourism, Team Leader for the Business and Law Schools and a Student Learning Assistant. I also undertook an internship in the Summer in the University’s marketing department.

The possibilities are endless.

Andreea Soare
Graduate Academic Assistant: Tourism