Feed your mind and save the planet: Food on campus at MDX

We all need to eat well to stay mentally alert. For students approaching the exam and assessment period, this is especially important. Come and have a chat to learn more about the range of food and drink available on campus and the various diets catered for such as Halal, Vegan and Vegetarian.

You can also find out how to give us feedback and discover what efforts we are making to reduce plastics.

Sharelle Witter
Student Engagement & Marketing Manager - Chartwells
Promote yourself: Making the best use of social media

Social Media is a powerful tool whether it is used professionally or just for pleasure.

As a marketing professional, I can advise you on how to set up and manage a social media account for business or personal use and to ensure that your content is consistent, engaging and on-trend.

I can also share with you the benefits of using the professional network LinkedIn, how to join and how to get yourself noticed by potential employers.
Fun and fitness on ‘tap’

Flaps, slaps, stamps, stomps, pick-ups, riffs, riffles, cramp rolls, paradiddles, scuffles, shuffles, spanks and a buffalo or three...

The language of tap dance is as brilliant as learning to tap dance. It can get you fitter, and make you smarter too. And it’s loads more interesting and entertaining than going to the gym – who doesn’t love to tap along to an infectious rhythm?

Tap’s history, born out of 1800’s American immigration and the fusion of African and European traditions, is just as fascinating (check out Tap America: How a nation found its feet, available on Box of Broadcasts through My Unihub).

I’ve only been learning Tap for a year or so now, but if you fancy a chat and would like to find out more about how much fun it is and how to get started, feel free to have a chat. I may even be able to teach you a step or two...but no promises!

Jodie Ward
Liaison Librarian
Do you talk to everyone in the same way? Has your vocabulary changed at all?

Language and how we use it in our daily lives is something that many of us take for granted. However, the language(s) we speak and our choice of vocabulary from that language are usually influenced by our social identity (age, gender, location, education, religion, hobbies, etc.). Since our social identity can change, this can also change our vocabulary choices over time. The way we communicate with others can also vary depending on who we're talking to and where the conversation is taking place.

Let's talk about our social identities, the language(s) we speak and our vocabulary choices.

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Dr Paula Bernaschina
Senior lecturer in Academic Writing and Language
Believing in each other

At Middlesex we are a rich, vibrant and diverse multicultural and multi-faith community - this means that we often think and believe different things, look different and belong to different faith groups. It’s important that our differences are not seen as a threat to others and that we are accepting and tolerant of others.

Within this community we have the opportunity to learn more about the faiths and beliefs of others. With a greater knowledge of other faiths and beliefs we can live, study and work better together – helping us achieve a stronger sense of social cohesion whilst celebrating our differences.

Have you ever wanted to ask a question about how faith groups can work together without compromising or weakening the orthodoxy of their own faith or belief?

Now is your chance to discuss anything you want about inter-faith relationships.

Trevor Alexander

Coordinator of MDX Inter Faith Group

Co-Chair Barnet Multi Faith Forum

Licensed Lay Minister, Church of England
They say that travel broadens the mind, so have you considered an Erasmus Exchange? It’s a great way to develop skills and experience a different culture.

Middlesex University offers one of the most comprehensive exchange programmes in the UK. You can go on exchange on most of our degree programmes – from jazz to nursing, politics to business - and we have over 100 different exchange partners to choose from within the European Union and the rest of the world.

Come and find out about Erasmus. What it is, where and when you can go and for how long, what help is available and how to register.

Fanny Guillemot
Erasmus and International Credit Mobility Coordinator
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?

Ed Wilkinson
Liaison Librarian
Students at Middlesex University have access to a range of financial databases.

Becoming a certified user of these products demonstrates your ability to use professional standard financial databases and is a fantastic employability tool.

Certification courses are available in the library for the following databases: Bloomberg, Datastream and Eikon.

Come and have a chat to find out what resources are available and how certification courses can ensure that your CV stands out from the crowd when you’re applying for internships and graduate positions.
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.

Lois Rollings
Maths, Stats & Numeracy Lecturer
The juice is worth the squeeze!

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
Inspiring others though interdisciplinary learning: Peer support at MDX

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.

On a personal level I am also passionate about interdisciplinary learning as a way of studying and making connections between different practices and fields of knowledge. This approach to learning enables personal development, innovation and an ability to creatively solve the world’s most challenging problems.

Find out more, plus why I became an SLA, what it involves and how being an SLA has helped my personal development including fundraising, innovating and public speaking.

Martin Skworc
Student Learning Assistant
Strum, lift or hike: Discovering new hobbies to enhance your wellbeing.

Get answers to some of life’s big questions:

Is it OK to floss your teeth using guitar strings?

Can you say “Hi King” to a Queen?

What is more beneficial: “wait training” or “weight training”?

Or you can just ask me about my various hobbies: Playing the guitar, hiking and strength training.

What are the benefits?

Why do I enjoy them?

How you can get involved?

Daniel Jurkowski
UniHelp Desk Advisor
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
Cycling on the road to wellbeing

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

Adam “Dr Bike” Edwards
Library Liaison Manager
I’m a second year Illustration student, from Bristol and also the Student Intern for the Plastic Reduction campaign which is a passion of mine. I joined the campaign in November last year and since then have been trying to find other students who are passionate about reducing their plastic footprint.

Single use plastics are a huge global issue that harms our wildlife, releases toxins into our earth and water, and creates problems for future generations.

Our campaign aims to encourage students to reduce the amount of plastic they are using on and off campus, whether by switching to a reusable water bottle or saying ‘no’ to a 5p plastic bag in shops.

We hope to hold regular meetings where students can discuss what the university can do to reduce its plastic consumption and share ideas for activities we can take part in such as the new craze ‘plogging’!

When I’m not campaigning I enjoy trekking and sketching. Last year I was part of Team MDX which climbed Mount Kilimanjaro. So if you are interested in trekking, thinking of doing a charity mountain climb, or would like to take up drawing or painting, then I can offer advice and share my experiences.

Come and have a chat.

Maggie Davies

Student Intern: Plastic Reduction Campaign
Cyber security is a hot topic and affects all of us in our daily lives. Come and have a chat about how to keep your data safe (on and off line), how to prevent your devices from becoming infected with malware, and general approaches and best practice that you can adopt to maximise your chances of staying safe in an online world.

As the University’s Cyber Security Manager I’m happy to take any questions on what the University is currently doing to protect students’ information, as well how we are looking to continuously improve upon our existing controls.

Please feel free to ask me any security related questions, big or small.

Terry Sullivan
Cyber Security Manager
Onwards and upwards with the MDX Alumni Association

Find out more about your transition from being an MDX student to an MDX alumni. Learn how to activate your myAlumniHub account and make use of all the benefits and services available. You can also discover how to become a role model, inspiring students and as well as your fellow alumni!

Angelo Evangelou
Alumni Communications & Campaign Manager

Ciara Howard
Alumni Relations Researcher & Data Analyst

Maria Olariu
Alumni, Employability & Communications Intern

Shazia Mowlabaccus
Alumni Projects Consultant & Coach
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. By diversifying our studies, we can learn a range of academic and professional skills and develop new understanding of the world around us, including what it means to engage with university study.

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 embrace new academic skills and lifelong learning.

Alex Pitt
Senior Lecturer in Academic Writing & Language