

STUDENT NEWSLETTER

JANUARY 2025



Happy New Year!

2025

*New year,
new you!*



Making New Year Resolutions?

Here's a few tips to help you make your new year's resolutions...

- **Be specific:** Set clear goals that are realistic and fit your schedule. For example, instead of saying "I want to study more," you could set a goal like "I will study for about 40 extra minutes every week."
- **Break it down:** Big goals can be intimidating, so break them into smaller steps. (20 minutes on Tuesdays and 20 minutes on Thursdays).
- **Measure your progress:** Keep track of how you're doing to learn from your progress.
- **Stay flexible:** Be willing to adjust your goals if life gets in the way.
- **Prioritise:** Focus on what's most important to you.
- **Get enough sleep:** Sleep deprivation can lead to poor academic performance/wellbeing.
- **Get organised:** Being organised can make it easier to study. Get to class on time and complete all assignments.
- **Plan ahead:** Don't wait until the last minute to make plans, always give yourself enough time. Be intentional about everything, no more 'lastminute.com.'
- **Overcome procrastination:** Create a timeline and minimise distractions to stay on track.
- **Take care of your mental health:** Make sure you're balancing your academic life with your personal well-being. If you're struggling with your mental health, speak to someone – your tutors or the Student Services team.



Student Liaison Team

Do you know that the Student Liaison Team are here to help shape your college experience? The team offers a one stop shop to all your Enrichment and Advice needs at college.

- DofE (Duke of Edinburgh' Award)
- Student Union
- Student Council
- Trips & Events
- Clubs & Societies
- Fundraising
- Sports Teams
- Totum Discount Cards



Contact the Team:

Sandwell College & Central Saint Michael's Sixth Form Student Liaison Officers:

- Bhervinder Singh – bhervinder.singh@sandwell.ac.uk – 07960779771
- Lauren Woodhall – lauren.woodhall@sandwell.ac.uk – 07960779770

Cadbury Sixth Form College Student Liaison Officer:

- Ausly Akedika – ausly.akedika@sandwell.ac.uk

Programme Achievement Manager and Line Manager to the Student Liaison Team:

- Margaret Okirie – margaret.okirie@sandwell.ac.uk



Central Saint Michael's Sixth Form Winter Fayre

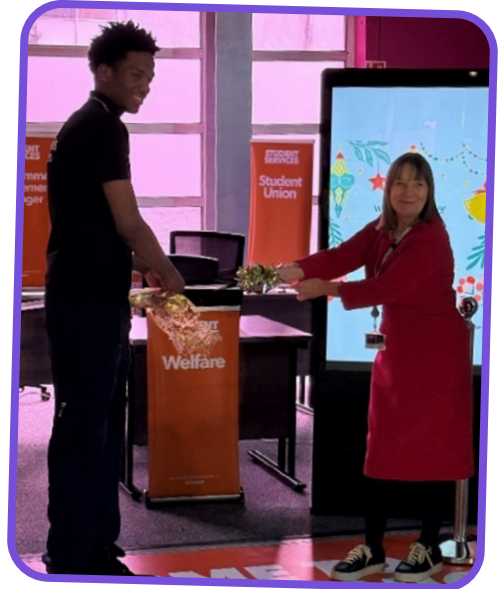




Central Saint Michael's Sixth Form Student Hub is now open

At last! Central Saint Michael's now have their very own Student Hub, situated in the reception area, which was opened just before the December Christmas break by our very own Ethan Shand (Student Union Vice President) and Lisa Capper, our Principal and Chief Executive of Sandwell Family of Colleges. The Hub will feature an E-Poster that will display weekly timetables, key updates, student notices, and other essential information to improve engagement and awareness.

Students can speak to our Careers, Work Experience, Welfare and Safeguarding Officers in the Hub; alongside their Programme Achievement Manager, Student Support Officer and the Student Union.



Cadbury Sixth Form College Winter Fayre





Student Voice *Make it loud!*



Student Council Meeting

Last month saw our new Student Reps coming together to meet at the termly Student Council Meeting. This first meeting was held at Sandwell College for Central and CSM Student Reps on the 16th of December, 2024. The second meeting was held at Cadbury College 2 days later, 18th of December, 2024. This was an opportunity to hear students' feedback about their experiences in college and those of their fellow non rep students. Many points were raised from different course areas, and issues and improvement students would love to see on each campus were suggested. It was great to hear lots of positive feedback on how students feel supported and safe whilst in college.

If you need help and support or would like to raise any concerns that you are facing in your course or in your personal life, find out who your Student Course Rep is, they could help share your concerns and signpost you to the appropriate department for help or to the Student Services team.





Sandwell, CSM & Cadbury Student Union

Students Union is an organisation run by students for students. It offers support and advice, provides entertainment, charity events and a wide variety of trips in and out of the UK. All students from all campuses are automatically members of the Students Union.

Get involved! If you see a Student Union member around campus, please speak to them about events and activities. If you have any ideas for events that you would like to see happen or help organise, the Student Union can help make it happen for you.

Activities they have arranged:

- Freshers Fayre
- Student Conference
- Sports session
- Trips to Alton Towers, London and many more places
- Social Events
- Student Council
- Course Representatives
- Clubs

Look out for events posted on the Student Home Page and Our College App.



Charity Fundraising Week Donation Presentations



Christmas donation presentation to a representative of Black Country Women's Aid by the Student Union team.