



WELCOME!

We're your Students' Union

Your mini-guide to Middlesex Students' Union

www.mdxsu.com



Students' Union
MIDDLESEX UNIVERSITY

Welcome

Middlesex University Students' Union (MDXSU) is led by students, for students - and you're now a member!

We are the President and Vice Presidents of MDXSU, elected by Middlesex students to lead your Students' Union this year.

As your Students' Union, it's our job to represent and support all students at Middlesex University, acting as your voice in University decisions, and bringing about positive changes that you want to see on - both on and off campus.

You'll see plenty of us during your first few weeks at MDX when we bring campus to you with three weeks of online events in store throughout Welcome to help you settle in, meet new people and have fun - see what's happening at www.mdxsu.com/events

As you settle in, we'll still be here supporting and representing you. It's our job to work with students to bring about changes to improve your student experience.

We also provide opportunities for you to develop your skills, pursue your passions and meet new people, whether you join a society or Liberation group, get involved with our student media or work in the local community.

Find out more about your Students' Union by visiting www.mdxsu.com

We're looking forward to meeting you all soon!



**GAGANDEEP
KAUR**
President



**TAHMINA
CHOUHERY**
Vice President
Professional &
Social Sciences



**NISHTHA
RELAN**
Vice President
Arts & Creative
Industries



**KHALID
ABUMAYE**
Vice President
Science &
Technology

Middlesex Students' Union (MDXSU) exists to help you make the most of your time at university. Led by students and for students, we are central to the university experience and work to support all aspects of student life.

Our work is based on student feedback, and is directed by four elected, full-time Officers - your President and Vice Presidents. They studied at Middlesex, and were elected into their roles in our annual MDXSU Elections which take place in March.



Learn more about our Elections at www.mdxsu.com/Elections

Be a Leader



Want to represent other students and have the authority to make change?



Put yourself forward for one of several elected leadership positions!



Full-Time Leaders

Student Officers lead the work of MDXSU and are paid to represent MDX students. They are elected into their roles in our annual MDXSU Elections which take place in March.

Part-Time Leaders

There are Student Voice Leaders (SVL) - for every year of every course. SVLs gather feedback from course-mates, then work with university staff to improve your learning experience. Put yourself forward to become a Student Leader from 7th September to 15th October 2020 at www.mdxsu.com/Elections

View all student leadership roles at www.mdxsu.com/your-representatives



Join a Group or Society

Want to meet new people, develop your interests and have fun?

Societies

There are a wide range of societies at Middlesex, from religious and international groups to general interest and course-based societies and we're always happy to help you set up something new, join an existing society, or even lead one. Societies meet regularly and host events that you can get involved in.

Communities

Are you a commuter student, international student, mature student, postgraduate, healthcare student or a parent or carer? We have specific communities set up to support and help you meet new people from across Middlesex.

Liberation Groups

MDXSU also oversee four Liberation Groups for students who face oppression and discrimination at university and wider society - Disabled, LGBT+, Women and Black students. These groups act as support networks for their members, and often meet to socialise and campaign throughout the year.

Student Media

Our student-led media includes a newspaper, radio station and TV channel. This is your platform to debate, inform and entertain, whilst enhancing your skills. With opportunities for podcasts, presenters, vloggers, journalists, technical gurus, designers and more. All students are welcome to get involved, including those with no experience. Training and support are provided to help you make the most out of it.

To view or join any student group, go to www.mdxsu.com/student-groups

Events

This year, we're bringing campus to your homes with a whole month of online Welcome events, from socials to workshops and talks to clubnights, plus events from over 90 student groups - you're bound to find something for you!

Middlesex Students' Union organises hundreds of events every year, from Welcome right through to our end-of-year Summer Party. Our events include fairs, residentials and award ceremonies, as well as the socials, talks and fundraisers that our student groups organise.

Many events are free, though as a non-profit organisation the money we do make from events is reinvested back into your student experience - win win!

Keep up to date with what's happening by visiting visit www.mdxsu.com/events



Can we help?

If you have particular access needs, or want to know how we can make our events more accessible to you, please get in touch before the day at studentevents@mdx.ac.uk

Make an Impact

As your Students' Union, representing your voice and views is on the top of our list! We want to help you make the changes you want to see - both on campus and in wider society.



Share your ideas

Got an idea which would improve your time at Middlesex? Or is there an issue you feel we should campaign on? We'd love to hear it! Students can submit their ideas for change to be voted on by other students. If you get enough votes, MDXSU will support you to make your idea a reality.

Learn more at www.mdxsu.com/thestudentvoice

Got Feedback?

Pass on your feedback and ideas to your representatives - your MDXSU President or Vice Presidents and the Student Voice Leader for your course. Learn about your reps and get in touch with them by visiting

www.mdxsu.com/your-representatives



Look After Yourself

It's important to look after yourself during these unprecedented times and we're here to help you be the best version of yourself! If you experience a dip in your wellbeing or need extra academic support, we offer a range of support services during your time at Middlesex.

MDXSU Advice is a free, confidential, non-judgemental service led by MDXSU and therefore completely independent to the university.

MDXSU's Advisors can help with:

- Making a complaint or an appeal to the University
- Responding to an allegation of Academic Misconduct
- Representing yourself at a University disciplinary hearing
- Other issues, such as welfare

Contact the Advice team at studentadvice@mdx.ac.uk, or go to www.mdxsu.com/advice

UniHelp (general enquiries)

UniHelp is your first port of call for general student enquiries. Advisors will be able to refer you to the appropriate specialist team, make an appointment for you to see a specialist or direct you to appropriate workshops or drop-in sessions.

📞 Call them at 020 8411 6060 (UK) / 0044 208 411 6060 (international)

Go to www.unihub.mdx.ac.uk/support/unihelp to book an appointment online.

MDX International Advice Service

International students with general queries can email intadvice@mdx.ac.uk. For urgent matters, call the team on 020 84114507 between 9am - 5pm, Monday to Friday. Skype appointments can also be given upon request.

MDX Learning Enhancement Team (LET)

LET offers free help with:

- Academic writing in your assignments and your dissertation
- Using statistics in your research/ dissertation/ assignments
- Drug Calculation exams (for Nursing/ Midwifery students)

Book a 30minute one-to-one online-video/phone tutorial www.unihub.mdx.ac.uk

DSA Study Needs Assessments

If you have been approved for the DSA assessment or require a trainer for Assistive Technology Training, please contact the Access Centre to book your appointment.

📞 020 8411 5366 | Mob: 07792 663 197 ✉ adminac@mdx.ac.uk

Disability and Dyslexia services

For general queries on disability and dyslexia services, email disability@mdx.ac.uk

Wellbeing & Welfare

MDX offer plenty of online support and wellbeing services:

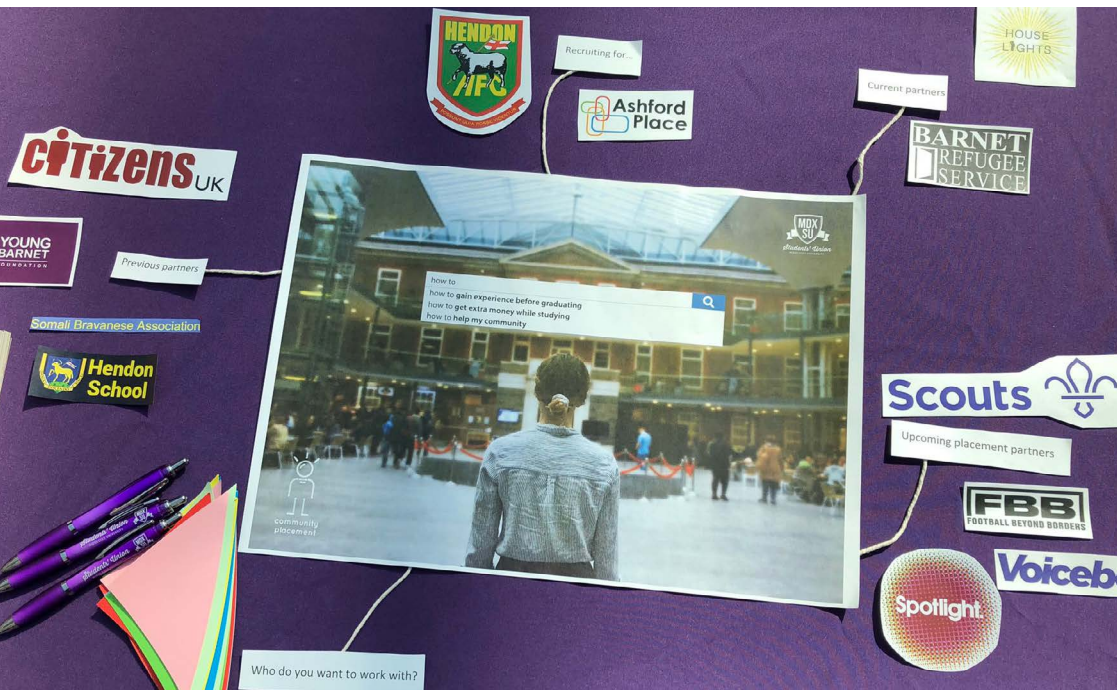
- For welfare advice, contact the Student Welfare Advice Team (SWAT) at 020 8411 3008 or email welfare@mdx.ac.uk.
- For a one-off conversation about something you are struggling with complete this Call Back Request Form and email it to cmh@mdx.ac.uk.
- For access to therapeutic support from a Mental Health Adviser or a Counsellor, complete the Online Referral Form and someone will contact you to arrange an appointment.

Download Fika, a mental fitness app designed for daily use, and Togetherall, an online support platform which allows you to connect with others anonymously in a moderated forum, with self-help guides and courses to work on your mental health. Find out more at <https://unihub.mdx.ac.uk/support/health-and-wellbeing/online-wellbeing-platforms>

Registered with a GP?

If you are NOT already registered with a GP, you can easily register online at Premier Medical Centre.

Jobs & Employability



We provide lots of opportunities for you to gain experience and develop new skills.

Community Placements

MDXSU's Community Placements Scheme provides MDX Students paid opportunities to put their studies and skills in practice by helping in local businesses, faith and community groups, whilst getting paid.

www.mdxsu.com/community-placements

Working at MDXSU

We employ student staff and interns each year in a variety of roles – from events to marketing, video to research. See what jobs are available at www.mdxsu.com/jobs

Skill Up

We run a variety of free workshops, activities and networking opportunities throughout the year. See what sessions are on at www.mdxsu.com/events

Middlesex University Merchandise

We're the official stockists of Middlesex University merchandise, and as a non-profit organisation, any profit we make goes straight back into our services and opportunities for students.

From sweatshirts and t-shirts to gifts and gym clothes, you can purchase our full range online at www.mdxsu.com/merchandise



Get in Touch

🌐 mdxsu@mdx.ac.uk

☎ 020 8411 6450

✉ www.mdxsu.com

f fb.com/mdxsu

📷 Instagram.com/mdxsu

🐦 twitter.com/middlesexsu

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WELCMDXU



Domino's®

Online at selected stores only. Not available with any other option.
Excludes drinks and ice cream. Expires 20/12/2020.

VIRTUAL WELCOME WRISTBAND

Grab your ticket to the biggest events of Welcome Month!

www.mdxsu.com/Events | #MDXWelcome2020



