

STUDENT

LIFE

**FEATURE
ARTICLE**

MENTAL
HEALTH AND
SOCIAL MEDIA

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**2019
ISSUE**

**SHIREEN
KHAN**

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The Students' Association

is here to help you make the most of your student experience and it consists of several parts:

- The Student Voice is key to ensuring that your views and opinions are heard across the university. My team and I work closely with the annually elected Student Voice Representatives who act as an independent voice for students on various academic committees and school boards, to ensure a positive experience for everyone, during their time at BPP University.
- The Independent Education and Welfare Advisers are here to help you when things don't go to plan. They provide an impartial, confidential service which is independent from the university and can help with academic and welfare issues such as appeals, complaints, deferrals, housing and wellbeing.
- The Student Engagement Team works closely with student-run clubs and societies across all centres to help offer a number of exciting opportunities for you to socialise, as well as to develop skills that will assist you with life in practice. The team works closely with the Student Centre Representatives to help organise social events at each BPP University study centre.

Make sure you visit bppstudents.com for more information and to join our vibrant student community.

Shahban Aziz

Managing Director,
BPP Students' Association
Head of Student Experience,
BPP University

SHAHBAN AZIZ
MANAGING DIRECTOR





YOUR STUDENTS' ASSOCIATION TEAM

SHAHROZE WARRAICH PRESIDENT

It is with great pleasure to welcome you to BPP University. Over the course of the coming year the Students' Association has planned a number of initiatives to enhance your academic experience at BPP, and we wish to work alongside you to ensure your time with us is fulfilling, rewarding and opens new doors for the future from this stage of your academic career.

The Students' Association at BPP exists to provide an independent voice for our students, and as President and a former student at the University I would like to assure you that the Students' Association in the form of the Student Voice and the Independent Education and Welfare Advisory team who will be working with you to ensure you gain the most value possible from your time with us in terms of academic development, social activities, student engagement, student representation and professional guidance.

Finally, I would like to provide personal reassurance that your experience at BPP remains my personal priority during my time as President, and I look forward to getting to know each and every one of you over the course of the coming academic year.

Best wishes,

Shahroze Warraich
BPP Students' Association President



Hajra Babariya
Student Voice Manager

As your Student Voice Manager I want to work in partnership with you to evaluate and enhance the student experience within the university. I am here to ensure that your opinions are valued and heard by the university.

I graduated from the University of Manchester with a degree in Computation and have worked in management roles at AXA Insurance and the Co-Operative Group. Whilst at university I also worked as a Student Representative and so I'm passionate about Student Voice and the Student Experience. I am always looking for ways to improve the service provided to the students throughout their academic life.

I believe that you have a vast amount of knowledge and expertise that can bring renewed authenticity and relevance to the classrooms benefiting your student life. Most importantly, we want to put the Student Voice at the heart of the university and I look forward to working with all students across all BPP centres.



Azmat Suleman
Student Engagement Manager

I have been with BPP for over seven years now and previously worked in the Student Advice Team.

I am passionate about improving the student experience here at BPP, by working closely with Centre Presidents & clubs and societies to encourage social events and activities. I have knowledge and experience of managing large scale and small events ranging from guest speaker conferences, cultural events and parties.

I have previously worked in student support roles and have experience in helping both international and home students; I really enjoy working in this field and look forward to providing the best support possible to all BPP Students.



Iain & Alison
Independent Advice Managers

The service that we provide is free and we work independently from the University to support you on resolving issues when things don't go to plan. This can range from offering feedback on Mitigating Circumstances or Academic Appeal applications to advising students on the Complaints procedure. We also offer representation to assist you at any University meetings or hearings such as Academic Misconduct Panels.

We are available to all students studying in the UK and in or partner centres across the globe.

You can get in touch with us via email on independentadvice@bpp.com

IN PROFILE WITH...

PROFESSOR SALLY-ANN BURNETT

• PLEASE TELL US ABOUT YOURSELF AND YOUR ROLE AT BPP UNIVERSITY?

I have been at BPP for 8 years and am now Deputy Vice-Chancellor. This is my third role at BPP and includes ensuring that students are at the heart of all our decisions. I have responsibility for the university's partnership with the Students' Association and have university-wide responsibility for ensuring our regulatory requirements are met. I also work to ensure that the university is appropriately connected with and supported by BPP Group functions including admissions, marketing and finance.

I love working across teams to ensure that we capitalise on the fabulous experience and talents of all our staff. I also love being an ambassador in the sector for our wonderful university and I am privileged to represent us at external events.

I have worked at several more traditional universities and just prior to joining BPP I opened a new campus for Lakehead University in Ontario, Canada. I am unusual in having two doctorates: one in higher education management and the other in food science (another passion of mine).



• WHAT ADVICE WOULD YOU GIVE TO A NEW STUDENT STARTING AT BPP?

To all our new students I firstly say: 'congratulations! You have made a great choice!'

I always advise new students to treat studying with BPP like going to work – prepare in advance, take part in the moment and reflect afterwards. I am aware that for many students it is very daunting at the beginning and I like to remind them that they are not alone. Take advantage of the wide-ranging support available and put your hand up for everything! The more you put in, the more you get out...

• WHAT SKILLS ARE THE MOST IMPORTANT THAT EMPLOYERS ARE LOOKING FOR?

Employers are not only looking for technical skills that come with every university qualification, but they also need to be sure that new recruits will hit the ground running with the softer skills required in the ever changing workplace. This is why we focus on career ready skills in all our programmes – they are often the differentiator in being the chosen candidate for a job.

• WHAT ADVICE WOULD YOU GIVE TO SOMEONE COMPLETING THEIR STUDIES?

Please keep in touch with us as we'd love to know what great things you go on to do. You may also want to give something back to current students, perhaps by mentoring them or even just by offering a bit of guidance from your experience, on our community platform - community.bpp.com

It would be great for all students and alumni to engage with us and each other on our community platform so we can capture the essence of what makes BPP so special and we can nurture our growing BPP family.

• WHAT ATTRACTED YOU MOST TO THE EDUCATION SECTOR?

I am a massive believer in lifelong learning and I know that education changes lives. At BPP we are building careers through education and it is immensely rewarding to play even a small part in students flourishing and going on to achieve really great things, often from very difficult starting points. Education has got to be the most rewarding sector to work in. I have also worked in food and retail sectors so I feel able to say that with confidence!

• WITH SUCH A SENIOR ROLE, DO YOU HAVE ANY TIME FOR HOBBIES AND INTERESTS?

Everyone has 24 hours a day – what they do with those 24 hours is up to them! I make sure I keep my life balanced and give time and space for my batteries to recharge. I love hiking, cooking, live music, keeping fit and experiencing different countries and their cultures. I also love being in the moment and taking time with friends. I always try to have humility and to have gratitude as these are qualities I admire in others.

MENTAL HEALTH, SOCIAL MEDIA & YOUNG WOMEN – A RECIPE FOR ...?

Many thanks for taking the time to visit and read by blog post today. My name is Shireen and I am currently in my first year of studying Adult Nursing at BPP and I am also the founder of a medispa known as Hannah London. When it came to writing this blog, I decided to focus on how the use of social media today can be seen to affect the mental health of women (young women in particular).

From learning about mental health in the first year of degree study so far, it has become apparent as to how prevalent mental health problems are today. These problems and issues are unfortunately manifesting in dangerous and deadly behaviour, as you no doubt will have seen in the news; with the likes of attacks, stabbings and suicides being commonplace within the younger generation.

To best illustrate this point, I think it makes sense at this stage to share some facts on figures about the social media platform known as Instagram and to how the likes of social media can be seen to feed into the above mentioned problems.

- Estimates say that over one billion people use Instagram (with 500 million of them actively using it every day). The only social media / networks that exceed this number are Facebook and YouTube.
- Just over one quarter of these Instagram users (25.2%) are said to be between the ages of 25 and 34; while just over one fifth of them (20.6%) are said to be between the ages of 18 and 24.
- As of July 2018, it is estimated that 50.3% of all Instagram users are female.

Studies surrounding these figures have made a link between various states of mental reaction when women from certain age brackets use the platform. For example, some have showed that those in the 18 - 24 age bracket felt growing insecurity about their body image when viewing images on the app. Those slightly older (in the 25 - 34 age bracket) were said to feel inadequate about their careers and overall lifestyle. In both of these scenarios, it was their comparing of their reality to the curated images they were seeing on the app causing these negative feelings and to feel that their output lacked meaning. As the saying goes, comparison is the thief of joy.

As mentioned above, I am the founder of Hannah London - a medispa based in North London. One day a client came to the medispa and she was in her early 20's. She was looking to get both lip filler and skin peel treatments. When talking to her, I couldn't help but notice that she already seemed

to have quite a lot of facial treatments done to her face already and so something came to mind. Just the week previously, I had learned about the 'ice-berg theory' in university - this being that there is something deeper to be addressed than what can only be seen.

At her consultation for the requested treatments, I asked her why she was looking to get them done. I advised her, as a senior therapist, that I did not believe that she either needed them or would benefit from them from an aesthetic point of view. I was shocked and surprised to hear her reply as she explained that she thought she was 'ugly' and did not look good enough to go out in public without people looking at her and thinking she was ugly.

In that moment I was like a swan on a lake. Looking calm and graceful while thrashing my legs under the surface of the water to stay afloat. At the same time, I felt both sorry for her that she felt that way,

but also Instagram app on her mobile phone and scrolled through seemingly endless pictures of lips which are deemed to have the perfect proportions, skin tweaked and filtered to perfection and teeth gone way beyond naturally white. It really angered me that other clinics and salons were happy to carry out treatments like this on such young and impressionable people and so I firmly told her that I would not administer the treatments she requested as she did not need them.

Instead I offered her a massage to ease her tensions about her appearance while explaining that the images she has been consuming have been edited beyond belief and are highly unrealistic. She opened up to me and I learned that she has some passions in life including charity work - things far more important and worthwhile than images. I encouraged her to invest her time and thinking into areas like these and not on trivial social media false realities.

I want to raise awareness on how social media platforms such as Instagram can impact the mental health of everyone especially young women, as this can have long term effects and create and maintain unrealistic body image standards. I would not have realised this so much if it wasn't for my nursing degree and I am enjoying every moment of learning about the human mind and body and the external factors that can affect health. I hope through being a nurse and having a business that I can start something in the future for these young women who just need someone to talk to.



SHIREEN KHAN

TOP TIPS FOR YOUR TIME AT BPP

1

STAYING ONLINE!

Make sure you are using your BPP email account for all University correspondence and have set up alerts on your phone to receive any new emails.

2

CHECK YOUR CALENDAR!

Your timetable should now appear in your Office 365 account – check it regularly for any updates or changes on your classes. Please see our feature on Office 365 timetables in this magazine.

3

CHECK YOUR CONTACTS!

Do you know who your key University Contacts are? This would usually be either your Programme Support Office, Personal Tutor or Programme Leader. They are your go to people! The University Student Handbook is available on bppstudents.com and contains a wealth of information.

4

GET REGISTERED!

If you are new to the city, make sure you are registered with a local GP.

5

BE SOCIAL!

Get to know your fellow peers and organise events with the support of the Students' Association.



JOIN BPP COMMUNITY!

Check out our **alumni, student and staff online network**
Go to community.bpp.com to find out how to:



CONNECT

Find and engage with fellow BPP Community members



EXPAND

Leverage your professional network to get introduced to people you should know!



ADVANCE

Advance your career through professional opportunities and access to exclusive resources

How to sign up:

- 1 Go to community.bpp.com
- 2 Sign up using **LinkedIn** or a **personal email address**
- 3 Fill out your **profile** and wait for the confirmation email
- 4 Use **BPP Community** to stay connected



BPP CAREERS AND ALUMNI

The **BPP Careers** team provides you with the tools for you to compete and proceed in your career.

The **BPP Alumni** team connects you with our global alumni network and supports you through your career

What you can expect?

STUDENTS:

ALUMNI:

NEXT STEP:

BPP CAREERHUB Run By Careers Team



BPP's Online Portal for Careers Support

- Book Careers Events
- Find Job Opportunities
- View Career Resources & News
- Ask a Question to a Careers Consultant
- Schedule an Appointment with a Careers Consultant
- Ask an Online Librarian



Receive Careers & CareerHub Support for 18 Months after your Course Finishes

Login at
Careerhub.bppuniversity.ac.uk

GOINGLOBAL Provided by CareersTeam



Online Global Job Search Directory

- View Career Guides
- Search for Jobs
- 16 million+ jobs globally in local languages
- Find internships worldwide
- Explore Corporate Employer Profiles



Login at
GoinGlobal.com

GRADUATES FIRST Provided by CareersTeam



Aptitude Test Online Practice

- Practice tests & check answers
- Verbal, Logical, Numerical, Situational Judgement Tests
- View Personal Dashboard & Track Progress
- Reports & Benchmarking
- Take a Work Personality Questionnaire



Login at
GraduatesFirst.com

BPP COMMUNITY Run by Alumni Team



BPP's Online Social Network - NEW -

- For BPP Students, Alumni, Staff, Clients
- Book events
- Reach Out to a Mentor
- Access Online Library Materials
- View Industry Articles and Opinions



Network with Fellow Students

Network with Alumni Worldwide
Find Job Opportunities
Become a Mentor
Share your expertise

Login at
Community.bpp.com

GRADUATE OUTCOMES Run by UK Government



National Survey for Graduates

- Captures Perspective and Activities of Recent Graduates
- Share your BPP Story
- Help make things even Better for Current BPP Students



You will be Contacted 15 Months after your Course Finishes

Keep your contact details up to date!

Office 365 Student Timetables.

When and where?

After listening to student feedback on the National Student Surveys, the Student Written Submission and through the Student's Association, Office 365 will improve access to timetables.

You will be able see your academic timetable through your BPP Office account and BPP email address when synced to a device of your choice.

The new timetables allow you to access your BPP Office 365 account on laptop, tablet and mobile in a quick and simple way - giving you flexibility to focus on your studies

How do I access my Office 365 account?

Log onto your BPP VLE and go to the IT support page. Select Office 365 (as per the screenshot below) where you will find detailed guidance on how to access and use Office 365.

If you have any problems accessing your BPP Office 365 account, contact the IT department using your self-service portal.

Alternatively, if you have issues with this you can email bpptac@bpp.com

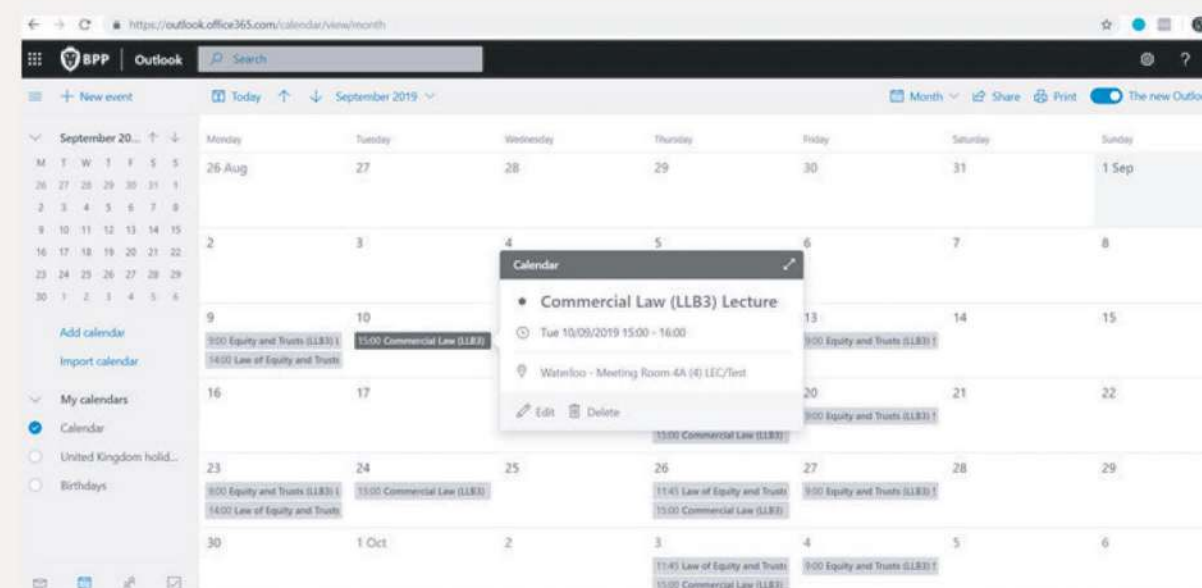
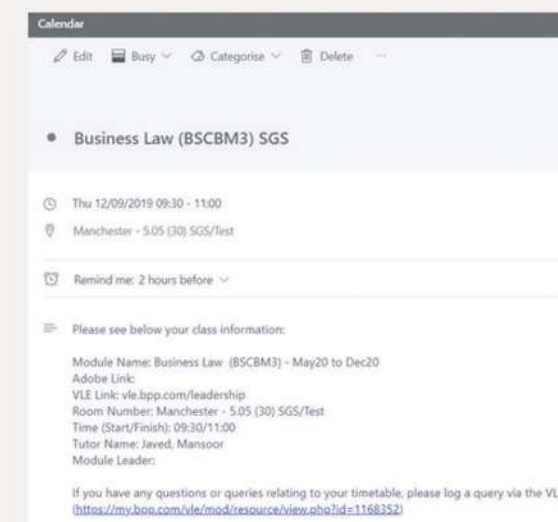
What to expect from your Office 365 Timetable?

All timetabled teaching activities will appear in your Office 365 Calendar once timetables are released for each term.

Each calendar appointment will give you all the information you need about that session. This includes module title, group, location, room, time and tutor, and in some instances links to the VLE or Adobe.

Please see examples of what your timetables could look like.

For any issues with your timetable please contact your programme support team.





FEEL SUPPORTED AT BPP

ARE YOU WORRIED ABOUT YOUR HEALTH OR DISABILITY IMPACTING YOUR EXAMS AND DEADLINES?

Speak to the Learning Support Team
for a Confidential Chat on Support
Available.



Please contact learningsupport@bpp.com to enquire about the process of putting adjustments in place or to arrange a meeting to discuss any worries.



DID YOU KNOW?

The Learning Support Team have worked with over 3000 students putting Reasonable Adjustments in place for exams and on course support. This helps students to meet their required deadlines whilst feeling supported. We work with students who have many different diagnosed health conditions/ disabilities to include learning difficulties and both physical and mental health conditions. We work with students who have both long term and short term conditions.

COMMON STUDENT QUERIES

“Most the time my health is good; I don’t know when it will negatively affect me”

We provide Reasonable Adjustments to support students for this very reason. For example, if you have diagnosed Anxiety and it may be exasperated in exams we can offer rest breaks or extra writing time to support you. If you are able to finish the exam without using adjustments, that’s absolutely fine but the adjustments are there as a safety net to give you confidence to sit the exams.

“I am struggling with my exams/ course but I don’t have a known diagnosis”

Often we work with students who need support but have never spoken to anyone about it. Our Advisors can work with students to understand their barriers to learning and plan to get support. This often helps students to sit their exams on time feeling more prepared. We do require a months’ notice to put adjustments in place however if you are worried about obtaining evidence or feel you have left things last minute – please still have a chat with us as we do want to ensure you are aware of all your options!

“If I get extra support in exams or on my course will my future employers find out?”

Your information is kept confidential within our service and we would not disclose your medical evidence or arrangements to anyone outside of the university. Within the University we would also need your expressed consent to share any information.

“I am worried about speaking about my health/ personal problems”

We are a team of friendly and supportive Advisors who have a wealth of experience. We often have students speak to us for the first time about their worries and we ensure we offer a safe, empathetic and non-judgemental space.

BPP PRO BONO CENTRE



The BPP University Pro Bono Centre has always prided itself on being award winning and, this Autumn, it may well be adding more trophies to its collection, having been shortlisted for not one, but two prestigious national awards.

The BPP Pro Bono Centre's Streetlaw Team has been shortlisted for 'Excellence in Pro Bono' in the **Law Society's Excellence Awards 2019**.

The shortlist focused on two strategic aspects of the Streetlaw project: (1) the way it which it encourages young people to engage as active

citizens in society, allowing them to make safe, smart and legal choices about their use of social media; (2) the fact it aligns with the Solicitor General's 10 Year Vision for Public Legal Education.

This year, the BPP Pro Bono Centre's Streetlaw teams have worked with over 450 BPP law student volunteers at 7 BPP sites, together delivering over 350 hours of free public legal education ("PLE") to community groups.

The BPP University Pro Bono Centre has also been shortlisted in the UK Social Mobility Awards 2019, in the category of the Leadership Award.

The UK Social Mobility Awards recognise and encourage action that will promote and increase social mobility within Britain's companies and institutions. The Awards celebrate excellence and achievement in initiatives that elevate social mobility as a cause equal to the level of other diversity issues. The Leadership Award recognises those companies and institutions that have taken their commitment to social mobility to new places in unexpected ways, affecting systemic change along the way.

UK
Social
Mobility
Awards™

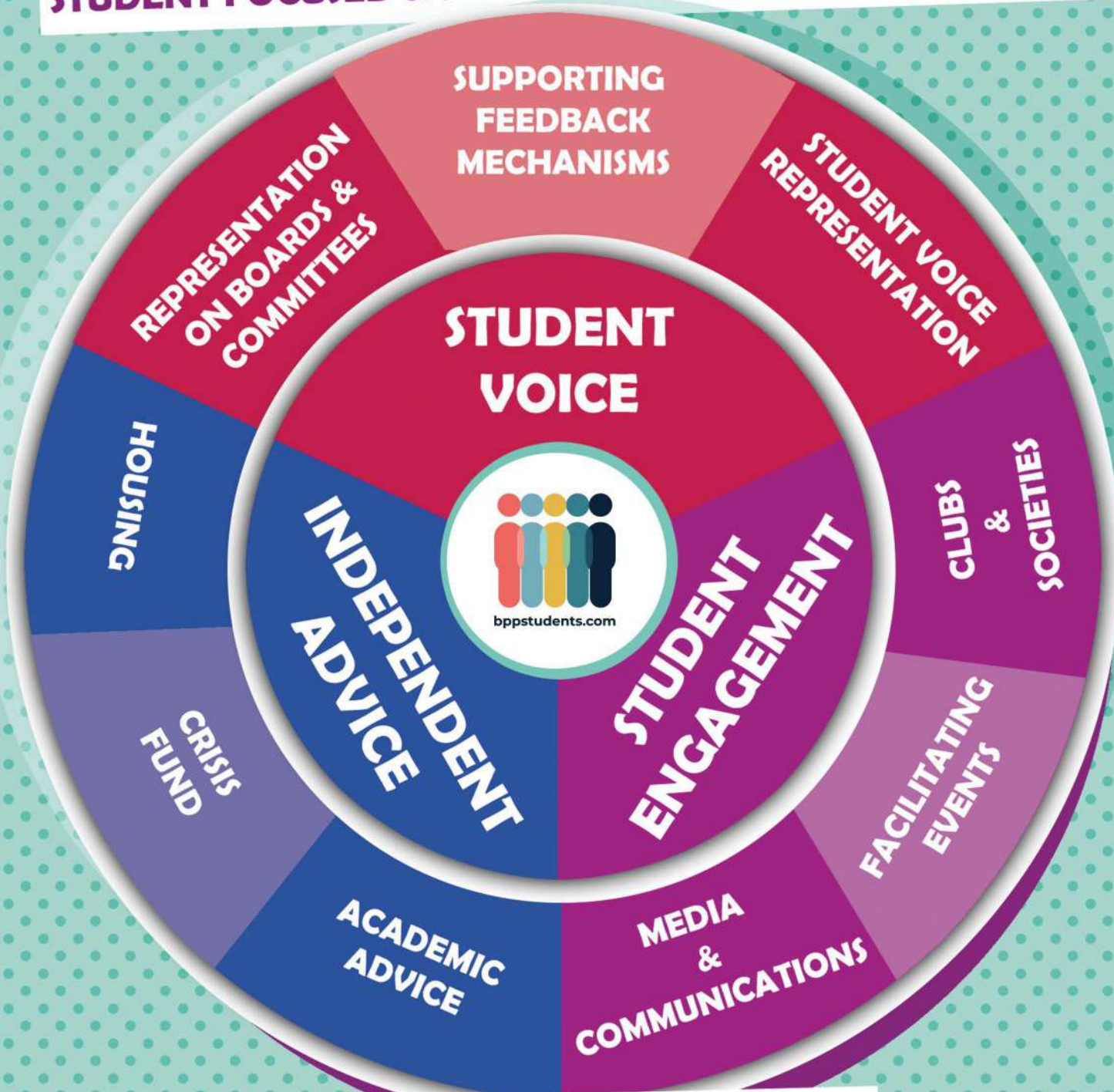
BPP University has been shortlisted for the BPP Pro Bono Centre's Law Ambassador Programme ('LAP'). Launched in 2017, the LAP is a trailblazing initiative designed to improve social mobility in the legal profession, by enabling law firms and law students to work together to raise the career aspirations of young people from a diverse range of social-economic backgrounds. Through a unique two year partnership between schools, law firms and BPP University, sixth form students are educated about the law, develop skills to boost employability and have their pre-conceptions about legal careers being out of reach, challenged. The LAP currently supports over 50 Law Ambassadors attending six local comprehensive schools in Leeds, and will take on new cohorts next year. Partnering with law firms with a national presence has created a blueprint for a sustainable national social mobility programme, capable of replication anywhere.

THE EXCELLENCE AWARDS CEREMONY TAKES PLACE ON WEDNESDAY 23 OCTOBER AND THE UK SOCIAL MOBILITY AWARD WINNERS WILL BE ANNOUNCED 10TH OCTOBER. FINGERS CROSSED!

Do you want to be part of the fantastic work of BPP University's Pro Bono Centre? The student volunteer application window is now OPEN across all centres. Get in touch with your local BPP Pro Bono team or email probono@bpp.com to find out how you can experience law in practice and develop key skills for your career through the BPP Pro Bono Centre. You can also visit www.probono.bppuniversity.ac.uk, follow us on Twitter @ProBonoBPP and visit our BPP Pro Bono Centre Facebook page.

BPP UNIVERSITY INDEPENDENT STUDENTS' ASSOCIATION

STUDENT FOCUSED & STUDENT LED IN EVERYTHING WE DO



WHAT WE DO
AND HOW WE DO IT
WWW.BPPSTUDENTS.COM

GRADUATION ANNOUNCEMENT

We are pleased to announce the recent venue change for our London Winter Graduation to the Barbican Centre in London: Europe's largest multi performing arts centre.

This change of venue is to:

- Ensure that we can guarantee spaces for all eligible Graduands.
- Allow more guests to be invited (4 rather than 2 per Graduand) to share your special day.

We have thoroughly enjoyed using the Guildhall for the past 8 years, it's been a great venue for our graduations however we have simply outgrown it! As a result of student feedback and the preference to be able guarantee all eligible Graduands a place and to bring more guests to share their special day we have moved our London ceremonies to the very impressive venue that is The Barbican Centre.

Please Note:

- o The NEW DATE for this graduation will be Wednesday 22nd January 2020. It is no longer taking place in November 2019 at Guildhall (due to venue availability).
- o If you would prefer to attend a November ceremony, you are welcome to come to our Manchester Winter Graduation taking place on Wednesday 4th December 2019 at The Bridgewater Hall.

Please contact graduationceremonies@bpp.com for further information and you can also find information on the graduation tab on bppstudents.com



As professional people, we all have our motivations.

Whether you come here to drive innovation, administer a cure, campaign for justice or balance the books, chances are you want to use your career to bring change and progress to the world.

As Health, Safety and Environmental Officer here at BPP, I have been incredibly fortunate to work with the Students' Association to work out how we can bring sustainability visions right to the very heart of how we operate. Here are some quick ways in which you can get involved...

1. Bring your own bottle or re-usable travel mug

Across the University, we've set targets to cut our use of single use plastic cups by 75%. We have begun removing plastic cups from water coolers, so that we can focus on sustainable alternatives. If we all work together, this is an easy way to make a huge difference.

2. Look out for recycling points at your centre

We all need to recycle more. We're planning to introduce better recycling facilities that will allow us to dodge contamination and collectively make a positive difference.

3. Pack a lunchbox

Call "it's a wrap" on packaging. Swap monstrous polystyrene boxes, landfill-destined forks, and ugly plastic bags for an easy-on-the-eye bamboo lunchbox... and save yourself a small fortune in the process!

4. Join the discussion

I'll be teaming up with the Students' Association to hold more focus groups in the future, and would love your involvement. Get in touch, share your ideas and help us to accomplish our greenest of goals. My email address is below.

5. Be mindful of how your everyday decisions impact the environment

Whether it's cutting back on printed materials or saying no to plastic straws, take a moment to consider how your actions can make a positive difference.

Yours sustainably,
Amelia Cavinder – Health, Safety and Environmental Officer
environmental@bpp.com

WIN A BPP STUDENTS' ASSOCIATION WATER BOTTLE!

You've probably noticed that BPP has started phasing out single-use cups at water coolers as we collectively work to minimise our environmental impact and lessen our contribution to climate change. We believe that single use plastics should never be the default option – and we hope you share this view.

The BPP Students' Association is getting involved in the University's drive to be more sustainable. To help you cut out single use plastic from your own day to day life, we're offering 10 water bottles out to those who share our green goals.

To be in with a chance of winning, please email your response to the following question to environmental@bpp.com before Monday 30th September:

What should BPP do in order to be more sustainable?

Entries will be judged based on creativity and practicality – and bonus points will be awarded if you can draw on concepts from your own programme of study. 10 Winners will be announced on the BPP Students' Association Facebook page, and contacted by email.



INDEPENDENT EDUCATION & WELFARE ADVISORS

RECENT CHANGES that you need to be aware of

ONLINE SUBMISSIONS REQUIRED

The process to submit either a Mitigating Circumstances or Academic Appeal application has now changed. The University is no longer accepting paper applications by post or hand and all applications now need to be completed ONLINE here (<https://www.bpp.com/login>)

KEEPING YOUR RESULTS

Before submitting an application please be aware that if accepted your application automatically disregards the results of your assessments, therefore you need to be absolutely sure that you wish to take these assessments again before applying.

For further information on all aspects please visit our page Independent Advice on our website www.bppstudents.com

Did something go wrong before or during your assessment?

were you feeling ill or poorly?

were you admitted to hospital as a result of an accident?

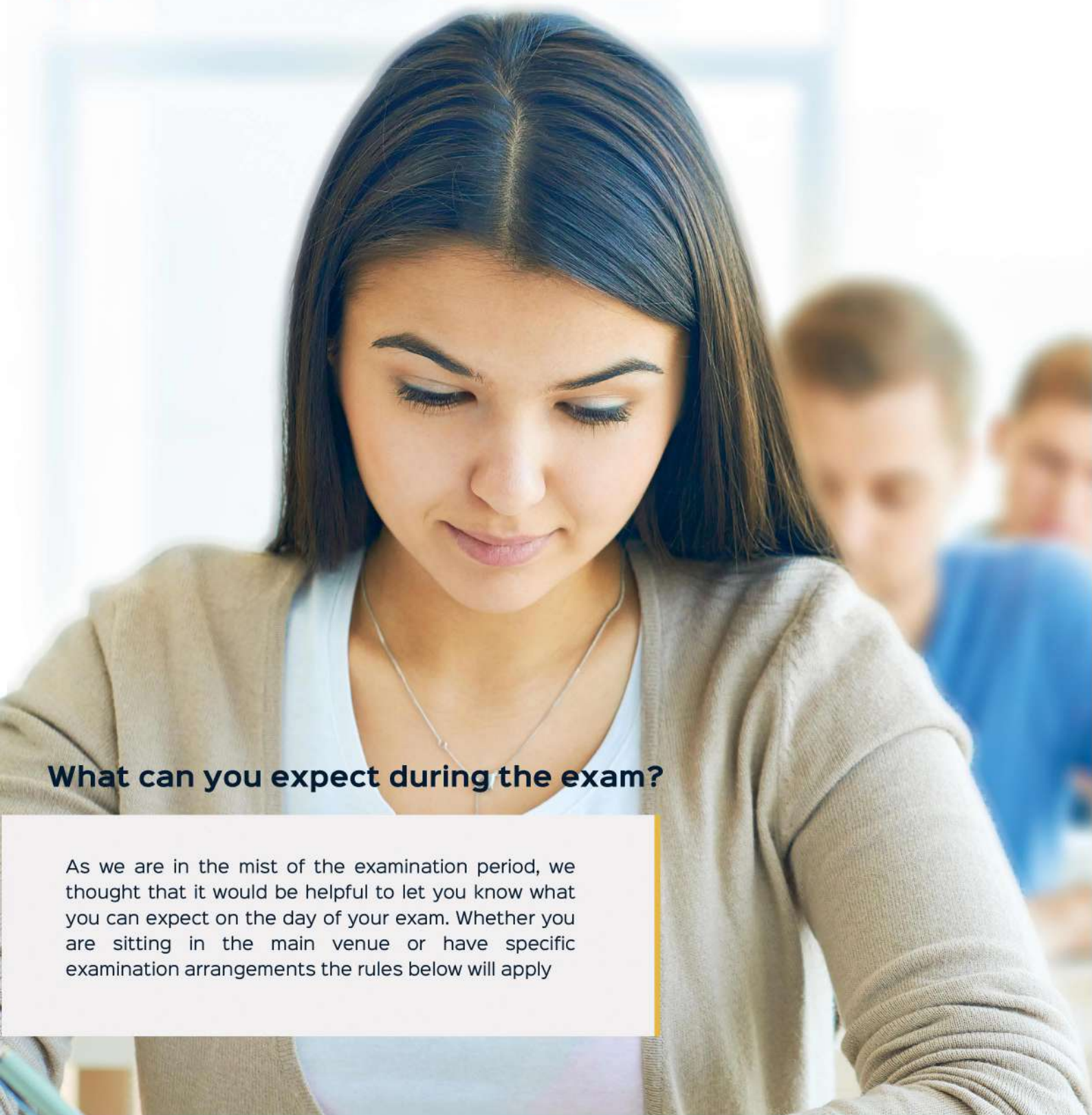
GET IN TOUCH
with us at

independentadvice@bpp.com

and we will guide you through the new online process.

 **APPLY ONLINE**





What can you expect during the exam?

As we are in the mist of the examination period, we thought that it would be helpful to let you know what you can expect on the day of your exam. Whether you are sitting in the main venue or have specific examination arrangements the rules below will apply

Deferrals

If you are seeking a deferral for your exams, please go to the VLE under Home / Registry / Forms and Guidance (top of your home page) to complete your deferral form. Your form should be sent to your Programme Leader by 12.00 noon the working day before the date of the examination or assessment. If you do not receive a confirmation of your deferral, you should assume that it has not been granted

and you will be expected to sit the examination or assessment.

If you are seeking an update on your deferral application, please email the Programme Leader by emailing the inbox you send your deferral application to. The University Assessment Office will not be able to help with the deferrals as we have no authority to grant these and have no oversight of the progress of the application.



EXAMS AT BPP

Before your exam

1. The dates of your exams will be released to you on the VLE at the beginning of your course.

2. Your exams may take place at either at one of BPP centres or one of the external venues – please ensure that you check this information prior to your exam so that you know which venue you should be going to. We cannot guarantee that all your examinations will take place at the same venue (this will depend on the size of the exam and venue availability), therefore it is important not to assume that you are going to the same place as last time. The venue information is available from the VLE under Home > Assessments > Your programme

The venue information will be released on the VLE at least 2 weeks prior to the exam date.

If you have specific arrangements for your exams, you will receive an email 2 weeks prior to the exam, detailing what the provisions will be.

3. As there are specific annotation rules, please familiarise yourself with these so that you can remove anything that should not be in your book prior to the exam and avoid having it confiscated on the day. Be aware that the materials will be checked at the beginning of each exam by the invigilators – we will do this as quickly as we can so we do not disturb you.

4. Lastly, please allow plenty of time to get to the venue! Include time that may take if the trains are delayed, you are stuck in traffic etc.

On the day of the exam

1. Your desk number will be available on the day of the examination at the venue. Your SRN will appear on the list with the allocated desk number and the section you are in (we will have colour coded sections). The students will be let into the room between 15-30 mins prior to the exam. This is to give you plenty of time to find a seat and settle in.

You might be in a room with students studying other programmes/modules thus please do check that you are sitting in the right seat.

2. Once you are in the room, you are under examination conditions and therefore should not communicate with your colleagues or start reading the exam paper!

3. Shortly before the exam begins you will hear the examination instructions. You will be informed when you can start writing.

4. You will be given all the materials that you need for your exams so please just make sure you have your permitted materials with you. The rough paper is attached to the back of the exam paper.

If you need any extra paper to write your answers on, indicate to the invigilator and they will give an answer booklet or some continuation sheets that you will need to attach to your main answer booklet.

5. We will give you time warnings before the exam will finish.

6. We will collect the answer booklets and other materials – you will not be permitted to take home any other materials we give you. We then have to count the papers to make sure that we collected all of them. Once we have them all, we will let you leave the examination room.

Examinations Office Phone Opening hours

The Examinations Office phone opening hours are Monday to Friday 10am to midday and 2pm to 4pm



BPP ENGLISH LANGUAGE SERVICES

BPP's English Language Services can support you in the development of your English language and Academic Skills.

IF YOU WANT TO IMPROVE YOUR ENGLISH OR ACADEMIC SKILLS...

As an international student studying at university, or if you are not familiar with higher education study, you may need extra support in order to help you in your studies. We offer support in the following ways:

- **In-Sessional English courses**
- **One-to-one support**

WHAT DOES IN-SESSIONAL ENGLISH INVOLVE?

In-Sessional courses run in the first term of study for certain programmes at the Business and Technology, Law, and Nursing Schools and are tailored to the needs of these programmes.

The courses cover:

- Academic written and spoken English
- Referencing and using sources appropriately
- Assignment structure
- Exam skills

WHAT DOES 1-TO-1 SUPPORT OFFER?

Send an email to english@bpp.com with questions about academic English and academic skills, or to book a one-to-one consultation. In the consultation, you and your tutor discuss a sample of your work. Your tutor will help you to:

- Structure your work more appropriately
- Write/speak more clearly and accurately
- Explain any areas of difficulty with language
- Help you to use sources appropriately and avoid plagiarism



WHAT HAVE STUDENTS SAID ABOUT THE SERVICE?

I was able to gain access to tremendous sources of information, for example, the knowledge about the structure of the essay, the knowledge of how to organise ideas in the whole essay and within one paragraph. (BSc Nursing student)

As you have identified I should rephrase some sentences as they are a bit lengthy and confusing and also on my usage of articles and conjunctions. (MSc Management student)

Thank you so much for your comments on the attached documents, you have already helped a lot so far. I feel like I can get a head start with my assignment now. (LLM Law student)

Great content in the classes. I particularly liked the fact that the activities and skills learned fitted squarely with exam preparation. (MSc Accounting and Finance student)



WHO CAN YOU CONTACT TO FIND OUT MORE?

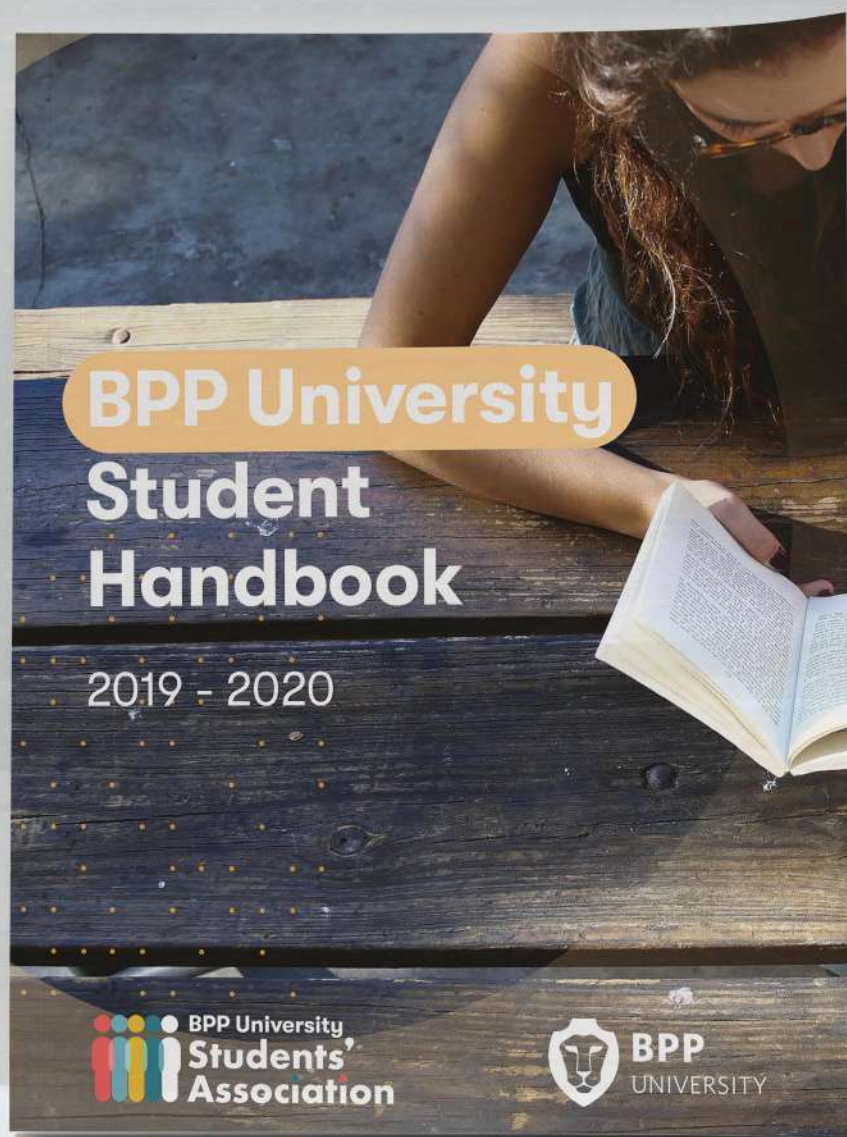
If you need English or academic skills support, or want to find out if you can participate in an English course, then please email:

english@bpp.com

THE NEW 2019 – 2020 BPP UNIVERSITY STUDENT HANDBOOK

IS NOW AVAILABLE

At all centres and on bppstudents.com



WOMEN IN LAW SOCIETY

NEW THIS YEAR AT BPP BIRMINGHAM

A society focusing on:

- Increasing student awareness of the reality of life for Women in Law (both past and present)
- Issues faced, struggles and achievements
- Potential future improvements

To be achieved via:

- Regular society meetings.
- Visits throughout the year to places of interest, law related (and other!)
- Social events, including Christmas and End of Year gatherings
- Meeting with, and talks from, women currently qualified and working in the legal field.

For further information on joining the society, please email:

s.zeidan@my.bpp.com

Please note that there are some positions still available to be filled on the society committee. More information to be given to interested society members at the first Women in Law society meeting.



NOW RECRUITING: BPP CRICKET SQUAD

HAVE YOU EVER WANTED TO BE A CRICKETER

REGISTER AT: WWW.BPPSTUDENTS.COM/ORGANISATION/8249



Congratulations to the new executive members who now make up the BPP Cricket Squad Committee.

President: Kamara Lee

Vice President: Chhavi Agarwal

Secretary: Vidhi Sarvaiya

Treasurer: Sunnan Farukh

Operations Manager: Sheikh Arsalan

Communications Manager: Bonny Patel

The all-new BPP Cricket Squad was founded on the 27th February 2019, standing on its own two feet and preparing to achieve great things this sports club welcomes both male and female players from all BPP centers.

"The long-term vision for the new club is to host inter-center competitions where teams across BPP campuses can compete. The best players from each center will be chosen to play on the official BPP University cricket Squad" - BPP Cricket Squad President

INTERESTED IN JOINING THE CRICKET TEAM?
Send us a Facebook message or join the WhatsApp group for details

FACEBOOK:

@BPPCRICKETSQUAD



SCAN CODE

Join "BPP Cricket Squad" WhatsApp group



JOIN TODAY:



ASPIRING SOLICITORS

Aspiring Solicitors work with law firms and legal teams to provide events, mentoring, competitions, employability assistance and access to the legal profession. Since 2014, their diverse members have been offered over 1600+ training contracts and vacation schemes. They are a fantastic organisation that help increase diversity and inclusion within the legal profession and help individuals from underrepresented groups gain access to a career in law.

I'm Laura and I will be the new Aspiring Solicitors Campus Ambassador for BPP Holborn 2019/2020 and the new President of the Aspiring Solicitors Society at BPP. Throughout the year I will be posting regular updates and managing the Aspiring Solicitors BPP Holborn Facebook page where I will be promoting opportunities and keeping you all updated on ways to get involved with Aspiring Solicitors.

I will hopefully be organising a stall in September/October time at BPP Holborn to introduce myself and to answer any questions you may have about Aspiring Solicitors and how you can get involved in some of their programmes, events and the Aspiring Solicitors Commercial Awareness Competition.

I will also be attending the BPP Law Fair at the London Waterloo centre on 14 November 2019 between 4-7pm where I will be running the Aspiring Solicitors stall alongside amazing law firms such as Mishcon de Reya LLP, Taylor Vinters LLP and many more! Please do not miss this opportunity to network with some amazing legal professionals and graduate recruitment teams!



I look forward to meeting you all at the upcoming Law Fair and please feel free to contact me through the Facebook page or drop me an email at aspiringsolicitorsbpp@hotmail.com if you have any questions!

Laura Keane

OPPORTUNITIES FOR DISTANCE LEARNING STUDENTS

ARE YOU A DISTANCE LEARNING STUDENT AND WANT TO BUILD ON THE SENSE OF COMMUNITY ALONGSIDE YOUR STUDIES?

We are the perfect society for you! Our society is flexible to allow our members (from across the globe) to contribute and help shape the platform into what we want and need it to be.

Whether discussing Kim K becoming a lawyer, talking through model answers, revision techniques or arranging a local meet-up with fellow students in your hometown (to name a few examples) ... it is an inclusive space where we want to encourage a greater sense of community for Distance Learning students, wherever they might live in the world.

If you would like to register, please email Ella on e.wellington2@my.bpp.com from your BPP email address.

We are also hoping to expand our committee, and really welcome any suggestions on how we can better our society, please email Ella to express your interest.



LEEDS GRYPHONS ICE HOCKEY CLUB 2019

Ice hockey is a fast-paced and physical game with teams typically comprising of 16-20 players. The Leeds Gryphons Ice Hockey Club is a mixed gender club who welcome all abilities and experiences, catering to students and staff members at any Leeds based academic institution, including The University of Leeds, Leeds Beckett, Leeds Arts University and more.

With regular games played throughout the season, our end of year goal is to take all teams to the national tournaments held at Ice Sheffield.

With sponsorship from Revolution, LS6 Cafe, The library Pub and Northern Monk, our club is always keen to blow off some steam!

Join us at our first social of 2019 at Revolution Electric Press on the 25th of September to meet the teams, ask some questions and enjoy some heavily discounted drinks!

Follow our social media for regular updates and more info on social events!

GIVE IT A GO 3RD & 5TH
BRADFORD ICE ARENA
ALL LEVELS WELCOME
OCTOBER



BPP INDIAN SOCIETY

BPP Indian Society is a newly formed society, formed by BPP Students to introduce and promote Indian Culture while enjoying the best of what university life has to offer. Throughout the year we plan to hold variety of events ranging from social gatherings, sports, charity and cultural events.

We look forward to promoting the diverse Indian culture throughout BPP University. The society is open to everyone at the university regardless of cultural background, who want to meet new people and learn about various cultures alongside having lots of fun.

Society Committee

Interested in getting more involved with the society? Join up as a member then get in touch to see if they have any available committee places.

Email us regarding any queries and to join as a member of the society.

**Vidhi Sarvaiya -
President**

v.sarvaiya@my.bpp.com

**Farheen Rasheed -
Vice President**

f.rasheed@my.bpp.com





SOLIDARITEE AT BPP

SolidariTee* is a student-led campaign which sells t-shirts for £10 to donate money to NGOs providing legal aid for refugees and asylum seekers in Greece. As well as supporting the work of these NGOs, the campaign also seeks to provide grants for long-term volunteer placements at NGOs.

SolidariTee started in 2017 at Cambridge University by student Tiara Sahar Ataii to highlight the experience of refugees crossing the Mediterranean, having worked as an interpreter for legal aid NGOs in Greece. Over 30 universities are now participating in the campaign including universities in the US, France, Germany, Jordan and Australia. BPP's participation in the movement is significant as it is the first time it has gained support from students at a legal institution. It has made over £45,000 in sales since its inception.



Each year the t-shirts have a different design. This year's designs have been created by the Sudanese artist Dar Al Naim with motifs of figures, boats and water evoking scenes depicted in the media of refugees crossing the Mediterranean.

If you would like to support the crucial work of these NGOs, you can purchase a t-shirt by filling in an order form which will be available at Reception at BPP Holborn.

For more information, please visit <https://www.solidaritee.org.uk>. You can also find us on social media.

*As of February 2019, SolidariTee is a registered charity in the UK.



THE LONDON BPP

BASKETBALL CLUB

IS LAUNCHING
AND RECRUITING
FOR NEW
COMMITTEE
POSITIONS!



The London BPP Basketball Club is a mixed gender society inclusive to students of all abilities. We are currently recruiting for keen players and committee members.

We aim to organise weekly social sessions, with a longer-term goal of training sessions and competing.

If you would like to join this club in either a casual capacity or as a committee member, please email bpp.basketball.london@outlook.com

Club Roles:

Vice President
Treasurer
Captain
Social Secretary

AN INTERVIEW WITH STEVE PENFOLD

My career started aged 16 when I left home to join the Army 6th form at Welbeck college. After completing my A levels - Maths, Physics and Chemistry - I attended Cranfield University, which ran degree courses for armed forces personnel. With a degree in electronic engineering, I progressed to Sandhurst to complete the Army officers' commission course and joined the Royal Electrical and Mechanical Engineers (REME). The role of the REME is to ensure that all Army equipment is fit for purpose, and I worked with colleagues across a wide range of Army branches.

At 36, I left the Army and in January 2011, started the GDL at BPP. I enjoyed the smaller classes which, with a majority of more mature students, was a fun group who got on well together. I found the course satisfying and particularly valued the opportunity to study a subject I had chosen and committed to, having left my previous career in the Army.

My plan was to finish the GDL in August 2011 and start the LPC in September. As part of the GDL, I undertook a work placement at Plexus Law in Leeds. One of the partners there offered me a paralegal role with study, in order to complete my LPC. So I coordinated work and study by enrolling in the LPC on the BPP part time evening course. Working full time and studying for the LPC was hard work, but I used my time effectively and found that the theory and practice fitted together well. This was particularly evident working as a personal injury defence paralegal. I saw a lot of crossover with my civil litigation module whilst conducting telephone court appearances as well as completing court forms and other defence documents.

I am a big advocate of having paralegal experience on your CV to make you more competitive and attractive to recruiters. When making training contract applications it shapes your understanding of the skills you need to demonstrate to employers. I also felt that my interviews went better because of my knowledge of the legal profession in practice. My commercial awareness allowed me to see the bigger picture and be more aware of what recruiters were looking for. I already had a number of their required competencies and together with my legal experience, was able to evidence my claim I had what they were looking for.

Half way through my part time LPC, I applied for a training contract at Eversheds. Working as a paralegal was one of the key factors in making my application to Eversheds a success. I was drawn to Eversheds following a presentation by Steve Bloomer, who outlined the firm's emphasis on competency based recruitment. As a mature candidate, this suited me, as I had a wider range of life experiences which I could draw upon at interview.

Eversheds offered me a place on their vac scheme, which was great fun. I was able to see different parts of the firm and get involved in a range of events. This experience convinced me it was the right firm for me. I was offered a training contract after the scheme, using the interim period to complete my remaining LPC electives on a full time course - leaving the part time study behind.

I started my training contract with Eversheds the following September. Most of the other trainees were mature students and had come from a range of different university backgrounds. This gave me a positive view that Eversheds was more interested in the skills and experience their trainees could bring to the firm, rather than which universities and schools the trainees went to.

Having completed my training contract, I knew I wanted to qualify into Tax. During the LPC, I had identified that tax featured in almost every module on the course and whilst my peers hated it,

I really enjoyed this aspect. My colleagues didn't seem to be interested in tax, but I could see there was demand for this specialist area, which meant that tax services were harder to find and commanded a premium. I noticed that many law firms were obliged to heavily discount rates to clients for legal services in the real estate and employment sectors because of the intense competition between firms for these services. In the tax department, we rarely had to offer discounted rates as it is such a specialist area. The tax partner at Eversheds charged out the Leeds lawyers at the same rate as London, because our advice was considered so specialised. I therefore recognise the value of qualifying into a specialist area of law for which there is a high demand.

Within the tax department at Eversheds, I further specialised in employee share incentives. I spent three and a half years at Eversheds post qualification working in this practice area as it was a part of the business I really enjoyed.

Employee share incentives are used by many companies to help with their employee engagement. Frequently forming part of the overall employee package, they can be used as both a recruitment and retention tool. They also offer employees an opportunity to share in the success of the business.

Tapestry Compliance is a boutique law firm which specialises in all aspects of employee and executive share incentives and was set up in 2011 by a former Linklaters partner, Janet Cooper OBE, and a Linklaters lawyer, Bob Grayson, who had worked in the incentives team at Linklaters and who had also worked in-house, responsible for Shell's global plans. Together, their experience brought both a legal as well as a practical, business perspective.

About 3 years ago, Tapestry opened a Leeds office, which is where I now work. I joined in February 2018, attracted by their impressive range world class clients and challenging global work for those clients, but also their non-traditional, future thinking approach to legal practice.

The firm was set up with the philosophy that lawyers can have a fulfilling legal career - working with great clients, doing stimulating and challenging work - but in a more sustainable and fun way. Where lawyers are able to do the interesting, multi-jurisdictional work experienced in the City, without the often excessive long hours demanded by most of the larger firms.

Our team based approach means anyone can be involved in decision making for the business, and Tapestry sets itself apart with its commitment to flexible and agile working. With offices in Yorkshire, Tapestry is growing at around 25% a year.





Although Tapestry is a specialist firm, we work with many of the biggest companies worldwide as well as around 30% of the FTSE 100 including Aviva, HSBC, Rolls Royce and Schroders. Our clients also include Dell, TripAdvisor, Rolls-Royce, , Goldman Sachs, , Morgan Stanley and Credit Suisse.

A key part of Tapestry's work is helping global companies manage their employee share incentives, so that their incentive plans are compliant with the local law in each country they have employees. For example, offering shares in the UK is a regulated activity but there are exemptions available where a company offers shares as part of an incentive scheme to its employees. However, not all countries, such as China, have this exemption to their securities laws available, and companies must be careful that their employee share incentive plans do not breach local law. Tapestry helps companies navigate the different local laws and regulations.

Our work covers all the major jurisdictions and many more. The largest share plan we have worked in recently was for Unilever in over 110 countries! In a recent case, a Spanish client couldn't offer their Australian employees the same share incentive package as other employees across the globe, due to the Australian regulations. We were able to help them apply for a special exemption from the Australian authorities, allowing them to roll out the plan to employees based there too. The firm has developed a leading 'LegalTech' service for our clients to enable clients to have access to up-to-date legal and tax information about operating share plans in over 100 countries. Companies like TripAdvisor use this service.

AN INTERVIEW WITH STEVE PENFOLD

For me, I recently had the opportunity to travel to Japan to help build Tapestry's practice there and have a second trip planned for November. Another colleague of mine has travelled to New York to help Tapestry build its financial services practice. There are plenty of opportunities to travel with the firm due to its global reach for those who want to travel, some who have commitments stay closer to home. I also recognise the value in having a range of outside interests which working at Tapestry has enabled me to pursue.

In my spare time, I have a few hobbies, but my main interest is hang gliding. I learnt to fly whilst I was in the Army, and I soon progressed to flying competitively. I love the sport as it combines the absolute freedom of flying with the fun and excitement of testing yourself against others in a competition. Since re-training as a solicitor, I've continued to fly and I'm just about to go to Spain to compete in the Catalonian open and the British National Championships.

Tapestry are looking for high quality candidates who have a genuine interest in this specialist area of law. We would like to receive applications from people who would enjoy working in this dynamic practice with large UK and global clients. It's a non-traditional law firm and would enable someone to develop their skills working in a multi-award winning law firm with a first rate team of lawyers

Tapestry offers training contracts, with several members of the team having qualified in the firm and now developing their careers with the firm. If you are interested in joining us, we would love to hear from you.



THIS IS FEEDBACK!

Our new campaign

BPP care about delivering quality feedback on your assessments and in the coming months Education Services will be raising awareness of all the different ways you can receive feedback and how this can feedforward to support your learning. We would like you to tell us what you think feedback is and would like to work with you the students to enhance our feedback to you and deliver quality feedback on your work.

[#ThisIsFeedbackBPP](https://www.bppstudents.com)



Interested in setting up a Club or Society?

we will help you every step of the way

Email us at
engage@bpp.com

