GET AHEAD

INTRODUCTION

Early Start gives you an opportunity to get ahead and settle into your accommodation, familiarise yourself with the campus and meet other staff and students in a quieter environment. Have a look out for the welcome week pages for lots of useful information: www.yorksj.ac.uk/study/welcome-guide

**TOP TIP**

If you haven’t done so already, check you’re up-to-date and on track to commence your studies www.yorksj.ac.uk/before-you-start

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Hello and welcome to York St John University,

We’re Patricia, Rita, Ebony and Ben and we run the Autism Success Pathway which begins in September, when we welcome students onto the Early Start programme. This guide has been specifically produced for students taking part in the programme to provide information on services and support at York St John.

Please have a look on our webpage for further information. You can contact us at E: autismsuccesspathway@yorksj.ac.uk and follow us on @AS_Success_YSJ to find out more about Autism Success pathway events and opportunities.

MEET THE TEAM

Hi, I’m Patricia and I work as a Disability Advisor at York St John. I specialise in supporting students who identify on the Autistic Spectrum. I lead the Autism Success Pathway and organise and facilitate the Early Start programme.

My top tips are to keep in touch at autismsuccesspathway@yorksj.ac.uk to find out about upcoming events and opportunities and make sure you use the break out rooms on Early Start, if you need some quiet time on the programme.

Hi, I’m Rita and I work as a Disability Advisor at York St John. I help to organise events on the Early Start programme.

My top tip is to check out what’s included in your included welcome packs.

Hi, I’m Ebony and I’m a Student Intern on the Autism Success Pathway.

My top tip is to follow us on Twitter, where we keep you posted with updates on Autism Success Pathway events.

Hi, I’m Ben and I’m a Student Intern on the Autism Success Pathway.

My top tips is to get involved in STRATUS, our weekly social group for students on the Autistic Spectrum. It’s a great way to keep in touch with students you’ve met through Early Start.
Stratus has been running since 2012 and is a social group for YSJ students who identify on the Autistic Spectrum. Stratus runs every Thursday at 6pm during term time, usually we meet in the same room every week but due to COVID-19 we’ve been meeting remotely using Microsoft teams, which you can access through your YSJ IT account. It is a chance to meet new people, in addition to keeping in touch with people from Early Start. Stratus is always more than happy to be student led, if you have an idea for an activity why not try it out in Stratus.

Please contact us on autismsuccesspathway@yorksj.ac.uk with your ideas, we will also keep in touch with you for details of upcoming events.

Stratus activities have included:
• Ghost Walks
• Movie Nights
• Board Games,
• Superhero Evenings
• Plus online quizzes, cards and activities

Keep an eye on our Twitter feed for information about upcoming stratus sessions and events @AS_Success_YSJ
DISABILITY ADVICE

You can contact the Disability Advice Team to discuss support options at university. Disability Advisors offer daily appointments and drop-in sessions. The best way to get in touch is by emailing disabilityadvice@yorksj.ac.uk or booking in at the Student Information Desk in Holgate.

For further information please see our webpage: www.yorksj.ac.uk/health-and-wellbeing/disability-support

MEET A DISABILITY ADVISOR

Hi, I'm Rita O'Loughlin and I'm a Disability Advisor here at York St John. I co-ordinate support for disabled students studying at York St John. I support students with a number of disabilities including Autism, Mental Health, Specific Learning difficulties (e.g. dyslexia), Visual Impairments and Long-term health conditions. I can help you apply for Disabled Students’ Allowance (DSAs) and arrange exam support. I can create Learning Support Plans, these are guides for academic staff on how they can support you with your studies. You can make an appointment to see me or one of my colleagues at the Student Information Desk in Holgate or by emailing disabilityadvice@yorksj.ac.uk

TOP TIP

Find out the Disability Advisor for your department and make an appointment with them to discuss your support options at YSJ.
Meet one of our mentors and study skills tutors

**Study Skills Tutor**

My name is Matthew Irwin and I work as a Study Skills Tutor dealing mainly with students on the spectrum. Part of my work is to help with essay writing, academic reading and referencing. I also help facilitate STRATUS events and the Early Start programme.

*Top tip – Get involved with STRATUS planning for Autism Awareness events*

**Mentor**

Hi, I’m Laura and I am a mentor, I specialise in working with autistic students to develop appropriate practical and academic support strategies, to enable an independent student experience. This could range from developing good time management skills, action lists for assignment planning to coping strategies in stressful or anxiety related situations.

*Top tip – Check your YSJ email account on a regular basis, to ensure you don’t miss any emails.*

Pets As Therapy

Pets As Therapy is a national charity. It aims to enhance health and wellbeing in the community through the visits of trusted volunteers with their behaviourally assessed animals.

**Blue and Autism Success Pathway**

Blue will be 2 years old this September, he’s a blue whippet & his owner & handler, his mum, Linda, is one of the Disability Advisors at YSJ. Blue’s one to one sessions are open to students as part of the Autism Success Pathway, as an activity which may facilitate communication. Blue is there to listen, to be fussed or to simply sit there quietly, your time your space.

*For information about sessions with Blue, please get in touch with us autismsuccesspathway@yorksj.ac.uk.*

**Jug and Wellbeing Dog Walks**

Jug is a chocolate Labrador that spends the day at YSJ. He is kept busy by the Wellbeing Team. You can follow him on twitter @jug_dog and on Instagram @jug_the_dog

*For information on sessions with Jug, please get in touch with wellbeing@yorksj.ac.uk*
WELLBEING

E: wellbeing@yorksj.ac.uk

The Wellbeing Team offer support to students for many different reasons including starting University. The Wellbeing Practitioners and Welfare Advisers in the team can help you understand these changes and support you in dealing with the tricky thoughts and feelings that moving into a new place with new people can bring up. They can also be the first place you can ask for help for yourself or others. For details on how to access the service please go to the wellbeing pages on the York St John University website or email wellbeing@yorksj.ac.uk.

Meet a Wellbeing Practitioner

My name is Sam and I am a member of the wellbeing team. My aim is to listen very carefully to you to help you find ways to help yourself. It is sometimes easier to talk to someone independent about the troubles you are experiencing. Relationship difficulties, anxiety, low mood, and missing home are some of the issues that students come and talk to me and my colleagues in the Wellbeing Team about. At the moment we offer chat appointments by phone or video link and these can be booked via our website or email wellbeing@yorksj.ac.uk.

TOGETHER ALL

York St John University students can now access free online support with Together All. Whether you’re struggling to sleep, feeling low, stressed or unable to cope, Together All can help you get support, take control and feel better. www.togetherall.com

EMOODJI

An app for the ups and downs of university life. Free from the mental health charity MIND. www.emoodji.co.uk

WOEBOT

An automated robot which helps you to monitor your mood and learn about yourself. Woebot asks you how you are feeling and what is going on in your life through brief daily conversations. www.woebot.io

HEADSPACE

Meditation made simple. It can help you to learn meditation and mindfulness techniques in just 10 minutes a day. www.headspace.cpm/headspace-meditation-app

NHS

www.web.ntw.nhs.uk/selfhelp

STUDENT MIND

www.studentminds.org.uk/resources

YSJU

www.yorksj.ac.uk/student-services/health-and-wellbeing
Library and Learning Services are based in Fountains Learning Centre. To find out about our Accessibility Services that are available to students with disabilities or dyslexia visit: www.yorksj.ac.uk/students/library/supporting-accessibility

Meet an Academic Liaison Librarian

Hi, my name is Ruth Patterson. I am one of the Academic Liaison Librarians here at York St John. Academic Liaison Librarians are here to help you access the information you need for your assignments. We can also help you with referencing. You may see me, or one of the other Academic Liaison Librarians, in your lectures and seminars but you can also book 1-2-1 tutorials with us: www.yorksj.ac.uk/students/library/academic-liaison-librarians

Meet a Study Development Tutor

Hi, my name is Tim and I’m a Study Development Tutor here at YSJ. We offer tutorials, workshops and a range of other support to help you with any aspect of your study, from keeping up with your reading and managing your time more effectively to critical thinking and writing strategies. You can book a tutorial with us through our webpage: www.yorksj.ac.uk/students/study-skills/study-success. You can email any questions you have for us to: studydevelopment@yorksj.ac.uk

TOP TIP

Check out the Study Development Twitter page for updates @YSJStudyDev
Meet a Digital Trainer

Hello, my name is Annette Webb. I am one of the Digital Trainers who are here to help you get the best out of all the software at York St John. We can help with Word for essay writing as well as all of the other university systems. You can contact us by emailing Digital Training digitaltraining@yorksj.ac.uk or going to www.yorksj.ac.uk/ils/digitaltraining/ and we can offer 1-2-1 sessions via tutorial booker.

Meet the Assistive Technology Advisors

Hi, we’re Helen Varley and Holly Tuke. Do you wonder how technology might be able to help you with your studies? Do you wish you had a more effective approach to note making, planning, and proofreading? There is a range of assistive technology software available to help support you in your studies and we can train you to use them for everything from mindmapping to verbal dictation. We can also just show you how best to configure your computer to make the most of what it can do and support your needs.

We provide 1-to-1 training sessions, advice by phone or email, and workshops about software available on and off campus.

E: assistivetech@yorksj.ac.uk
@YSJ_AT
www.yorksj.ac.uk/assistivetech

MOODLE

moodle.yorksj.ac.uk

Moodle is the University’s VLE (Virtual Learning Environment). It will contain lots of useful information about your course, including course materials, assignment briefs, deadlines etc.
Coming to University is a huge change and can impact your life in many different ways. Once you are here one of the most important things to know is who to go to for information and advice.

Our Customer Services team are located at the Student Information Desk (SID) in Holgate and the Service Desk in Fountains, and the Information Advisers on duty there are equipped to answer any questions you might have or refer you to a specialist team who can help.

You can also find a bank of online FAQs, where you can also submit and track enquires for general assistance here:

https://sid.yorks.ac.uk/login/login.aspx
We can all need a time-out, familiarise yourself with the quiet areas on campus.

- The Chapel
- Peace Garden
- The Quiet Room
- Second floor of Fountains (The Library) is a quiet floor

The Chaplaincy is there for all students, - you certainly don't have to be 'religious' to see the Chaplain, who will listen without judgement to any concerns you might have, no matter how serious or trivial you might think they are.

It can be exhausting dealing with the noise and hubbub of campus life, so if you need a bit of time out, you can take advantage of several quiet rooms around the Chaplaincy area, including the Peace Garden, the Quiet Room and the Prayer room adjacent to the Chaplaincy Centre's entrance hall. In the Quiet Room you can be on your own, have a sleep, listen to music, or do whatever helps you to stay calm and focused. No need to make an appointment. If you need to talk about anything, the Chaplain's office is next door, and you can just ask but there is no pressure for you to talk if you don't want to. During Welcome Week, a Quiet Café is offered as an alternative to the Freshers' Fair, where you can enjoy free refreshments in a relaxed atmosphere, with plenty of space.

Find out more on our webpage: www.yorksj.ac.uk/chaplaincy
We can be followed on Facebook, Instagram and Twitter: @ChaplaincyYSJ
CAREERS

E: careers@yorksj.ac.uk | @YSJJobsCareers

The Careers Team are here to support you throughout your student life cycle. You can continue to access careers support as a YSJ alumni. You can find us at the Launch Pad in Holgate.

Meet the Careers Advisor

As a Careers Advisor, I’m here to support you in lots of different ways during your time at York St John University. I’m able to provide guidance on your CV or suggest ways to improve performance at job interviews, to support you with your careers decision making and help you to workout what your own version of success is. I’m here to provide advice and guidance on achieving your goals and making the most of your future.

TOP TIP

Consider embracing new experiences and engaging with a range of opportunities during your time with YSJU – such as securing a part-time job, undertaking some volunteering, or joining a society or sports team. (There’s lots to choose from!) Not only will this allow you to develop some brilliant key skills but will also help you to figure out your likes and your dislikes, and could give you some exciting careers ideas to explore further!

FUNDING ADVICE

E: fundingadvice@yorksj.ac.uk

The Student Funding Advice Team can provide advice and guidance on student finance throughout your student journey.

• Preparing for start of term financially
• Budgeting whilst at university
• York St John funding options

The team also manage Blackbullion our online money education tool which is free to York St John students. You can register on www.blackbullion.com/get-ready-for-uni with the access code YSJOD to help prepare for university and create a budget with their online Budget Calculator.

TOP TIP

If your student finance application has not yet been approved check your online Student Finance account to make sure there is nothing outstanding.
The International Student Support Team offers support to international students with the transition to living in the UK. We can help you with any questions or problems, provide information about living in York and give you advice on studying in the UK.

Global Campus Programme

This programme of cafes, celebrations and trips is open to both international and UK students. Celebrate our diverse community, explore new cultures and make friends with students from across the globe.

E: ISS@yorksj.ac.uk

E: globalcampus@yorksj.ac.uk

Our Widening Participation team offer support and advice to a wide range of students including care leavers, student carers, estranged students, trans students, mature and commuting students. If you are interested in the work we do or would like to speak to a member of the team, please get in touch we will always be happy to hear from you!

E: SID@yorksj.ac.uk
SCHOOL ADMINISTRATORS

The School Administration Unit (SAU) provides a wide variety of support for all Schools and programmes and can be contacted for any related queries.

www.yorksj.ac.uk/schools/school-admin/contact-us

TOP TIP

Find out who your Academic Tutor is and book a tutorial with them. You can look for this information on Moodle or ask your School Administrator

ACADEMIC STAFF

Most of your contact at university will be with your academic tutors and fellow students. Each course will have a Course Lead, some courses also have Module Leads. Each student will also be allocated an Academic Tutor. This is often an invaluable point of academic and pastoral support during your time at university.

Business

Hi, my name is Sarah Crabbe, Director of Student Engagement in York Business School. I am one of the people in the Business School that you can come to when you find things a bit tricky or you want to talk through some strategies for dealing with a problem. Part of my job is supporting students in York Business School to achieve their best, so talk to me if you want some ideas for how to do that. I am also the person who will get in touch with you if you have problems with attending lectures and seminars to see what we can do about improving that. I am looking forward to meeting you.

E: s.crabbe@yorksj.ac.uk

Education

My name is Dr Jonathan Vincent. I am a senior lecturer in the School of Education and have been involved in researching the experiences of university with autistic students for the last five years. In 2016 I led a project called Stratus Writers where students on the spectrum wrote about life at university and published their findings in an academic journal. More recently I have been exploring the transition out of university and specifically into employment; along with an autistic student researcher, I set up a collaborative research group called PRO Autism which trains employers on how to make their application and recruitment processes more autism friendly.

E: j.vincent1@yorksj.ac.uk
STUDENTS’ UNION

A HUGE welcome to York St. John University and an even warmer welcome from every one of us at the Students’ Union.

Meet your Presidents

JAMIE ANDREWS President of SU
JENNY MARCHANT President of Education
EMMA PALMER President of Diversity and Wellbeing
KAI ASPINALL Disability Liberation Officer

TOP TIP

Don’t be shy, please get in touch with your questions and queries. Contact us to find out how to get involved in your Students’ Union.

Meet Jenny Marchant

PRESIDENT OF EDUCATION

I work as the President of Education in the Students’ Union, which means I look after your academic needs and concerns. I oversee the academic representation system, to ensure students are heard in their education, and that you feel supported throughout your education.

E: j.marchant@yorksj.ac.uk
@YSJSU_PresEd

Meet Emma Palmer

PRESIDENT OF DIVERSITY AND WELLBEING

I work within the students’ union to be a voice for and equal representation of students at YSJ. I work with the liberation officers to ensure minority groups are represented, and that all have access to wellbeing support no matter what their circumstances. Check the YSJSU website for more info regarding my manifesto for the upcoming year.

E: e.palmer@yorksj.ac.uk
@YSJSU_PWD
CATERING

Catering Cards are available for quick and easy payments. If you would like further information regarding what type of catering card you are eligible for, please ask for an application form at City Social. Once this form is filled in and returned, you will be contacted on how to proceed further.

PORTERS

E: porters@yorksj.ac.uk

Porters are based in St Anthony’s House. Our main services are room set ups, key issue, replacement keys and parcels.

They are open:
Monday to Friday 7am to 7.30pm
Saturday 8am to 12pm

E: security@yorksj.ac.uk T: 01904 876444

Security Lodge is located next to the Music Block, opposite Holgate. Security officers are on campus 24 hours a day, 365 days a year.

For emergencies and non-emergencies please ring 01904 876444

ACCOMMODATION SERVICES

E: accommodation@yorksj.ac.uk T: 01904 876650

Accommodation Services can support you with your residential needs throughout your time in Halls of Residence. Every site has a residential support assistant (RSA) who can help with everyday accommodation issues. You can also see the Accommodation Service staff who are based in Holgate.

They are open:
Monday - Friday 11am-4pm

Follow us on Twitter @YSJHalls