

# WELCOME 2020

## INDUCTION WEEK TIMETABLE

**COURSE TITLE:** Foundation Leading to BSc in Health Sciences  
**CAMPUS:** Llandaff

MONDAY 28 <sup>th</sup> SEPTEMBER Dydd Llun 28 Medi	TUESDAY 29 <sup>th</sup> SEPTEMBER Dydd Mawrth 29 Medi	WEDNESDAY 30 <sup>th</sup> SEPTEMBER Dydd Mercher 30 Medi	THURSDAY 1 <sup>st</sup> OCTOBER Dydd Iau 1 Hydref	FRIDAY 2 <sup>nd</sup> OCTOBER Dydd Gwener 2 Hydref
<p><a href="#">Welcome to the School of Sport and Health Sciences</a> – Dr Katie Thirlaway, Dean of Sport and Health Sciences welcomes you in this short video, and provides information of what your Cardiff Met experience will be like. Watch this video before the programme Director Video below.</p> <p><a href="#">Programme Director Welcome Video</a> – check out all your programme has to offer and what you'll be up to on your programme. This recording will be available from this day to watch before your first personal tutor session</p> <p><a href="#">Personal Tutor meeting 1</a> [12-1, 1-2, 2-3] – Meet your tutor and your fellow tutees in this online session. Your tutor will be an important resource to support you during your time at Cardiff Met. (Note you will be invited to a one hour session by your tutor)</p>	<p><a href="#">Live Teams Session: Expectations of university and the Foundation year (10 – 12)</a> You will be invited to this session via MS Teams. The session will touch on what to expect during this term and beyond. We will also introduce the student representative roles and ask you to take this away with you, we will provide you with a task to complete during the rest of the week and provide an opportunity for you to ask any questions that you may have.</p> <p><a href="#">1-2-1 Meeting with your Personal Tutor*</a> – Book in your 1-2-1 meeting with your personal tutor via the Personal Tutor Portal based on the slots shown by your tutor.</p>	<p><a href="#">Freshers Fayre online</a> – Look on the Cardiff Met SU website to find out all about the Students Union and the diverse range of sports and societies that are on offer to all Cardiff Met Students. Check out the <a href="#">Essential Guide</a> to get you started!</p> <p><a href="#">1-2-1 Meeting with your Personal Tutor*</a> – Book in your 1-2-1 meeting with your personal tutor via the Personal Tutor Portal based on the slots shown by your tutor.</p>	<p><b>11 – 12:</b> Drop in session with Programme Director to discuss any queries or concerns that you may have.</p> <p><a href="#">1-2-1 Meeting with your Personal Tutor*</a> – Book in your 1-2-1 meeting with your personal tutor via the Personal Tutor Portal based on the slots shown by your tutor.</p>	<p><b>11 – 12:</b> Staff and student meeting, review of task completion, discussion of mechanism to fill student representative roles</p> <p><a href="#">Personal Tutor Meeting 2</a> 12-1 – <i>Catch up with personal tutor group and meet other students with the tutor to wrap up the week and iron out anything ready for teaching to start the following week!</i></p>

### Links to other important resources (also posted on CSSHS Moodle site)

<a href="#">Met Central/ Met Canolog</a> – go here for links to all student resources and services	<a href="#">Digital Essentials Induction</a> - Don't know your Microsoft Teams from your Moodle? Confused by emails and Teams Chat? This useful resource can help guide you through the IT systems at Cardiff Met.
<a href="#">Starting your employability journey</a> – a short video from the School Employability Principal Lead, Steve Osborne, outlining the support that Cardiff Met offer to support you on your journey	<a href="#">ResLife programme</a> – Living in Halls? Find out what's going on over the induction period.
<a href="#">Student Services</a> – a short video to let you know how student services can support your time at Cardiff Met.	<a href="#">What to know before you go</a> – A fantastic resource from the Student Union to help you get to grips with all the useful info before to arrive at Cardiff Met.

\*You will have one 1-2-1 meeting with your Personal Tutor on either Tuesday, Wednesday or Thursday