

WELCOME 2020

INDUCTION WEEK TIMETABLE

COURSE TITLE: BSc (Hons) Nutrition
CAMPUS: Llandaff

MONDAY 28 th SEPTEMBER Dydd Llun 28 Medi	TUESDAY 29 th SEPTEMBER Dydd Mawrth 29 Medi	WEDNESDAY 30 th SEPTEMBER Dydd Mercher 30 Medi	THURSDAY 1 st OCTOBER Dydd Iau 1 Hydref	FRIDAY 2 nd OCTOBER Dydd Gwener 2 Hydref
<p>Welcome to the School of Sport and Health Sciences – 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>Programme Director Welcome Video – 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>11.00 Live session with Programme Director Hilary Wickett. You will be invited via MS Teams.</p> <p>1.00 Personal Tutor group meeting <i>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. a task will be set for you to complete with your tutor group during the week</i></p>	<p>11.00 - Live session with Programme Director Hilary Wickett - You will be invited via MS Teams</p> <p>12.00 – Food and drink quiz with BSc Food Science and Technology</p> <p>1-2-1 Meeting with your Personal Tutor* – 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>Freshers Fayre online – 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 Essential Guide to get you started!</p> <p>11.00 – Live session with Programme Director Hilary Wickett - You will be invited via MS Teams</p> <p>12.00 – Nutrition resources with Shirley Hinde – You will be invited via MS Teams</p> <p>14.00 – Live session with Dr Ian Ashton and Dr James Blaxland who will be presenting from our labs on practical aspects of the programme</p> <p>1-2-1 Meeting with your Personal Tutor* – 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>11.00 - Drop in session with Programme Director - You will be invited to a drop-in session to discuss any concerns or questions that you have</p> <p>13.00 - 14.30 Live session with Zero2Five Food Industry Centre (FIC) staff. Rhiannon Facey-Richards and Kate Bailey present essential information and raining regarding using FIC facilities</p> <p>1-2-1 Meeting with your Personal Tutor* – 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>11.00 – Staff and Student Meeting and task completion session.</p> <p><i>Catch up with your personal tutor group, your programme cohort and the year 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)

Met Central/ Met Canolog – go here for links to all student resources and services	Digital Essentials Induction - 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.
Starting your employability journey – a short video from the School Employability Principal Lead, Steve Osborne, outlining the support that Cardiff Met offer to support you on your journey	ResLife programme – Living in Halls? Find out what's going on over the induction period.

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[Student Services](#) – a short video to let you know how student services can support your time at Cardiff Met.

[What to know before you go](#) – 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. This will be via MS Teams.*