

# Welcome Week Handbook

BA (Hons) Health and Social  
Care

Cardiff School of Education and  
Social Policy

Academic year  
2022/2023



Cardiff  
Metropolitan  
University

Prifysgol  
Metropolitan  
Caerdydd

# Contents

<b>Introduction</b>	2
<b>Essential Information</b>	4
<b>Meet the Team</b>	6
<b>Welcome Week</b>	8
<b>Useful Information</b>	12



# Introduction

## Welcome Message

Starting University is very exciting. We have put together a series of activities and events to help you settle into your academic programme and get to know the University, your course and your new colleagues.

The aim, therefore, of Welcome Week is to provide you with an opportunity to get involved with your chosen course of study right from the start.

During Welcome Week you will be involved in a range of inquiry-based projects (please see the section on programme activities and projects for more details) designed to provide you with a taste of what you can expect during your studies at Cardiff Met.

## Welcome Week Objectives

During Welcome Week you will be required to:

1. Meet your Personal Tutor and the rest of your cohort
2. Attend social activities and events on campus or online
3. Engage in a research-based task
4. Complete a problem-solving activity



## Personal Tutors

Don't worry though you will not be thrown in at the deep end! When you turn up for your registration session (please see induction timetable for details) you will get to meet your Personal Tutor. Your Personal Tutor will provide academic support and guidance during your time of study at Cardiff Met.

Please make sure that you attend the activities planned for your programme during Welcome Week, so you get to meet your Programme Directors, Tutors and the rest of your cohort.

Finally, I hope you enjoy your time studying at the Cardiff Met and I look forward to meeting you during your course of study.

Yours sincerely,

Programme Director



# Essential Information

## Programme Details



*The Health and Social Care degree provides you with a sound understanding of health and social care policy, theory and practice. It also equips you with the skills to engage critically and challenge current practice. You will develop the critical and academic skills that underpin evidence-based practice. Through your studies you'll develop a diverse and multidisciplinary skillset that will allow you to take your career on many different paths. You will cover many themes, and areas, and discover how social, economic and political factors influence the provision and development of health and social services and policy.*

## Part-Time Students

Whilst full-time students should participate in everything, we recognise that you may not be able to do so because of your other commitments, and we understand this.

Talk with your Personal Tutor about which activities will be most valuable for you and see what you can manage. You will be welcome to join in all events during the week, as and when you can. Do, though, ensure that you have registered, and done the required paperwork before attending any events.

## International Students

We understand that international students will have many obligations and paperwork to complete when they arrive in the U.K and The Global Student Advisory Service offers support to international students at Cardiff Met by providing support pre-arrival and throughout their studies.



## Global Student Advisory Support

[International - Welcome \(sharepoint.com\)](#)

[Global Student Advisory Service International Welfare Advice](#)

[International Academic Advice International Academic Advice](#)

## Global Student Advisory Contacts

Welfare Advice – [intstudentadvice@cardiffmet.ac.uk](mailto:intstudentadvice@cardiffmet.ac.uk)

Immigration Advice - [Immigrationregs@cardiffmet.ac.uk](mailto:Immigrationregs@cardiffmet.ac.uk)

International Academic Advice – [intacademicadvice@cadiffmet.ac.uk](mailto:intacademicadvice@cadiffmet.ac.uk)

It is also important that you attend the activities planned for your course during Welcome Week, so you get to meet your Programme Directors, Tutors and the rest of your cohort. This will help you to settle into your new environment and make new friends.



# Meet the Team



Dr Leanne McCarthy-Cotter  
Policy Formation  
Legislation  
Government and Governance  
Social Policy  
Global Social Policy

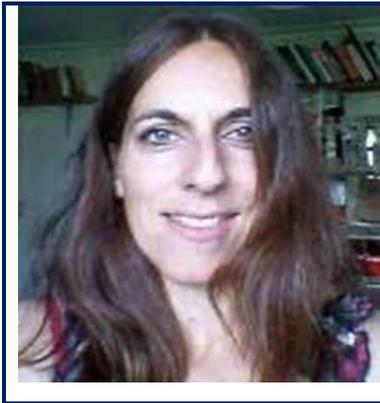


Kirsten Stevens-Wood  
Level 6 Tutor  
Youth and Community  
Intentional Communities  
Community Development  
Sociology



Dr Joann Warner  
Psychology  
Psychological Approaches to Health  
Addictions  
Mental health



	<p>Dr Kate Attfield  Level 4 Tutor  Sociology  Equality and Diversity  Social Justice  Disability</p>
	<p>Dr Jo Aubrey  Level 5 Tutor  Expertise:  Childhood  Children’s Services  Global Approaches to Health and Social  Care  Travelling and Gypsy Families</p>
	<p>Dr Edith England  Programme Director  Sociology  Housing and Homelessness  Social Policy  Geography</p>



# Welcome Week

## What to expect

During the week you will complete a small inquiry-based project, which you will undertake with a group of other new students from your programme, supported by academic and technical staff and an existing student or two.



At the end of the week, we will also give you some feedback on the strengths of your group's approach, sharing and celebrating what we have discovered together.

There will be an introduction to your new School and Programme and lots of fun activities to help you meet new people.

You will also need to complete a bit of administration, check-in so that we know who is doing what and when, complete any outstanding registration matters, pick up University ID and Students' Union cards, complete papers to help ensure your safety, and touch base with any specialised support services that you need.

## Here's what Cardiff Met students enjoyed about Welcome Week

*"Helped me settle in and took the pressure off travelling to a new place"*

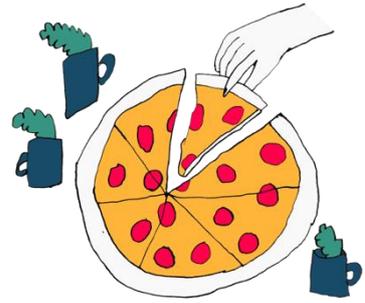
*"The group projects to find out about our peers was a nice way of getting to know everyone"*

*"Helpful to chat informally to the Programme Director and chat about random things to help settle in"*



## Programme Activities and Projects

The key priorities for the Induction Week are to make sure that you get to know the programme team and your peers, as well as make sure you know what to expect and how to access key Information to prepare you for your first week of Term 1.



As per the Welcome Week Timetable overleaf, programme activities will Include:

- Programme Welcome
- Meet your Year 1 Tutor
- Meet your Personal Tutor
- Meet your peers who will be in your sessions
- Icebreakers amongst your peers
- Campus orientation activity
- Going through your teaching timetable and other online resources
- Group project

## Freshers' Fayre

The Freshers' Fayre, organised by the [Students' Union](#), is your first chance to meet to all our SU Societies, SU Sports Teams and of course a chance to grab all manner of freebies from our commercial partners! The fayre is an all-day event taking place on Wednesday 21/09/2022 within [NIAC on the Cyncoed campus](#)! It is one of the highlights of the Freshers calendar and one of the only times during your university journey that every student from all Cardiff Met schools will be in the same place!

Head over to the [Cardiff Met Students' Union website](#) for up-to-date information on events, societies, support and more.



## Your Welcome Week Timetable

MONDAY 19 <sup>TH</sup> SEPTEMBER 2022	TUESDAY 20 <sup>TH</sup> SEPTEMBER 2022	WEDNESDAY 21 <sup>ST</sup> SEPTEMBER 2022	THURSDAY 22 <sup>ND</sup> SEPTEMBER 2022	FRIDAY 23 <sup>RD</sup> SEPTEMBER 2022
<p><b>Programme Activities (am)</b></p> <p>Welcome &amp; introductions of the H&amp;SC team</p> <p>Getting to know you activity</p> <p>Comfort break</p> <p>Tour of Llandaff campus</p>	<p><b>Programme Activities (am)</b></p> <p>Explain timetable, and module timetables. Team addressing questions and signposting</p> <p>Comfort break</p> <p>Expectations activity highlighting differences of studying at university</p>	<p><b>Fresher's Fayre</b></p> <p><b>Social Activities</b></p>	<p><b>Programme Activities (am)</b></p> <p>Project-based achievement task planning in group tutorials, prepare for presentation</p> <p>Comfort break</p> <p>Current students talk about their experiences of studying Health &amp; Social Care</p>	<p><b>Programme Activities (am)</b></p> <p>Online Library induction <a href="https://lisinduction.cardiffmet.ac.uk/#Welcome">https://lisinduction.cardiffmet.ac.uk/#Welcome</a></p> <p>Library website - <a href="https://study.cardiffmet.ac.uk/Help/Pages/LIS-Induction.aspx">https://study.cardiffmet.ac.uk/Help/Pages/LIS-Induction.aspx</a></p> <p>The Library will be running Library and Academic Skills Workshops this term on: academic skills, such as critical thinking, academic writing and referencing as well as library skills, including conducting research, using databases and evaluating information.</p>
<b>Lunch/campus based activity 12-2</b>	<b>Lunch/campus based activity 12-2</b>		<b>Lunch/campus based activity 12-2</b>	<b>Lunch/campus based activity 12-2</b>
<p><b>Programme Activities (pm)</b></p> <p>Introduce project-based task for week: how to achieve something, considering difficulties &amp; solutions. Allocate students according to personal tutor groups, PTs join in! PT groups meet together</p> <p>Code of professional practice</p>	<p><b>Programme Activities (pm)</b></p> <p>Check students are allocated personal tutor &amp; have joined project-based task</p> <p>Group tutorial &amp; Project-based achievement task planning</p> <p>PT groups discuss all student needs, arrange a weekly personal tutee group</p>		<p><b>Programme Activities (pm)</b></p> <p>small groups present their project-based achievement task</p>	<p><b>Programme Activities (pm)</b></p> <p>Orientation time:</p> <p>Free time for students to explore Cardiff/surrounding areas/engage in social activity/ring-fence time for personal/professional development</p>



## Personal Welcome Week Checklist



During Welcome Week you need to make sure that you have completed the following tasks:

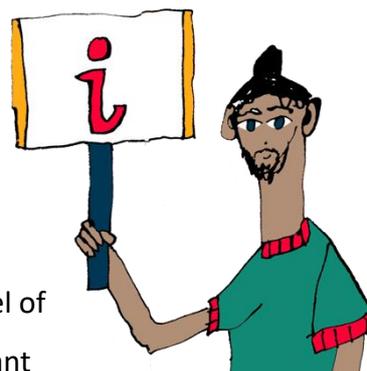
- Complete enrolment process
- Collect student ID card
- Attend programme activity session
- Attend some social events on campus/online
- Attend Fresher's Fayre
- Meet your Personal Tutor
- Take part in the Met Mile Walk
- Familiarise yourself with the Library and Student Support Services



# Useful Information

## New Students Information

The [Course Joining Information website](#) has lots of useful information to help with your planning. Simply select your level of entry on the website to find out more and access your important joining information.



## Student Services

[Student Services](#) provide support and guidance, including counselling and mental health, disability support, and money management.

## SU Welcome Guide

An interactive guide to help you navigate your journey into and throughout your university life. Take the tour and enjoy each section designed to help you get to know Cardiff Met.

[What you need to know before you go](#)



## Academic Calendar 2022/23

[Academic Calendar 2022/2023](#)



# Campus Map

*\*Delete map as appropriate*



## Useful Contact Numbers

Accommodation Services – 029 2041 6188/9

Enrolment – 029 20 205669

Finance & Tuition Fees – 029 20 41 6083/6081

Home Admissions – 029 2041 6010

International Admissions – 029 20 41 6045

IT Helpdesk – 029 20 41 7000

I-Zone Cyncoed – 029 2020 5460

I-Zone Llandaff – 029 2020 5600

Learning Centre Cyncoed – 029 20 41 6242

Learning Centre Llandaff – 029 20 41 6244

Switchboard – 029 20 41 6070

Sports Facilities – 029 20 41 6042

Student Service – 029 20 41 6170

Students Union – 029 20 41 6190

