

Welcome Week Handbook

Foundation leading to
BSc (Hons) Health Sciences
Cardiff School of
Sport and Health Sciences

Academic year
2022/2023



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

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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,

Dr Paul Foley

Programme Director



Essential Information

Programme Details

Welcome to the Foundation leading to BSc (Hons) Health Sciences programme in Cardiff School of Sport and Health Sciences at Cardiff Metropolitan University. You have chosen to embark on a pathway of study with us that we hope you will find stimulating, engaging, enjoyable and rewarding which will challenge you to greater things in your chosen field of study.



By the time you complete the Foundation programme you will have gained knowledge and understanding, developed skills and abilities and made friends that you will be able to draw upon in order to engage with a full-time programme of undergraduate study to start with but also which will benefit you throughout the rest of your life, both personally and in your future careers. Whilst you are studying here at Cardiff Metropolitan University, the programme team will work in partnership with you and will help you to fulfil your potential.

If you take the analogy of a 100m sprint race, all athletes start as a group at the same point spread out in a line, undertake a different performance pathway to cross the finish line in a staggered fashion. Your journey through the foundation programme is flipped version of this. Students undertaking the Foundation year will approach the start line in a staggered fashion having a varied range of educational experiences and skills when it comes to the subjects that we will engage in on the Foundation year. Progression of events during the Foundation year would therefore be the opposite to that of the 100m race, everyone starts off in a staggered fashion, due to their different educational experiences, we will all work in partnership, slowly to start with, then moving forward and picking the pace up as we go along before providing the opportunity for everyone to cross the line together next year with the opportunity to progress onto a programme of their choice.

The programme team operate an open-door policy and will endeavour to ensure that any questions or issues you may encounter in regard to your studies and learning experience are



dealt with in an appropriate and timely manner. We also welcome any feedback you may have throughout the programme and actively encourage you to take an interest in the development of the programme and subsequently your own learning experience.

This Induction and Enrolment information should answer some of those early questions that you may have about what will happen in those early days in September. If you have any questions that we have not yet answered then please do not hesitate to contact us. We very much look forward to welcoming you in person in September.

Sports Kit Order

Once you have enrolled online, you will be sent information about ordering Cardiff School of Sport and Health Sciences sport kit. This kit is an optional purchase for all students, with a diverse product range to choose from. If you have not already done so, please ensure you enrol ASAP to receive information about how to order the optional sport kit from our approved supplier. If you have then not received this information after enrolling, please contact admissions via askadmissions@cardiffmet.ac.uk.

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

Immigration Advice - Immigrationregs@cardiffmet.ac.uk

International Academic Advice – intacademicadvice@cardiffmet.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



Paul Foley	Programme Director and Senior Lecturer Email: pfoley@cardiffmet.ac.uk Tel: 029 2041 5632 Location: Room D2.01a
Lee Butcher	Lecturer in Biomedical Science
Veenu Manorahan	Lecturer in Immunology
Shelley -Anne Evans	Senior Lecturer
CathrynWithycombe	Senior Lecturer



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.



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 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"

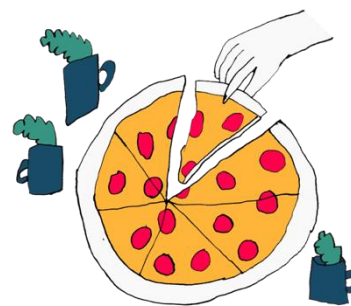
"The group projects to find out about our peers was a nice way of getting to know everyone"

"Helpful to chat informally to the Programme Team and chat about important things to help settle in"



Programme Activities and Projects

We will be asking you to work in small groups to produce a very short presentation on the title topic: Hopes, Fears, Careers and Ideas. You will be asked to be creative and innovative in the way you present information, including uploading photos to demonstrate your experiences and learning during the week. We will guide you through activities during the week which you complete on both Llandaff and Cyncoed Campuses. You will discuss this presentation with your group and your personal tutor at the end of the week.



This task will enable you to get to know your fellow tutees, discuss how you are feeling about starting your degree and help you identify resources in Cardiff Met which could help you with any fears and support you in achieving your aspirations. You will learn how to submit work in the same the way that you will submit your assignments for your degree.

Welsh Language

During welcome week, you are invited to participate in Welsh language activities, designed just for you, that will give you a taste of the Welsh medium provision, support and community that you can expect to join as part of your undergraduate studies provision. You are all invited to join a sofa session at Hwb, at Llandaff campus. Here, you'll be able to grab a complimentary coffee and spend some time getting to know fellow students whilst listening to some of our post graduate students who have themselves accessed Welsh medium provision as part of their undergraduate degree in the past. Support will be on hand if you'd like to discuss any questions or queries in relation to Welsh medium provision and a member of the Welsh language unit will also be present to provide information about the Welsh language lessons available to students of all Welsh language ability (from beginner through to advanced) that are being launched for the first time this year! You're also more than welcome to join us for a game of bilingual badminton, which will be held on the Cyncoed campus, or, if you fancy more of a sit-down session, we'll be hosting a celebrity guest speaker on the Llandaff campus who will share with you their Cardiff Metropolitan University journey, and how they've incorporated the Welsh language into building their career. There will also be a chance to



practice your Welsh language skills during this session as tutors from the Welsh language unit will be joining us for some fun language activities.

These activities are suitable for anyone who is interested in either studying through the medium of Welsh or learning about starting (or continuing) their Welsh language learning journey. You don't need to be able to speak Welsh to join, and the sessions will be conducted through the medium of Welsh and English to accommodate everyone's needs.

Social Activities

The Student Union will be hosting a series of social activities throughout welcome week for you to participate in. Please visit <https://www.cardiffmetsu.co.uk> for the latest information.

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

Mon	Tues	Weds	Thurs	Frid	
<p>Programme Activity</p> <ul style="list-style-type: none"> •Meet PD and other staff •Ice-breaker •Intro to expectations of HE study 	<p>Programme Activity</p> <ul style="list-style-type: none"> •Programme Talk •Project Based Task Introduction / Problem Solving Task 	<p>Freshers Fayre</p> <p>Social Activities</p>	<p>Programme Activity</p> <ul style="list-style-type: none"> •1-2-1 PT Drop ins 	<p>Programme Activity</p> <ul style="list-style-type: none"> •Preparation for week 1 Project Review •Q&A •Welcome Week evaluation 	
<p>Lunch/ Campus Activities</p> <p>12-2</p>	<p>Lunch/ Campus Activities</p> <p>12-2</p>		<p>Welsh Language Provison</p>	<p>Lunch/ Campus Activities</p> <p>12-2</p>	<p>Lunch/ Campus Activities</p> <p>12-2</p>
<p>Programme Activity</p> <ul style="list-style-type: none"> •Group PT activity •Book 1-1 PT meeting, Getting to know Cardiff Met Systems/ Treasure Hunt Introduction Campus Orientation Tour 	<p>Programme Activity</p> <ul style="list-style-type: none"> •Meet with students who have completed the Fdn programme – sharing experiences •Project work •1-2-1 PT Drop ins 		<p>Lunch/ Campus Activities</p> <p>12-2</p>	<p>Programme Activity</p> <ul style="list-style-type: none"> •1-2-1 PT Drop ins 	<p>Orientation</p> <ul style="list-style-type: none"> •Free time to explore the campus and local area



Personal Welcome Week Checklist



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

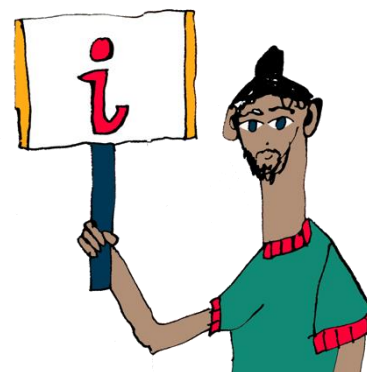
- Complete enrolment process
- Collect student ID card
- Attend programme activity sessions
- Attend some social events on campus/online
- Attend Fresher's Fayre
- Meet your Personal Tutor
- Take part in the Met Mile Walk – This will be advertised on campus by Cardiff Met Sport
- Familiarise yourself with the Library and Student Support Services
- Engage with your programme project task set by the programme team



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](#)



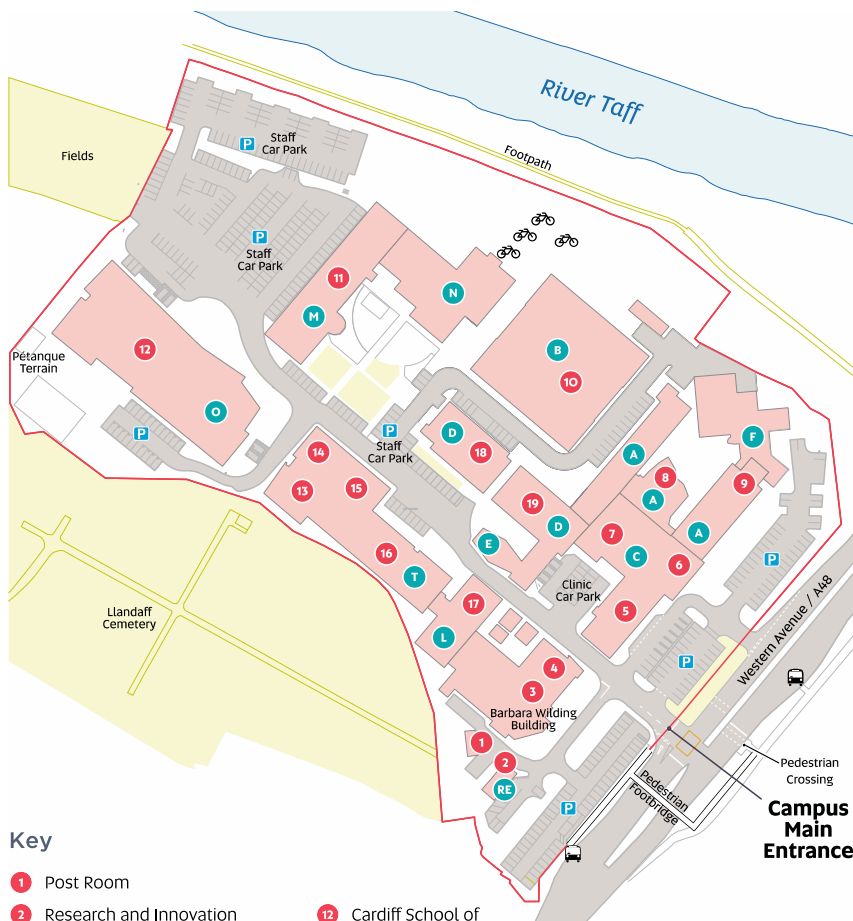
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[Academic Calendar 2022/2023](#)



Campus Map

Llandaff Campus



Key

- | | | |
|--|-------------------------------------|--|
| 1 Post Room | 12 Cardiff School of Management CSM | P Parking |
| 2 Research and Innovation | 13 IT Help Desk | 🚲 Bike Rack |
| 3 Student Hub | 14 School of Dental Technology | 🚌 Bus Stop |
| 4 Gym (First Floor) | 15 Global Engagement | 2 · City Circle |
| 5 Podiatry | 16 Biomedical Sciences CSSHS | 15 · Heath Hospital to Central Station |
| 6 Main Reception & i-Zone | 17 Learning Centre | |
| 7 Main Halls | 18 Food Industry Centre FIC | |
| 8 Lecture Theatre AO.31 | 19 School of Health Sciences CSSHS | |
| 9 Cardiff School of Technologies CST | | |
| 10 Cardiff School of Art and Design CSAD | | |
| 11 Maritime House | | |



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

