

STUDENT

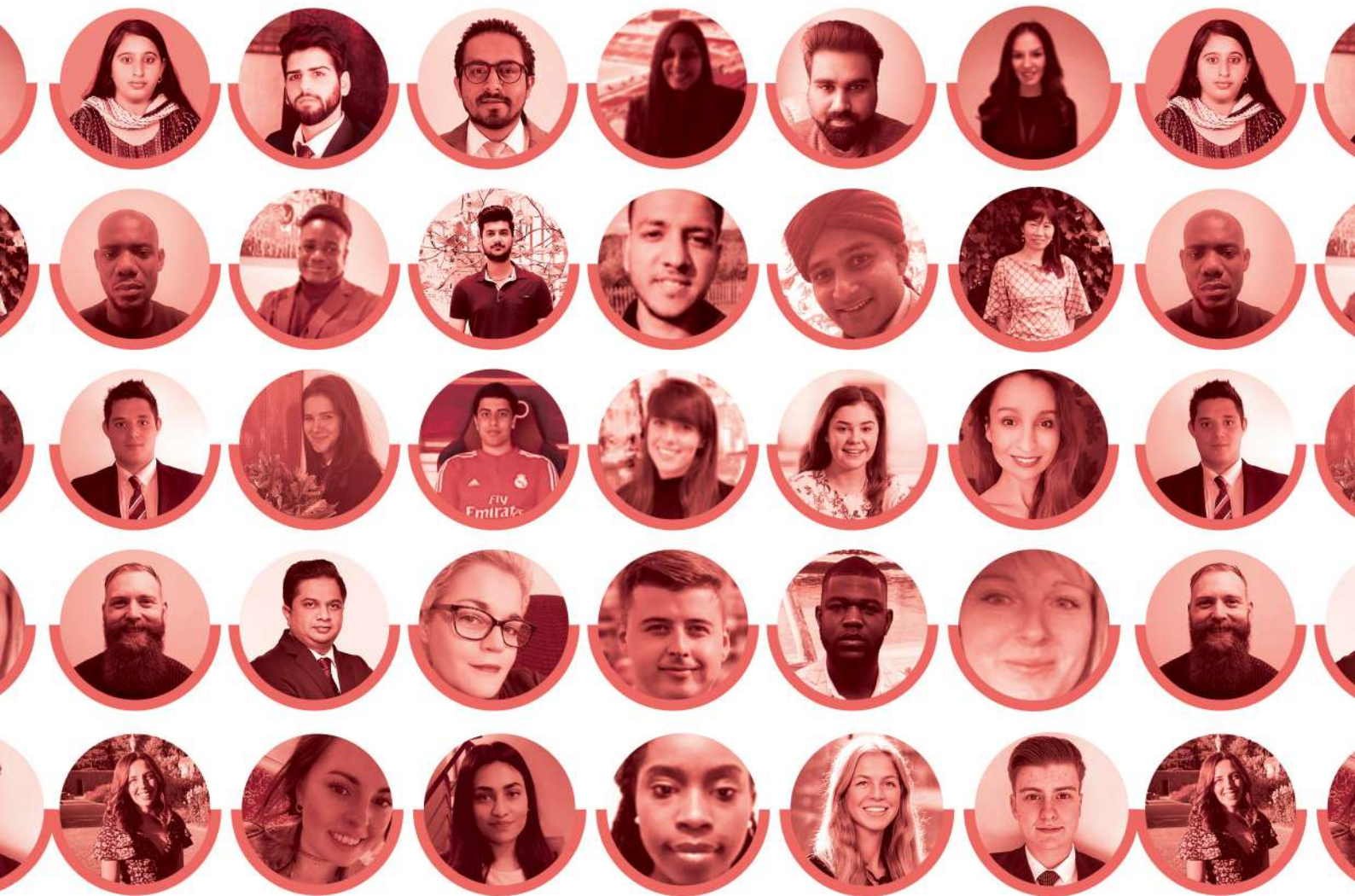
Life

Feature
ARTICLE

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IN PROFILE WITH

Jo-Anne Pugh





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W E L C O M E

WINTER 2021 EDITION

Welcome to the Winter 2021 Edition of the Student Life magazine. We are really excited to bring you a range of excellent articles written by BPP students and staff. We hope you enjoy reading this magazine as much as we enjoyed writing it.

Over the past months the Students' Association and I have been working alongside the University to ensure that the best possible outcomes are reached for students.

Our Virtual Campus continues to thrive as a central community where you can comment in forums, join groups and take part in events. Whether you're interested in health and fitness, cooking, e-sports, photography or movies, we have something for everyone. You can join the [Virtual Campus](#) here.

The Students' Association is here to help you make the most of your student experience and consists of several parts:

- The Student Voice is key to ensuring that your views and opinions are heard across the University. My team and I work closely with the Student Voice Representatives, who act as an independent voice for students on various academic committees and school boards, to ensure a positive experience for everyone during their time at BPP University.

- The Student Engagement Team works closely with student-run clubs and societies across all centres to help offer a number of exciting opportunities for you to socialise, as well as to develop skills that will assist you in the future. The team also create social and professional events to cater to all across BPP University study centres

- The Independent Education and Welfare Advisors are here to help you when things don't go to plan. They provide an impartial, confidential service which is independent from the University and can help with academic and welfare issues such as appeals, complaints, deferrals and wellbeing.

Best wishes,

Hajra Babariya

– Group Head of Student Experience
Hajrababariya@bpp.com

Please don't hesitate to reach out to me if you have any feedback on this magazine or any aspect of the student experience.



HAJRA
BABARIYA

GROUP HEAD OF STUDENT EXPERIENCE

STUDENT *Presidents*

I am excited to have joined the BPP Students' Association as one of your Student Presidents. I want to take this opportunity to invite all of those reading to reach out to our team if you want to share any feedback or concerns. We all care deeply about representing our students and learners' interests and work closely with BPP every week to deliver positive change.

I studied the PGDL at BPP Birmingham last year so have experienced being a student here first-hand. My new role is focused on the transition back towards face-to-face teaching and promoting wellbeing at BPP, but I support various aspects of the Association. After such a difficult year I will be championing the student voice in all my discussions with the university and seeking win-win solutions where at all possible.

I look forward to meeting many of you in centres over the next few months and would strongly encourage you to make use of the BPP facilities, some of which have received sizeable investment recently.

We now have a great opportunity to reimagine BPP for the next generation, I hope you will join me in this task! If there is something you wish to talk to me about please do get in contact with me at samedwards@bpp.com or pop along to our Weekly Drop every Wednesday at 5pm.



Sam Edwards
PRESIDENT



Kurt Satney
PRESIDENT

The Students' Association continues its drive to keep students engaged by making full use of our Virtual Campus. We put on several competitions and events both professional and fun aimed at giving students a much-needed break from the challenges we have been facing. I take this opportunity to also encourage all BPP students, alumni, and staff to be a part of our growing Virtual Campus community and enjoys all its benefits while connecting with each other.

WELCOME TO BPP UNIVERSITY!

It is an honour to serve you as President and I look forward to collaborating with all students to make this experience as positive and productive as possible. I would like to take this opportunity to reassure students that the Students' Association is dedicated to this support and continues to grow from strength to strength in order to honour this commitment.

We are committed to advancing the Student Voice at BPP and are always looking for students to get involved with us, so please do get in touch so we can advance our voice together. I am dedicated to supporting you and you can reach out to me via email at KurtSatney@bpp.com to arrange a call to discuss any matter or just to have an informal chat. I would like to thank you for choosing to a member of the BPP Community and I wish you success with your studies as I look forward to meeting all of you.

YOUR STUDENTS' Association Team

Within the Students' Association I work closely with clubs and societies to encourage social events and activities. As well as this I manage the social media presence of the Students' Association, feel free to give us a follow!

I have previously worked in event planning and student facing roles and enjoy everything that comes with this. I have also seen things from the other side when, while at university, I was my society's Social Secretary. From this experience I understand the importance of having a good support network to base BPP societies and student events on.

From solving problems to creating event materials, I hope that I can be of help to you and your society! You can contact me on engage@bpp.com with any queries



Catherine Devonald
EVENTS AND ENGAGEMENT



Charlotte Dare
HEAD OF STUDENTS' ASSOCIATION

As the Head of Students' Association, I work across all 3 of our area; Student Voice, Student Engagement and Independent Education and Welfare to ensure the Students' Association are here for you throughout your time with BPP.

I am passionate about working in partnership with you to evaluate and enhance your student experience. I am here to ensure that your opinions are valued and heard by the university. I also work closely with our Student Voice Representatives to look for ways to improve the service provided to the students throughout their academic life.

If there is anything you would like to see from your Students' Association or you need our help with anything at all please do reach out to me at charlottedare@bpp.com



Cole Dennis

&



Mara Lawrenson

INDEPENDENT EDUCATION AND WELFARE ADVICE TEAM

Independent Education and Welfare Advice Team provide a free, confidential, unbiased, service which is available to all students at BPP. We can provide guidance for when things don't go to plan, ranging from feedback on Mitigating Circumstance or Appeal applications to advising on the Complaints procedure. We can also attend University meetings or hearings, such as Academic Misconduct Panels, with you.

We also run a range of welfare campaigns and events, for more information please check the Students' Association website and the Virtual Campus We are friendly faces at the University, so please feel welcome to reach out to us at independentadvice@bpp.com if you have any questions.

IN PROFILE WITH

To - Anne Pugh

Can you tell us a bit about yourself?

I had quite an unusual journey into the legal profession and higher education. I don't come from a professional or legal background at all. I was the first generation in my family to get into University, I went to an underperforming comprehensive school and my dad was variously a bus driver, a milkman and a forklift truck driver. It certainly was not my ambition to be a lawyer. My first love was acting and the theatre and I even took a year out from University to tour with a theatre company. I then worked in finance in various roles before deciding that a legal career was for me.

Tell us about your role at BPP and walk us through your team

Being Dean of the Law School is very wide ranging. As Dean I am ultimately responsible for all of the Law School programmes and the student learning experience making sure all of our students are well prepared for their legal careers. This involves a lot of work with regulators like the SRA and BSB and with law firms and chambers. There are a number of people on the senior leadership team of the Law School who support me with this work including Jane Houston who is the Deputy Dean. However, the Law School has an absolutely fantastic team of professionally qualified tutors and support staff who are the real stars of the show.

Who inspires you?

I am a big rugby league fan and support Leeds Rhinos – I am in awe of the way in which Rob Burrow has coped with his diagnosis of MND and how ex-Rhino's captain Kevin Sinfield supported his cause through his charity work.

What is your greatest weakness and how do you make this into a strength?

I can be a worrier and I can doubt myself However I try to look at this through a positive lens – in other words - I never assume I am right, and I always try to listen to the opinions of others.

Outside work what hobbies do you have?

I love music and dancing – though at my age I am really limited to the Friday night kitchen disco now. I also love a good quiz and am particularly fond of Only Connect. Recently I have taken up ice-skating and I am trying to perfect my backwards crossovers (it is not going that well to be honest)

What advice would you give to a new student starting at BPP

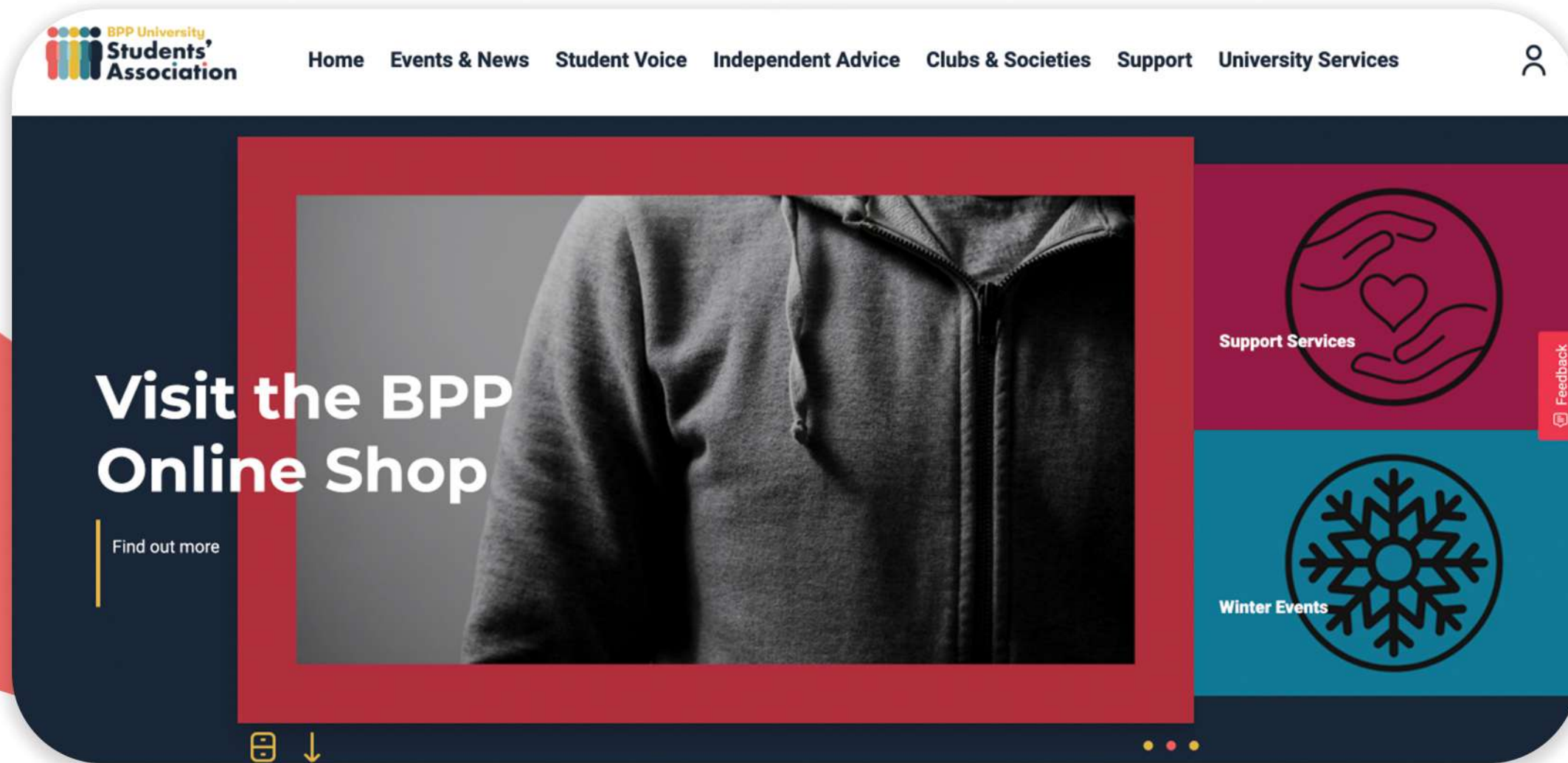
Make the most of your time here and treat it like the first year of your professional life instead of the final part of your education – education never ends, you should always be learning! Really tap into the experience of your tutors – we have so many great professionals in our faculty, they are what makes BPP great. Take the time to talk with them and learn from them.

What is your greatest achievement?

Learning some humility through the experiences of my two children and how they have coped with adversity. Both are neurodiverse and had a fairly late diagnosis. It has become clear to me that the education system really needs to change and do much more to become the inclusive and supportive place it should be. Consequently, I really am passionate about doing whatever I can to ensure that the next generation of lawyers should have opportunities to enter a more diverse and inclusive profession.

SAY HELLO TO

www.bppstudents.com



The Students' Association website had a big upgrade this summer. Here are five reasons why you should drop what you are doing and go and have a

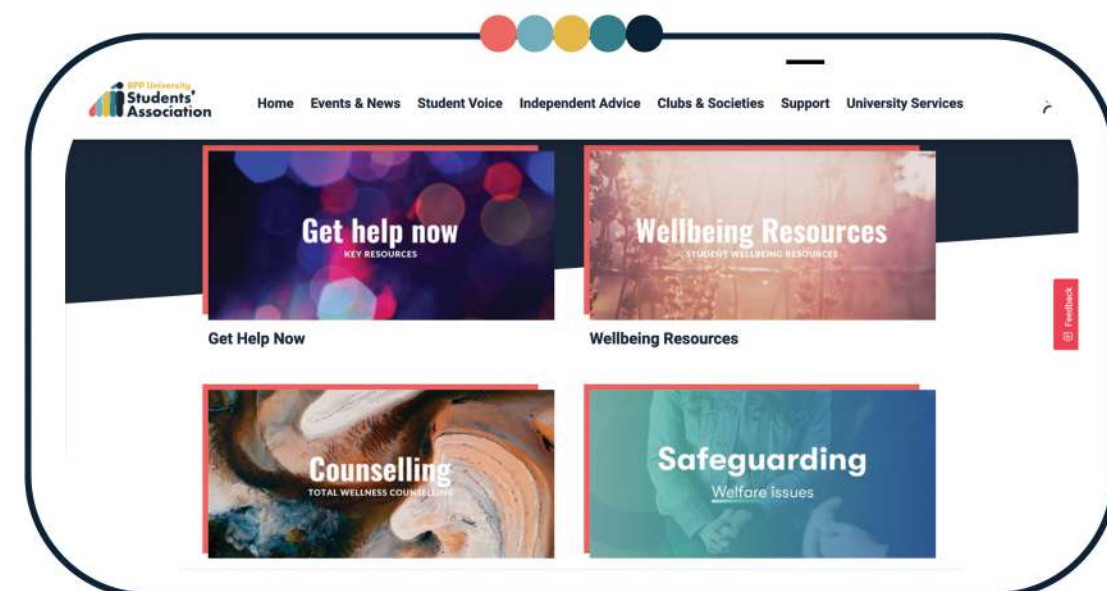
1. You are not alone

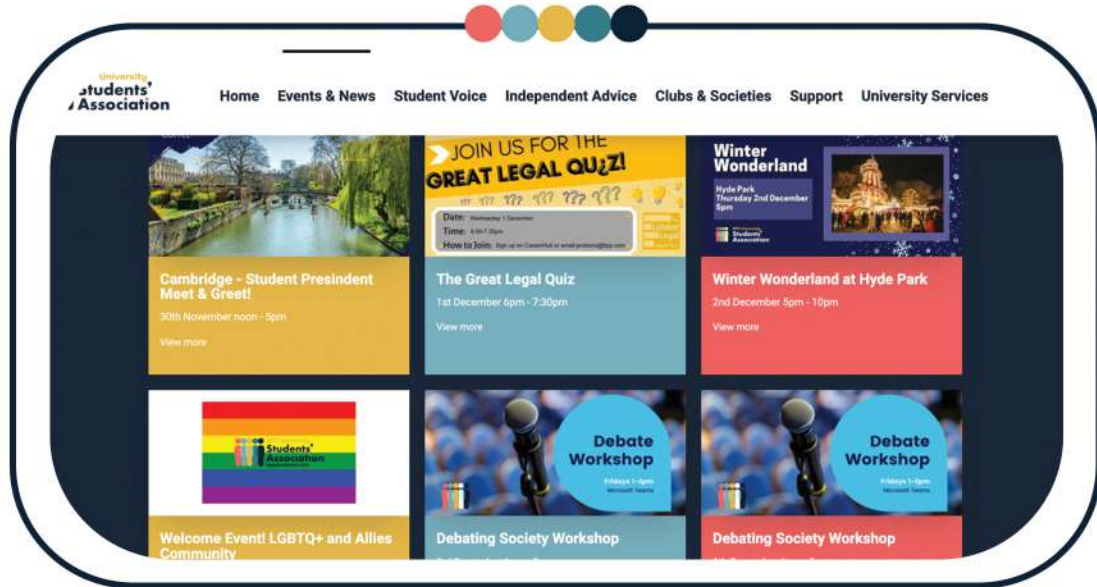
Since the website launched in July 2021 over 28,000 people have logged on to see what all the hype is about. Together they have over 200,000 unique page views and have collectively spent 78 days looking at the website.

2. Support Information

To make it easier for students to find the support information they need we have created a dedicated section of the website.

Here you can quickly find wellbeing resources, book an appointment with our free counselling service, review resources on key safeguarding topics and much more.

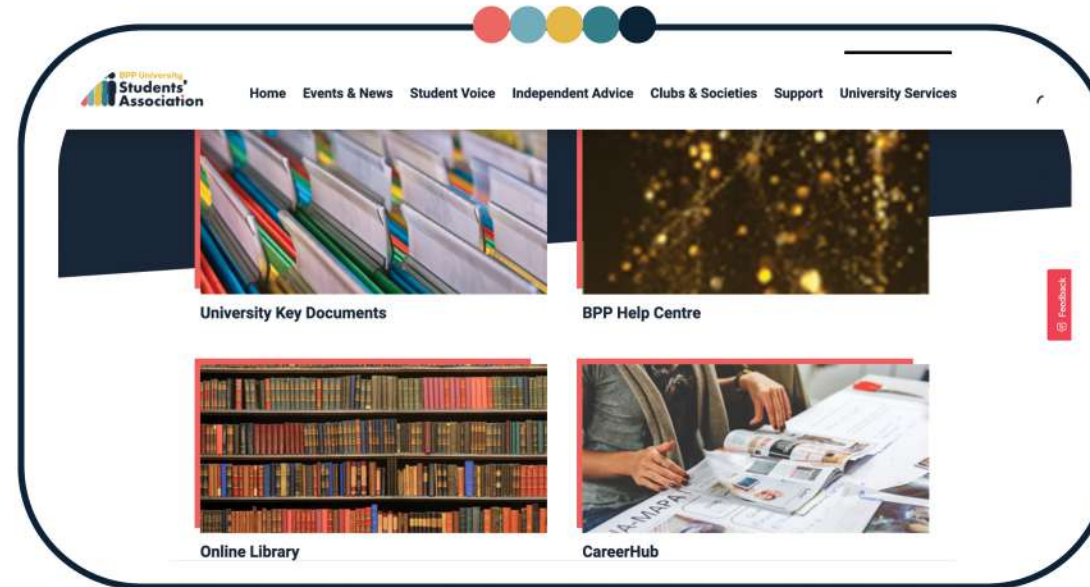
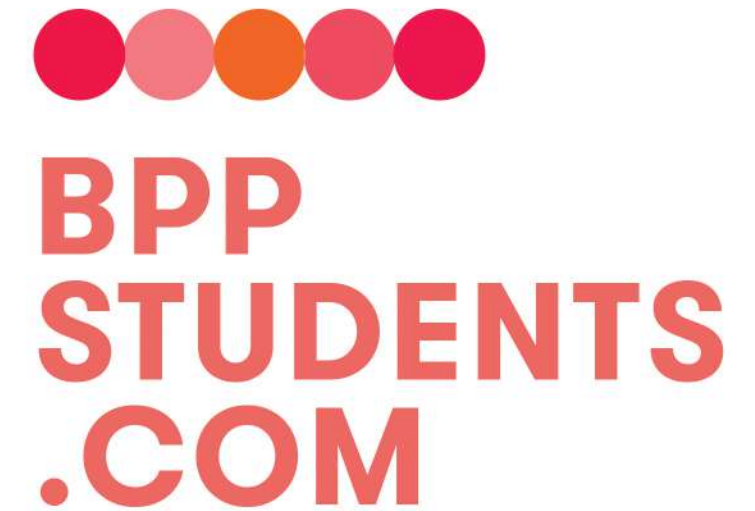




3. Events

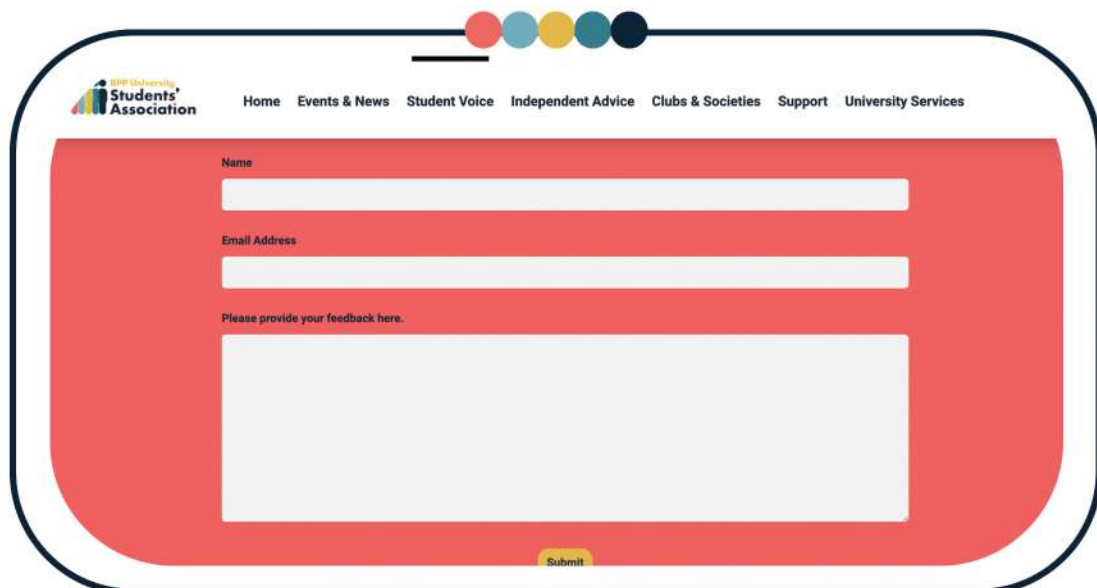
A new term means there is lots going on at BPP right now, including an in-person winter event series.

Here is a sneak peek but be sure to visit the website regularly to see what's coming up!



4. University Information

Do you know your MoPPs from your GARs? Have you perused the 2022 Student Handbook? Did you know we have set up an Assessments hub? If not don't worry as all this important university information is within a click of a button in the University Services section.



5. It is your website

As a student at BPP the Association is here to represent you, that means we want all our services to work for our students.

If you think there is something missing from the website, why not let us know through the handy 'Share your Feedback' section.

There is still much more to discover at www.bppstudents.com including exclusive discounts, links to wider BPP services and some of the latest news and updates from the University and Association.

We hope to see you there soon!

BPP Student's Association Team

STUDENT-LED Staff Awards



THE STUDENT-LED STAFF AWARDS

is an annual initiative run by the Students' Association



where you, as students and learners, can nominate teaching and support staff for a range of awards.

This year we received more than 700 nominations, a record-breaking number, so thank you so much for all of those who took the time to do this. Staff were exceptionally grateful to be nominated and were all contacted individually.

All schools, along with many support teams, received nominations, and based on the number and calibre of the nominations a shortlist was drawn up before the final winners were selected by the Students' Association team. This was an incredibly difficult process, and we look forward to being able to celebrate even more winners next year.

On the 8th October 2021 the Students' Association team welcomed over 70 members of staff to the Awards Ceremony where the winners were announced and comments from students and learners shared.

You can view further information about the awards and read the Award Ceremony Pamphlet on the BPP Students' Association website.



BPP HERO AWARD
Natasha Saleh
LAW SCHOOL



COACH OF THE YEAR
Arlene Jamieson
APPRENTICESHIPS SCHOOL



LECTURER OF THE YEAR
Dominic Lyons
TECHNOLOGY SCHOOL



PROGRAMME LEADER OF THE YEAR AWARD
Manta Ondhia
LAW SCHOOL



PROVIDING EXCELLENT FEEDBACK AWARD
Michelle Fawcett
LAW SCHOOL



PERSONAL TUTOR HERO AWARD
Emma Bedmond
NURSING SCHOOL



SUPPORT SERVICES AWARD
Esme Horden
SAFEGUARDING TEAM



EXTRA MILE AWARD
Lynne Gell
NURSING SCHOOL



INCLUSIVE PRACTICE AWARD
Jason Luxemburg
LEARNING SUPPORT



STUDENTS AND LEARNERS AS PARTNERS AWARD
Charlotte Dare
STUDENTS' ASSOCIATION

THE 2021/22 STUDENT VOICE REPRESENTATIVES

By Kurt Satney

Recruitment for the 2021/22 cohort of Student Voice Representatives (SVR) began at the end of September and the new SVRs were confirmed and in place after their training was on conducted on 4th November 2021.

The new reps form the most diverse group of students at BPP University and are a true representation of the diverse student body at BPP. From a former rally car race driver to a champion dancer and a novice guitar man, the students who have been confirmed are enthusiastic and talented group. They represent all current University programmes and are eager to get started on their student voice representation journey. I look forward to the opportunity to work with them in continuing to advance the student voice here at BPP during this academic year.

The Students' Association is collectively proud to present to you the 2021 Student Voice Representatives:

School of Technology



Aditya Sharma
DIGITAL & TECHNOLOGY
SOLUTIONS



James Hounslow
BSC DIGITAL AND TECHNOLOGY
SOLUTIONS PROFESSIONAL



Lucia Hawkes
MSC APPLIED
DATA ANALYTICS

Business School



Afshan Sher
MSC MANAGEMENT WITH
PROJECT MANAGEMENT



Asad Ghani
ADVANCE DIPLOMA IN
ACCOUNTING & FINANCE (ADAF)



Ashif Mohamed
MSC MANAGEMENT



Farheen Basheed
MSC ACCOUNTING &
FINANCE (ADAF ROUTE)



Habib Ullah
MSC MANAGEMENT WITH
PROJECT MANAGEMENT



Obumneme David
MSC MANAGEMENT WITH
PROJECT MANAGEMENT



Philip Nyeko
MSC MANAGEMENT WITH
PROJECT MANAGEMENT



Tutuola Ladipo
BSC ACCOUNTING &
FINANCE (HONS)



Fahad Khan Lashari
BSC ACCOUNTING &
FINANCE (HONS)



Abhinendra Jain
MSC ACCOUNTING & FINANCE

Law School



Aman Singh
POST GRADUATE DIPLOMA
IN LAW (PGDL)



Amy Marren
SOLICITOR APPRENTICE



Bethany Thompson
SOLICITOR APPRENTICE



Daniel Scrase
LLM LAW AND
LEGAL PRACTICE



Dhananjay Madhar
LLM LEGAL PRACTICE



Emma-Jane Dean
LEGAL PRACTICE COURSE



Hira Shaikh
BAR TRAINING COURSE



Keira Koroma
POST GRADUATE
DIPLOMA IN LAW



Lucy-Erin Hunter
SOLICITOR APPRENTICE



Maxwell Stanley
LLM LEGAL PRACTICE
(BARRISTERS) (BTC/LLM)



Shavitta Devi
LLM LEGAL PRACTICE
(BARRISTERS) (BTC/LLM)



Victoria Tori
SOLICITOR APPRENTICE

School of Nursing



Ashley O'Horan
BSC MENTAL
HEALTH NURSING



Ellen Eyers
REGISTERED NURSE
DEGREE APPRENTICESHIP



Hillary Chinyerere
MENTAL HEALTH NURSING



Laura Green
ADULT NURSING DEGREE



Naomi Knight
REGISTERED NURSE
DEGREE APPRENTICESHIP



Rebecca Taylor
REGISTERED NURSE DEGREE
APPRENTICESHIP (CHILD HEALTH)

School of Psychology



Chloe Yu
MSC PSYCHOLOGY (ONLINE)



Irina Thomas
MSC PSYCHOLOGY
(CAMPUS-BASED)

SAFEGUARDING

SPOTLIGHT ON:

Spiking

The team at Safeguarding want to bring to your attention the current trend of “spiking”. This tends to happen on nights out in bars or clubs and can happen in two different ways. Firstly, there is the spiking of someone’s drink where alcohol or drugs are slipped into the drink. The second method is by injection. This involves the use of a very thin needle and drugs being injected into a person’s body perhaps in their hand or arm without them noticing.

We would like to point out that these incidents are rare but can be frightening and may be accompanied by the following:

- Lowered Inhibitions
- Loss of Balance
- Feeling Sleepy or becoming unconscious
- Visual Problems
- Confusion
- Nausea and vomiting
- Slurred speech

In relation to spiking by injection:

The person being injected would be unaware that this had happened as the needle used is small. They may find a small bruise on their hand, arm leg or another part of their body that is unexplained, and the area may be sore. Spiking by injection carries extra risks as unclean or shared needles pose threats of HIV/AIDS, Hepatitis B and Hepatitis C. The person carrying out the injection would not worry about such things. Their aim is to try and drug individuals. This method is being used as people become more aware of drinks being spiked and are taking more care around leaving drinks unattended.

What to do if you think you or a friend have been a victim of spiking:

The person being injected would be unaware that this had happened as the needle used is small. They may find a small bruise on their hand, arm leg or another part of their body that is unexplained, and the area may be sore. Spiking by injection carries extra risks as unclean or shared needles pose threats of HIV/AIDS, Hepatitis B and Hepatitis C. The person carrying out the injection would not worry about such things. Their aim is to try and drug individuals. This method is being used as people become more aware of drinks being spiked and are taking more care around leaving drinks unattended.

Please remember that being spiked is not your fault. You should be able to enjoy yourself without fear of being spiked. All venues licensed to sell alcohol have a legal duty for public safety and the prevention of crime, and they should work to create a safe environment for everyone. Any such incidents can be serious and if you feel you have been or are aware of someone having been spiked you must seek medical help immediately. Please ensure the police are contacted. CCTV may be available in the club, and it may prevent someone else suffering as well as protecting you and your friends. Both types of spiking are criminal offences and can result in a custodial sentence.

We at Safeguarding want you to have an enjoyable and fun evening, but please stay safe and look after each other.



EXTRA SUPPORT AND SAFETY ADVICE

Spiking

Ask for Angela is a safety initiative to allow people who feel unsafe, vulnerable or threatened to discreetly seek help by approaching venue staff and asking them for 'Angela'. This code-phrase will indicate to staff that they require help with their situation and a trained member of staff will then look to support and assist them. This might be through reuniting them with a friend, seeing them to a taxi, or by calling venue security and/or the police. For more info, [visit this website](#).

If suffering from harassment on any train text to 61016 and British Transport police will assist.

Make sure you always use a licensed taxi. This will have a council plate on the back and driver will have id showing. In London you can ensure your taxi is licensed by texting Home to 60835 and a taxi will be despatched that is licensed.

Door staff at venues are trained to offer support and assistance in any situation and should all be registered under the Security Industry Authority and wear identification. Many local councils and independent organisations offer safe spaces on a night out or community outreach workers whom will support people. This varies from city to city but may be worth finding out what is available locally in case you or a friend require assistance on a night out. These could include churches or halls. Please contact the Safeguarding Team if you would like us to find you this information.

Community wardens/Police community support officers will be patrolling the areas at night and offering assistance. They are employed by local councils or police authorities to provide a visible presence and community reassurance, look out for them as they will be in uniform and wearing ID.

If you think you have been spiked, tell a friend, a member of staff at the premise and go to the nearest A&E department, or call **111**. However if there is ever immediate risk of harm to a person, call for paramedics on **999**.

If you would like to talk to the safeguarding team about anything you have just read, we will listen without judgement and assist you as well as signpost you to support. If you would like to talk to a member of the Safeguarding Team, then please get in touch: safeguarding@bpp.com

DrinkAware has more information and advice on spiking, and how to get help.

If you, or someone you know, have been affected by crime, including sexual harassment or any sort of sexual harm, help and support is available. Victim Support offer free, confidential help to anyone who's been affected by sexual harassment.
Call **08 08 16 89 111** for support.

BBC News and the Independent have more information regarding Injection Spiking and what it is.



by Sue Aufiero

DEPUTY DESIGNATED
SAFEGUARDING LEAD

SAFEGUARDING

SPOTLIGHT ON:

Prevent

This month we are also putting a spotlight on the awareness of Prevent and Radicalisation. Along with being aware of the risk, it is also important to recognise the types of groups that use radicalisation as a recruitment tool.

Extremist groups and radicalisers are increasingly operating online to target vulnerable people, via mainstream social media platforms like TikTok, Snapchat, Reddit and 4chan. Individuals might be 'groomed' via social media platforms, being invited to unregulated sites where more extreme or dangerous activity takes place. You can find more information here: on Get Safe Online. If someone is spending an increased amount of time online and sharing extreme views on social media, then this may be a cause for concern.

Right Wing and Islamist groups use social media to identify vulnerable individuals and share extremist and radicalising content with them, and recent trends indicate that Right Wing groups are targeting younger individuals.

As of 2019,
the police have stated that
the fastest growing terrorist
threat in the UK is from the
far right.

Far-right Extremism has evolved over the past few years, and there are three main ideological strands used under the banner of 'Right-Wing Terrorism' to justify extremist actions. These are: White Nationalism, Cultural Nationalism and White Supremacism. These ideologies place emphasis on rejection of 'other' cultural practices, are generally anti-government and anti-immigration, as well as being anti-Semitic or anti-Islam.

Remember

to uphold two of the British values:
Mutual Respect and Tolerance by
caring for others and looking
out for their wellbeing, and
to uphold the British
value of the Rule of
Law- if you see or
hear something
that contradicts
these values,
reach out and
tell someone.

If you are concerned about
someone within BPP then please
contact prevent@bpp.com. If you are
worried about someone in your own life,
perhaps a friend or family member and want to
seek advice on how to help them, please visit ACT
Early for advice and information.



By Juliette Parker-Jervis

DEPUTY DESIGNATED
SAFEGUARDING LEAD

Legal Apprenticeships

A NON-TRADITIONAL ROUTE INTO LAW

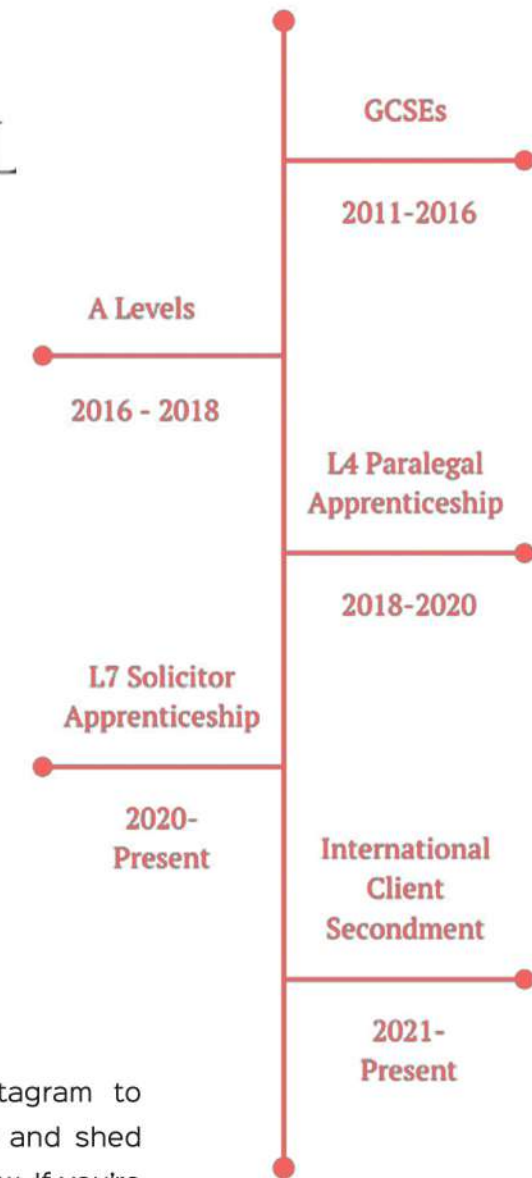


I'm **Lucy-Erin Hunter**, a 21 year old solicitor apprentice at Addleshaw Goddard and student at BPP University.



THIS IS

MY NON-TRADITIONAL ROUTE INTO LAW



As part of my Level 7 Solicitor apprenticeship, I am over the moon to announce I am relocating to Doha, Qatar from Leeds on an international secondment within the construction litigation team. Not only will I be continuing my solicitor apprenticeship journey out there I am also @BPP University's first legal apprentice to venture outside of Europe.

I feel very fortunate to have an opportunity like this at such a junior stage of my career. I'd like to help, network and (hopefully) inspire other juniors who are looking for the next step in their career.

I've set up @alawapprentice on Instagram to document my journey while out there and shed light on my non-traditional route into law. If you're interested, please give it a follow.

This is a page turner for me & I'm excited to share what's next

BPP UNIVERSITY

Legal Advice Clinic

BPP has been running a free Legal Advice Clinic since 2004. The Clinic offers advice to members of the public unable to afford legal advice and, until March 2020, appointments were held in various BPP buildings. The pandemic changed all that and we were able to switch immediately and seamlessly to a mixture of video and phone appointments.

The pandemic also led to an increase in demand for free legal advice (although demand was already very high) and we responded by increasing the number of clients seen in 2020/21 by a whopping 30%. Almost 400 students were involved in advising 473 clients and we had a fantastic 94% client satisfaction rate.

As one client commented:

“I would like to say many thanks to you and the team. I think it would be difficult to find this quality and quantity of legal advice either free or paid in the U.K., as I discovered when looking.”

Tony Martin

HEAD OF CLINICS

Members of the public seeking advice should phone **0330 0 603444** or email legalhelp@my.bpp.com. Students wanting to find out more about the Clinic or to obtain a copy of our annual review can email blac@bpp.com

And it is not only clients who benefit. As one student explained:

“I’ve felt really lucky to have access to BLAC experience, and it has repeatedly come up in applications/interviews for training contracts since - I got a lot further with applications this year than the year before I started my PGDL and suspect that had more to do with BLAC than the academic qualifications.

I’ve heard friends say that client contact terrified them when they started training contracts and think BLAC has already gone a long way towards easing that kind of anxiety, for which I’m really grateful. It’s also been the most interesting voluntary work I’ve had a chance to do for a while!”

This year the Clinic is expanding once again with the launch of a new Welfare Rights Legal Advice Clinic in London and Leeds. Under the supervision of a qualified solicitor, Pamela Lalbachan, BPP law students will reach out to our most vulnerable. The service will offer advice in a range of areas from applying for welfare benefits, via benefit sanctions, to making appeals to Tribunals.

We now offer advice in Enterprise (small business), Family, General Litigation and Consumer, Housing and Welfare Rights law and operate in 5 BPP centres.

Since 2015 BPP’s Legal Advice Clinics have held the Advice Quality Standard (AQS), the only sector-owned, independently audited quality standard which is awarded to services delivering social welfare legal advice. Of the 700 advice centres that hold the AQS, just three are law school clinics. In June 2021, we passed the latest AQS audit with flying colours. We are not required to put ourselves through the audit process; we do so because we know that our policies, processes and service level can stand the scrutiny of auditors and exceed all levels of expectation in terms of what we deliver.

Q & A

with BPP student Aimee Hadfield and
BPP Pro Bono Manager Laura Richards



Laura Richards
BPP PRO BONO
MANAGERS

Hello, my name is Laura Richards and I am one of the BPP Pro Bono Managers in the Law School. Today I am speaking to LPC graduate, Aimee Hadfield, discussing Aimee's time at BPP including her volunteering on multiple pro bono projects and working closely with me in her role as Student Director of the BPP Employment Law Telephone Advice Line (ELTAL).



Aimee Hadfield
LPC GRADUATE

Can you tell me a little bit about yourself please?

I started my undergraduate degree at the University of Leeds in 2016 and finished with a 2:1 in English and History in 2019. I completed my dissertation on the Righteous Among the Nations, which is a title bestowed upon non-Jewish people who helped to save Jews during the Holocaust and achieved a first. I still love these subjects and continue reading around them in my free time!

I've had some non-law related jobs; my favourite being a HR Assistant during summer months in between each year of my undergraduate degree. Also, I volunteered for Guide Dogs for seven years, which was a lovely and worthwhile experience.

Outside of academia and work, I enjoy watching football and I'm very glad football stadiums are open at full capacity again! I also love playing football and netball; team sports are definitely my preference. Playing the piano is my main creative outlet and when I can, I go to the theatre or paint.

When did you arrive at BPP and what did you study?

After I finished my undergraduate degree in July 2019, I decided that I wanted to go into law. I've always been interested in a career in law, however while doing my undergraduate I didn't realise that I could go into the profession without a law degree. After thoroughly researching how it was possible to qualify through the non-law degree route, I chose to do the GDL at my local BPP centre in Manchester.

Starting the GDL in late January 2020, I was able to have about two months of face-to-face teaching before the pandemic hit the UK. This was the first time I've ever done any online exams, but thankfully I passed the GDL with a Commendation in September! Immediately after finishing the GDL, I started the LPC LLM in September 2020. I decided to do Family Law, Immigration Law and Advanced Criminal Litigation for my elective modules and focused my Law Reform and Review project on reviewing gambling advertising laws in the Gambling Act 2005. I'm currently waiting for my results, but so far, I have passed all my exams with a Distinction and one Commendation.

What pro bono projects have you been involved in at BPP?

I joined the Employment Law Telephone Advice Line (ELTAL) as a Student Assistant in February 2020, and I've only ever done it online! I thoroughly enjoyed the hands-on client experience being a Student Assistant allowed me to do; being the first point of communication with a client was a role I took seriously in order to make them feel as comfortable as possible with explaining their delicate issues. I loved being part of a bigger project aimed at helping people who don't have legal knowledge and are in a serious situation; being a cog in a bigger picture is so worthwhile and I find it easy to empathise with people's situations, especially any confusion they have regarding the legal jargon!

I became a Student Director of ELTAL in September 2020. This role involved overseeing the smooth running of BPP's national employment law project, where we typically had over 100 student volunteers and 30 volunteer lawyers. I received BPP's Pro Bono Awards for 'Dream Team' and 'Plate Spinner', being commended for going above and beyond for the project and taking challenges in my stride. I've really enjoyed being involved in different sides of ELTAL and being able to see each aspect of how ELTAL runs has really made me appreciate the huge amount of work many people put into ELTAL. Pro bono work is truly an invaluable act.

Since starting at BPP, I have volunteered for other projects like the Streetlaw project. I was involved in researching and drafting a legal factsheet for self-employed and gig economy workers, which I completed at the start of the Covid-19 lockdown in April 2020. This was published on BPP's website to help educate workers of any ways that they could seek help during the pandemic. Additionally, I worked on producing a factsheet about very specific furlough questions for ELAN. Both projects were very rewarding to produce work for people to learn about their rights during the pandemic.

Tell me about your experience of being a Student Director for ELTAL

Being Student Director of ELTAL has given me a taste of holding a position of responsibility within a role in law. Collaborating with student assistants, clients, lawyers and my supervisors alike has allowed me to develop professionally in law. Communicating with these different people has highlighted the importance of adapting my communication skills depending on who I'm speaking to, and that listening is just as important as talking to people.

Some of my usual tasks involve: monitoring the designated ELTAL Microsoft Team and the project inbox to deal with any queries from students or clients; completing the monthly statistics spreadsheet; ensuring client appointments are booked in on a weekly basis, and so much more.

Overseeing ELTAL, which is a national project, has forced me to balance my priorities by ensuring the weekly tasks are complete at ELTAL, alongside my university work, paid work and personal life demands. Furthermore, while I have always been comfortable working in a team, being a Student Director has made me feel more comfortable being in a team in law and being unafraid of taking leadership on certain tasks. I also feel more confident when using my initiative to problem solve issues.

It's given me great pleasure to oversee the smooth running of ELTAL over the last year. I've enjoyed working with Laura to ensure as many people as possible who are in dire need of legal guidance can obtain it. I've loved spending my time doing pro bono work for ELTAL and it is something I'll definitely seek to continue once I qualify as a lawyer.

MY TOP FIVE TIPS FOR BEING A STUDENT DIRECTOR

1. Good communication - making sure Laura and the other Student Directors are up to date with what's happening and not being afraid to ask for help!
2. Allocate time to do the work - depending on the task, I decided what time in the day I would complete the work so that I could balance this well with my studies
3. Attention to detail - important tasks where data protection is required and conflict checks must be completed, need to be done carefully
4. Be flexible - I always ensured to keep an eye on the inbox to respond to any queries in a timely manner, and especially on Tuesdays in case any emergencies occurred before the appointments
5. Use your initiative - some of the issues that students, lawyers or clients have can be unexpected things, so I always tried to think of a solution myself before asking for input from the rest of the team. Don't be afraid to ask for help though!

You've also been working at the Employment Legal Advice Network in addition to your studies and ELTAL responsibilities. What did you enjoy about that?

During my time as Student Director for ELTAL, Laura put me forward for pro bono work at ELAN, which is an employment network based in London aiming to help people obtain advice about their employment rights and entitlements. I started volunteering some hours a week in February 2021 to create a members list of organisations in the network, with the intention that this would be distributed around the network so the sector can work more effectively.

I've loved working on this project since February, and it has been great to see the task through to the end. This incredible opportunity turned into being offered a part time job as a Network Assistant. I'm continuing my work on the member list and now working to expand the network in London. Currently, our main aim is to improve the effectiveness of London's employment rights sector, which we believe will be strengthened through greater communication between employment organisations. I'm also involved in some other projects such as helping to supervise the ELAN Clinic, aimed at supporting our network members giving advice to their clients, and helping oversee the training events ELAN run.

Working at ELAN has been wonderful; I work with a supportive team who are all equally passionate about ensuring ELAN can help as wide a remit of organisations as possible. It's rewarding to see the projects I have been working hard on come to fruition and help improve the effectiveness of ELAN.

What are your plans for the future?

I plan to continue my work at ELAN by expanding the network and helping to improve employment law advice in London. Working in the employment law sector and volunteering at ELTAL for nearly two years, has really sparked my interest in employment law. This experience has helped me realise that I want to qualify in an area of law that is people based, as employment law is.

Therefore, I'm planning to apply for vacation schemes and training contracts at firms that specialise in areas such as employment, family, criminal and immigration law. I am going to miss volunteering my time as Student Director of ELTAL, but I am eager to continue supporting pro bono projects in any way that I can.

Thank you very much for this fascinating conversation, Aimee, and for all you've done for our BPP pro bono centre, in particular our ELTAL project. I wish you all the best for the future.

STUDENTS SHAPING

pro bono

The Pro Bono Centre is pleased to announce the addition of two new legal advice clinics to our existing service:

a Welfare Rights Clinic in London and Leeds and a General Law Clinic in London.

By increasing our clinic services, we hope to both increase access to justice for the communities around us and to offer more practical legal opportunities to our BPP law students.

Unsurprisingly, pro bono work is growing across the UK. Consistent cuts to legal aid funding by successive governments has left many people outside the scope of legally aided work. Aside from leaving communities without access to justice, the knock-on effect of the cuts is that charities, law schools and legal firms are increasingly filling the advice chasm. As many high-profile law firms step up their pro bono projects, they are finding reputational added value to elevating their corporate social responsibility. Pressure from a new generation of lawyers, placing greater importance on what prospective employers are doing to demonstrate high pro bono hours, is seeing firms increasingly prioritise pro bono.

If you would like to know more about either the General Law Clinic (London) or the Welfare Rights Clinic (London or Leeds) or if you are interested in applying as either a supervising solicitor/barrister or student director, student adviser or student assistant, please contact me by email: blac@bpp.com or mobile: 07587 030653

EVENTS AND ENGAGEMENT



Events

With the country moving in and out of lockdowns and restrictions coming in and out like the tides we've aimed to have something our students can look forward to in the face of uncertainty. As such we've had all sorts of things scheduled such as weekly Yoga or our Summer Events Series which included monthly Speed Friending, Watch Parties, Mid-week Mixers and The Big Students' Association Quiz. We also successfully organised and hosted the Week Of Welcome (WOW). We loved welcoming everyone to BPP with our virtual WOW events. We were happy to be able to help students connect as well as share important information about wellbeing. The Among Us, Scavenger Hunt and Quiz sessions were also great fun. Our WOW events were all virtual to reach our students' all over the UK and beyond.

Going forward we will transition to a hybrid approach to events where we can. A great example of this was our in person and virtual Watch Party! We did this for our Black History Month screening of Ma Rainey's Black Bottom. Recently we've also been able to facilitate London based trips to Hyde Park's Winter Wonderland as well as the amazing Skating at London's impressive Somerset House.

We hope that in the new year we can continue with bigger and better events!

Virtual Campus

The Students' Association is also incredibly active over on the Virtual Campus and we are super excited to announce that we now have over 12,000 registered users! If you're not signed up, what are you waiting for! As well as chatting to other students at BPP a big draw is the weekly competitions we hold in the Competitions group. Over the past year we've given away £800 of ASOS vouchers, £500 Nike and countless Amazon vouchers, it's all go over in the Competitions Group so get involved and we'll see you there!

As well as representing the student voice and helping students with independent advice, the Students' Association also looks after events and engagement among students. This means planning events, helping our amazing clubs and societies, and promoting all the brilliant things we do on social media! We've had an interesting year transitioning our approaches in and out of lockdowns as well as refreshing our social media so read on to hear all about it!

Social Media

We've had a 'reely' great time promoting our services across our social media. One way we've loved doing this is making reels and showing off our London centres! I hope soon that we'll be able to expand to BPP centres across the country and showcase some great places. If you're interested in social media or want to share any ideas on what you'd like to see, feel free to get in touch at engage@bpp.com – we're always open to ideas. For now, make sure you're following our socials to get the latest updates on events, clubs and societies and all things Students' Association!

Clubs and Societies

We've got some great Clubs and Societies up and running this year and I'm excited to share them with you all! Most recently we've had the addition of the BPP Running Club. Based in Waterloo, they plan and run 5k and 10k routes around the local area; a great way to socialise as well as get your steps in! There are a great range of societies centring on topics such as cultures or academic courses but we can always use more! If you spot a gap in our Clubs & Societies list and you'd like to fill it please don't hesitate to get in contact at engage@bpp.com Alternatively you can complete a 'Set Up a Club or Society' form on the Students' Association website.

LET'S HEAR FROM SOME OF OUR
CURRENT CLUBS AND SOCIETIES NEXT

BPP CLUBS & Societies



Join us on Facebook, Instagram & LinkedIn:
[@bppanfsociety](#) for regular updates.

WELCOME TO THE BPP UNIVERSITY ACCOUNTING & FINANCE SOCIETY

Who Are We?

A student-led society where our purpose is to meet and socialise with like-minded people who have an interest in the Accounting & Finance industry. Our aim is to help our members develop an insight into the industry and be up to date with all the latest developments in the industry.

Recent Events

JOB NETWORKING
How to network for jobs and bounce back from rejection
Tobi Ogundipe
October 14 at 5 pm U.K. time

The Fintech Revolution
Inception of Artificial Intelligence in Business Cycle
AUGUST 26 AT 5PM
JOIN US
MR GIOVANNI MUANDUMBA
GKM Pursuit

What do we offer our members?

We hope to provide extra-curricular activities such as socials and other events to promote student cohesion at the centre and to increase employability through networking, guest speakers and by providing helpful information.

How Can You Get Involved?

We welcome students from all academic backgrounds and cultures as we believe that different perspectives help us broaden our horizons and become well-rounded professionals. It is open to all the students of BPP University, whatever your degree programme and it is free for everyone.

Interested in getting more involved with the society? Join up as a member then get in touch to see if we have any available committee places.

Please email us at bppanfsociety@gmail.com, if you would like to make any suggestions for future events or society activities.





Want to boost your commercial awareness? Join the BPP Commercial Law Journal today!

Commercial awareness is one of the most important skills for aspiring lawyers to have in their toolkit, and with the application season in full swing, now is the perfect time to get involved in our society!

We are an online blog that publishes student-written articles that relate to commercial law.

We take a relaxed and creative approach to commercial awareness because, let's face it, there's more than enough stress to being an aspiring lawyer as it is!

Students have a unique opportunity to take what interests them and really run with it. As long as your articles relate to commercial law, the rest is up to you!

Email us at bppcommlaw@gmail.com for more info.



For more information on this society, and to keep up to date please visit our website (<https://www.bppstudents.com/organisation/8330/>) and follow our social media pages:



You may have heard of this society. You may already be a member. But you may be thinking why this and why now.

The last 18 months have been difficult for us all. We've all struggled in one way or another. Like most students, legal apprentices have lost out on many opportunities since the start of the pandemic. We've lost out on time in the office, learning from our colleagues and team members. We've missed out on meeting other legal professionals within at networking events. But most of all, we've missed out on attending university in person, meeting other fellow legal apprentices and socialising with those who can relate to us!

So why this society?

Our society president, Amy Marren, and the other society executives started this society in September of this year with the aim of bringing all BPP legal apprentices together, no matter their level or centre.

But why now?

For many legal apprentices their only opportunity to meet, interact and socialise with other legal apprentices is via work, networking events and attending university. However, when the pandemic struck all of this was taken away. We could no longer go into the office or attend our university campus. All of our opportunities to meet other apprentices had gone. During this time, a lot of people took to social media, starting Instagram pages and joining WhatsApp groups as a way of keeping in touch however, this wasn't enough! Now life is returning back to normal, we wanted to create a society that would take this to the next level. We wanted to give other legal apprentices of BPP a platform to meet each other and build new relationships with those in their local area and other parts of the country.

If this society sparks your interest, you can join by scanning the QR code and filling out the online membership form -





**WE
WANT
YOU!**
WE ARE HIRING

- ▼ **Secretary General**
- ▼ **Publicity Secretary**
- ▼ **Events Secretary**

The Bpp Manchester LAW is currently **Recruiting** for the following positions:



CAREERS
IN FAMILY LAW
9th of December

REGISTER ON EVENTBRITE

**SPEAKERS TO BE
ANNOUNCED SOON!**

Welcome

to Enactus! You are about to start what will likely be an exciting and fun new chapter of your student life

Ask yourself, do you want to make a real difference? To participate in meaningful real-world-oriented learning experiences? Be a leader and meet amazing people from organizations that you want to work for?

If so, join us. We are Enactus, We're here to take action whilst at university.

Our Vision

To create a better, more sustainable world.

Our Mission

To make a difference in the world using entrepreneurial action to transform lives and create a sustainable world.

**LET'S WORK
TOGETHER**

FOR OUR COMMON FUTURE!

We're still growing and encourage driven students from any degree/experience background to enquire about joining!

WHY WE EXIST?

People should be able to live healthy and happy lives. The challenges people face are outlined within the 17 sustainable development goals.



Enactus students direct their energy, attention and skillset to create real impact.

WHY JOIN ENACTUS BPP?

Create Impact in People's Lives Build Your CV with Volunteer Work A Range of Career Opportunities Available just for You

Our committee has spent time organizing and we are ready as ever to make this year amazing. We have two exciting projects in the implementation phase and have big plans for the upcoming months. Who is excited to get involved with us?

CATALYST CAREER CLUB **BREAKING DOWN PROFESSIONAL KNOWLEDGE**

Mission

Enable pre-eighteen people to understand financial concepts, build and sustain financial wellbeing.

Target

School students / Youth Centres
(Age Group 14-17)

Need

Youth Unemployment
Financial difficulties amongst disadvantaged young people

Action

Approach local youth centres/schools
Approach local Enactus partner companies
Structure the financial literacy programme

Impact

Financial Literacy
Upskilling youth
Educating young adults
Creating role models
Increasing employability
Inspire and build industry leaders



Mission

Support the issues experienced by recently displaced refugees to the UK.

Target

Refugees at the Croydon's refugee centre.

Need

Safe and fulfilling lives of the refugees.

Action

Approach the Croydon's refugee centre.

Partner with a fashion designer to make prototypes of bags/coats required by the refugees.

Impact

Supporting refugee children.

Safe storage of important documents and personal items.

TOO MANY BAGS UK **SUPPORTING THE DISPLACED REFUGEES**

BPP MOOTING SOCIETY

Welcome to the BPP Mooting Society! We should probably introduce ourselves. Many people never encounter the word 'moot' until they come to law school. It is often the activity that you are encouraged to do by tutors, mentors, guest speakers and barristers to prepare your CV for the dreaded pupillage application process. Mock trials? Judges? Being publicly scrutinised by an experienced lawyer on an area you have never even studied?! Fear not – mooting is not as intimidating as it sounds. It can even be fun, as the satisfaction of landing a successful argument fuels your confidence for future advocacy.

Below are answers to some of your most asked questions. We hope this dispels some of the myths around mooting and encourages you to come and join one of our upcoming competitions.

What is mooting?

A moot court competition replicates what happens in a court hearing. Typically the case is set in the Court of Appeal or Supreme Court to allow for more complex or contemporary legal issues to arise.

As a participant, you will have a few different things to do. Firstly, you will be expected to research the moot problem, and possibly submit a written skeleton argument too. You will then be expected to orally present your argument to the judge, setting out the grounds for why the issue should be upheld or dismissed. If you are successful, you may reach further rounds in the competition, and even the final.

Every competition is different – while there are some bigger moots that require significant research and an advanced level of experience in advocacy, there are also many competitions that recognise you may never have presented a legal argument before! There is a competition for everyone.

Who is mooting for?

Although the most common participants are bar candidates in one form or another – mostly BPTC students, but also GDL students or law undergraduates – mooting is for everyone. Many competitions do not require prior legal knowledge of the area and your success will come down to your research skills and your ability to present an argument orally.

Every BPP student is welcome and encouraged to take part. Other professional fields like nursing, psychology and business management need good advocates too, and mooting is an excellent way to build your confidence in public speaking. Students from non-law courses also often have the advantage of commercial awareness and practical knowledge. If in doubt, give it a go.

I do not have any experience! Can I still take part?

Yes! There are opportunities for students with all levels of experience (including no experience). In both the autumn and spring terms, we will be running competitions for novices that include resources and Q&A sessions on how to prepare for your first moot.

Why should I moot?

To build your confidence, to make friends, to develop commercial awareness, to understand the formalities of the court, to enhance your CV, to build your public speaking skills, to improve your research skills, and to demonstrate your suitability for your chosen career.

What happens if I mess up?

Nothing bad! Judges are often very understanding of your level of experience and knowledge, particularly in beginner competitions. They are excited to see new talent give advocacy a go. Also, every moot participant makes mistakes. Freya, our own society president, accidentally undermined her entire argument by incorrectly applying the Occupier's Liability Act 1954 – meaning that when the judge highlighted the mistake, she had to politely accept that there were no further arguments she could make!

Moot competition success comes more from strengths than weaknesses e.g. impressive advocacy skills, good preparation, and the correct application of the law. Even if your mistakes are glaringly obvious, the most important thing is to keep going as best you can and await the judge's feedback at the end. Even if you know where you went wrong, graciously thank the judge and make a note on where to improve for next time.

Where can I find out about mooting opportunities?

All internal and external opportunities are advertised on the BPP Mooting Society Facebook page - <https://www.facebook.com/bpplondonmooting>. You do not need a Facebook account to access the page and view the available opportunities.

All our current opportunities are UK-wide and we aim to accommodate all BPP students by running competitions virtually where possible.

We hope that this has given you the confidence to give mooting a go. And while it is the taking part that helps you grow as a confident professional, you may even win – which is a very satisfying thing to do.

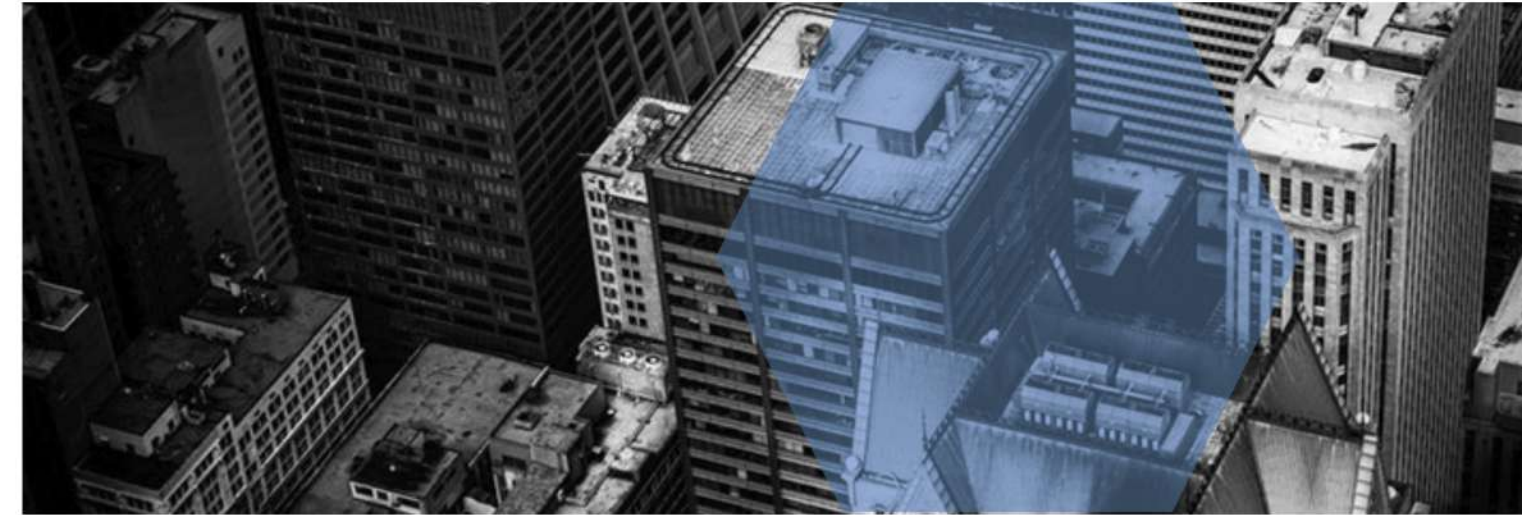
Some upcoming competitions

- UKELA Dame Frances Patterson Junior Moot Competition – deadline: Monday 1st November 2021
- BPP Advocate of the Year 2021-22 – deadline: Friday 5th November 2021
- BPP Mooting Society Novice Moot Competition 2021 – deadline: Friday 12th November 2021
- OUP & ICCA National Mooting Competition – deadline: Wednesday 1st December 2021
- Nuremberg Moot Court – deadline: Saturday 22nd January 2021

If you are interested in joining the committee, please message the Facebook page or email f.morgan4@my.bpp.com with your CV and a short statement of what role you would like to do.

APPRENTICE

NEWSLETTER – WINTER 2021



WELCOME TO THE WINTER APPRENTICE NEWSLETTER

Hello and Welcome to the Winter 2021 edition of the Student Life Apprentice Newsletter! It's been a very busy start to the academic year, and we have welcomed lots of new students, it's great to see you all!

This newsletter is written as a collaboration between the Safeguarding Team and the Apprentice Champion Group. We meet regularly to discuss wellbeing topics, plan awareness campaigns, and discuss what more we can be doing to improve your wellbeing and sense of safety. We are always looking for more Apprentice Champions so if this sounds like a bit of you then please get in touch!

apprenticenetwork@bpp.com

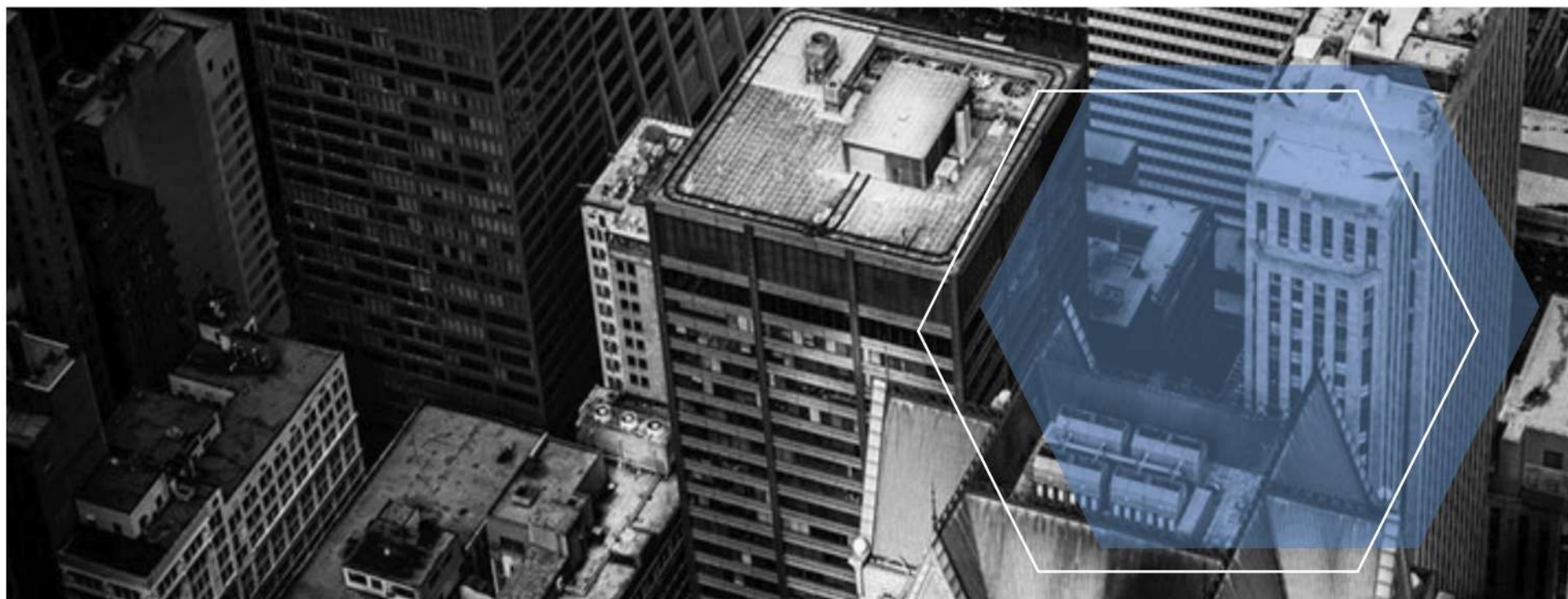
This Newsletter contains articles and resources to hopefully help you feel happier and safer as we move towards the end of this year and the start of the next. The last eighteen months have had an impact on all our wellbeing and mental health, and we want to ensure you know how to look after yourself and make you aware of the support that is available from within BPP.

Keep checking the BPP Virtual Campus for more updates and events:

<https://community.bpp.com>

If you need any support at all then please reach out to:

safeguarding@bpp.com / learningsupport@bpp.com / inclusion@bpp.com



Here are some red flags to look out for when sifting through messages and connection requests:

- A 2nd or 3rd connection request with little or no mutual connections
- A connection request or message from someone in a completely different field of work
- An unprofessional, inappropriate profile picture evidencing that the individual may not be using the platform for professional purposes, rather personal purposes
- Messages asking how you are in a personal capacity from someone that you do not know personally
- Requests for usernames on other, personal platforms such as Instagram or Twitter
- Continuous, perhaps pointless messages

SAFER NETWORKING ON LINKEDIN



MAIA CROCKFORD: PARALEGAL/SOLICITOR APPRENTICE

Networking is an extremely important element of building your future career as a student or a young professional. Platforms such as LinkedIn are fantastic catalysts for networking and provide great opportunities to connect with those in your chosen field.

However, it's unfortunately pretty common for individuals to misuse these platforms and completely dismiss their purpose as professional tools.

Many of my friends and colleagues have experienced unwanted, and completely unwarranted, inappropriate approaches (myself included). What can initially seem a nice gesture can quickly trigger alarm bells.

The difficulty comes, however, in distinguishing between a genuine or ill-intentioned outreach.

On the face of it, you'd think the distinction would be obvious. However, a lot of perpetrators disguise their (actually inappropriate) messages through a professional façade. In any event, a keen applicant or junior is, rightly so, focused on growing their network and breaking into their chosen industry therefore such disingenuous connections may not be an immediate thought when receiving connection requests.

The burden shouldn't land on us, and, quite simply, inappropriate approaches shouldn't be taking place at all (especially on strictly professional platforms), however it is the unfortunate reality that we must be alive to the issue for our own safeguarding reasons.

@MYLEGALCAREER

Follow Maia's Instagram
@mylegalcareer for an insight
into what life is like as a legal
apprentice!



Healthy Peer Relationships

JULIETTE PARKER-JERVIS: DEPUTY DESIGNATED SAFEGUARDING LEAD

Safeguarding Topic of the Month – Healthy Peer Relationships: *The relationships we form with other people are vital to our mental and emotional wellbeing, and it's important to make sure our relationships with peers are also healthy.*

Here are some of our top tips for building healthy relationships with your peers.

Good communication: Be a good listener, see things from the other person's point of view, be encouraging and show interest, and be aware of the other person's emotions, understanding their body language.

Honesty and Trust: Be honest and respectful, know that person's boundaries and respect your differences (🔑 Remember the fundamental British values of mutual respect for, and tolerance of, those with different faiths and beliefs.)

Mutual Support: Support your peers throughout difficult times, regardless of their beliefs and backgrounds, this can be stuff like supporting the achievements for others and cheering your peers on when they have done well, or even just making space for them to speak and express themselves when they are feeling down.

Mutual Respect: Respect that others will not have the same opinions and beliefs as you and accept these differences, respecting and valuing the input of others and those around you.

Emotional Intelligence: It is also important to practise emotional intelligence, and understand when others might need space or support. This will be things like:

- Self-Awareness: knowing your own needs and managing your own boundaries, and being aware of how your behaviour might affect others
- Self-Regulation: encouraging yourself to think before acting, like staying calm in a crisis and not lashing back when criticised
- Practising Empathy and Social Skills: developing a rapport with a range of people and scheduling in time to build those relationships
- Practise Mindful Listening: listen to nonverbal cues, give others time to speak, and listen without judgement, remembering to not impose your options or solutions unless others ask for them.



Top tips for healthy peer relationships while studying at BPP:

- **Ask Questions:** Speak up in lessons – don't be afraid to ask your peers questions if you are struggling. A recent apprentice leaver at BPP mentioned that when trying to pass exams, talking to their peers who might have passed and how they approached things was one of the things they found the most helpful
- **Support Others:** and vice-versa – don't forget to support others. Remember we are all stronger together
- **Utilise BPP's Virtual Campus:** it's a great place to network and take part in activities. There are still competitions happening over on the Virtual Campus for everyone to get involved in, so take a look on community@bpp.com
- **Communicate Safely:** Use channels of communication you feel comfortable with – remember, if you don't feel comfortable giving out your personal details, you don't have to. Network in a safe way, only sharing details if you feel comfortable, and maintain your boundaries.



RESOURCES TO HELP WITH HEALTHY WORK RELATIONSHIPS

CHECK OUT SOME OF THESE RESOURCES TO HELP WITH KEEPING THOSE HEALTHY WORK RELATIONSHIPS:

- Check out the 7 C's of communication to ensure you are communicating effectively, and that your message will be received as intended.
- Mindful have an article on practicing mindfulness, and Mind have some great tips on how to be mentally healthy at work.
- Management Centre UK has some tips on emotional intelligence and how to practise it in the workplace.
- The British Heart foundation has advice for active listening and how to be a mindful listener.
- There is a Healthy Relationship Toolkit with information for healthy relationships, and can be used to start the conversation around healthy relationships and consent.
- Stonewall have a wide range of services to provide help and support to those from the LGBTQ+ communities and their allies.
- Relate is the UK's largest provider of relationship support and can provide advice and support.
- Student Space has some great resources on friendships and wellbeing

If you do ever feel like you are struggling at work, or with your studies, get in touch with your manager, skills coach, or contact us on safeguarding@bpp.com

If you need any support at all, please reach out:

safeguarding@bpp.com
learningsupport@bpp.com
inclusion@bpp.com

Interested in setting up a Club or Society?

We will help you every step of the way

Email us at
engage@bpp.com



  FOLLOW US
[@BPPSTUDENTSASSOCIATION](https://www.instagram.com/BPPSTUDENTSASSOCIATION)