



Newsletter

Issue 4 27/6/2022

Time to celebrate

For many, the extended bank holiday weekend in early June was an opportunity to celebrate Her Majesty The Queen's historic reign, after 70 years of service. Millions of people in the UK and around the world took part in celebrations to commemorate The Queen's Platinum Jubilee.

This issue of the newsletter is dedicated to celebrating *your* achievements this year. Whether you are progressing to your next level of study or graduating in July 2022, you will have done so under some of the most challenging circumstances due to the COVID pandemic, and the disruption that this virus, and the multiple lockdowns have caused to your studies. We are extremely proud of you, and your achievements, in what has been a difficult year.

- Reflecting on a difficult year, a Poem by Lyn Paul.
- Introducing Togetherall, a free 24/7 online community to support mental health and wellbeing
- Liverpool Hope's Careers Survey
- Time to relax
- Rebellious hope, in memory of Dame Deborah James.

"Success is no accident. It is hard work, perseverance, learning, sacrifice, and most of all, love of what you are doing." Pele

Reflecting on a difficult year

Many of you will be awaiting anxiously for your exam results and no doubt feeling that you haven't quite done enough. If you can, take a moment of calm to reflect, and to consider the words of Lyn Paul, in her poem, Be Proud - Stand Tall!

Be Proud - Stand Tall!

*Believe in who you are
Stop looking for mistakes
Only you are searching
Making your own heart ache*

*We punish ourselves today
Yet tomorrow we ask why
Why we put ourselves through this
Making ourselves cry
The heartaches of today
Are all that they are
Tomorrow they are gone
And you realise just how far*

*How far
How long and what you have learnt upon the way
What once seemed hard
Is now as clear as day*

*As clear as day
As clear as light
As clear as the moon
On a heavenly night*

*So, remember the clear
Will come to us all
Just accept who you are...
Be proud... stand tall!*

*We cannot share wisdom for it is earned
How beautiful life is; when you see what you have learnt.*

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Lyn Paul



National Student Survey 2022



The National Student Survey (NSS) is the largest and longest-running annual survey of UK undergraduate students in their final year of study.

It has long been an important indicator of students' opinions and experiences and provides universities and colleges an insight into what is working well and what is not.

Holy Cross University Centre would like to thank all students that took part in the 2022 survey. Congratulations to two of our students, Megan (pictured right), and also Jane, who each won £50 Amazon vouchers for completing the survey.





Togetherall

We are very pleased to be able to offer all our students at Holy Cross College and University Centre access to Togetherall, a safe, online community where people support each other anonymously to improve mental health and wellbeing.

Whether you're struggling to sleep, feeling low, stressed or unable to cope, Togetherall can help you get support, take control and feel better.

You will have access to a 24/7 online community and professional support from trained counsellors. Togetherall provides a safe space online to get things off your chest, explore your feelings, get creative and learn how to self-manage your mental health and wellbeing.

To join, simply go to togetherall.com and sign up under 'organisation' with your Holy Cross email address.

We'll be talking more about Togetherall and the benefits that it can provide when you return to your studies in early October. In the meantime, take some time to explore the many resources, tools and techniques available to members, to proactively manage their mental health and wellbeing, including accessing a wide range of short self-guided courses such as assertiveness training, balancing your thinking, problem solving and managing anxiety.



Make your life a masterpiece; imagine no limitations on what you can be, have or do." Brian Tracy

Next Steps

Careers

Holy Cross University Centre is working with the Careers Service at Liverpool Hope to develop a range of opportunities for you to explore and plan your next steps towards your career goals and aspirations.



In the last newsletter we provided a link to a short survey, aimed at finding out what you would like your careers and employability support to include at each level of study, and how you would like to access this. For those students that didn't get the chance to complete the survey before it closed, you can access the survey [here](#).

In the meantime, do take advantage of Liverpool Hope's range of careers resources available to you by accessing the Careers tab on Liverpool Hope's home page and clicking on My Career Centre.



Time to relax

After such an intense year of study, it's time to relax and enjoy the summer doing a wide range of pleasurable activities. At times, your mind may turn to thinking about next year, and starting back in October. You may want to embrace your thinking and start to think about something of the following:

- If you are returning to Level H, and already know your area of research for your dissertation, you could start some preliminary reading, or start to think about what area of research may interest you.
- Whether returning to Level I or H, you could take some time to look over your assessment feedback, considering your areas of strength, and those areas where you feel you could improve or develop further
- If you have not already had the opportunity to do so, take some time to look over the transition information of your Moodle pages for each of your subject combinations.
- Take time to reflect on how you have approached your study this year. What went well, and what are you most proud of. You may want to consider areas that you would like to improve, for example, if you struggled with time management, procrastination, or prioritising. This may involve speaking to others, reading, or engaging with one of the short self-guided courses that Togetherall offer, as mentioned in the section above.

Rebellious Hope

In memory of Dame Deborah James, who died age of 40 of bowel cancer on 28th June 2022. Deborah was given a damehood in May in recognition of her fundraising, raising over £7 million for cancer research through her Bowelbabe Fund.

A few last words from Deborah, were shared with permission on her Instagram page *bowelbabe*, where a message from her family said, Deborah shared her experience of cancer to "raise awareness, break down barriers, challenge taboos and change the conversation around cancer".



'Find a life worth enjoying; take risks; love deeply; have no regrets; and always, always, always have rebellious hope. And finally, check your poo – it could save your life'. Dame Deborah James