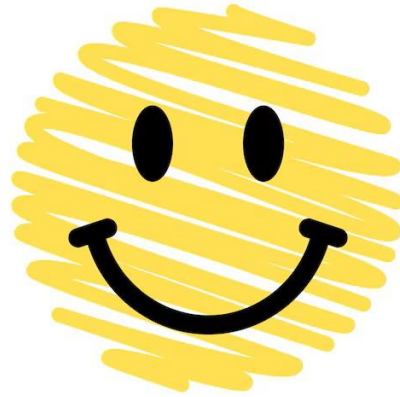


Exchange and Ningbo 2+2 Students Welcome



Peer-Olaf Siebers
Senior Tutor and Study Abroad Coordinator

peer-olaf.siebers@nottingham.ac.uk

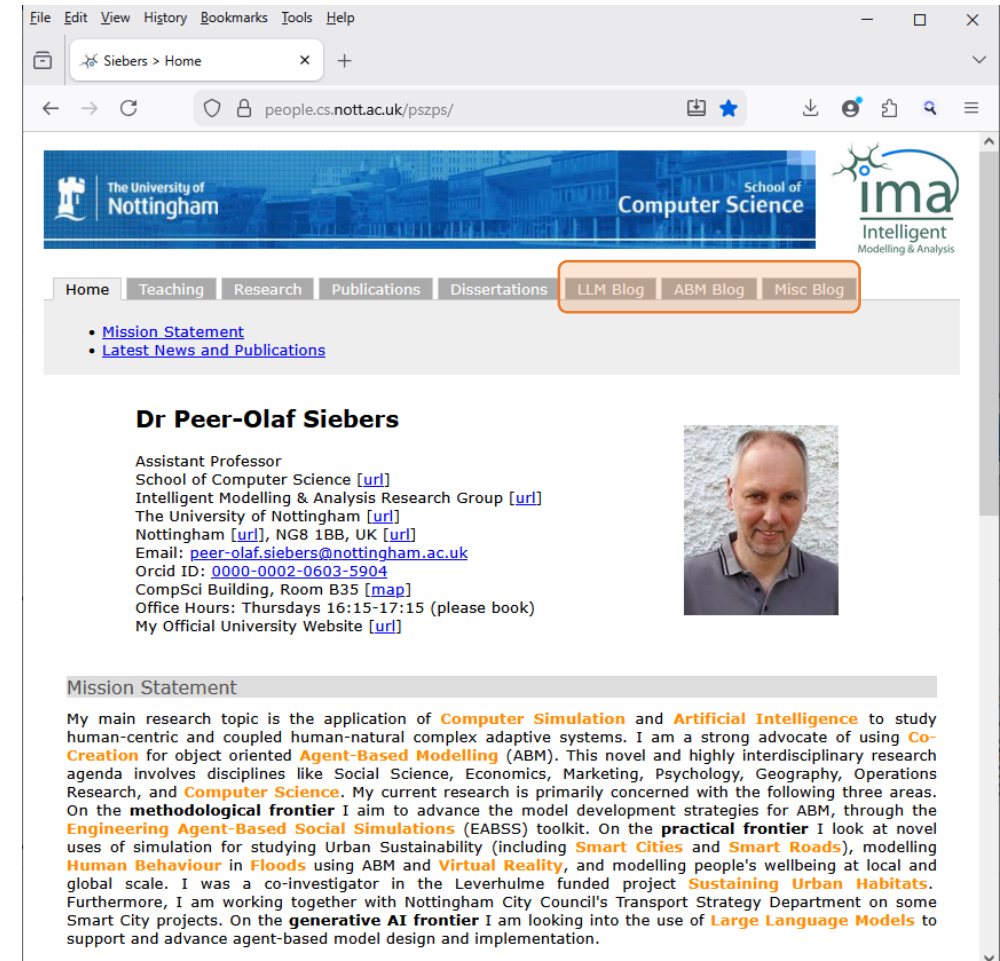
21/09/2026

Purpose of the Session

- Introducing myself as advisor
 - Anything related to your exchange / transfer: **Ask me**
 - Pastoral or academic topics: **Ask your personal tutor (which might be me)**
- In this session I will ...
 - Cover specific welcome topics for international students
 - Provide details about activity opportunities and how to have an enjoyable time at UoN
- In this session I will not ...
 - Talk about the things that are covered in the other Welcome sessions
 - I have added slides as appendices for self-study

Peer-Olaf Siebers

- Homepage
 - <https://people.cs.nott.ac.uk/pszps/>
- Admin Roles
 - Senior Tutor and Study Abroad Coordinator
- Teaching
 - Comp4038: Simulation and Optimisation for Decision Support



Welcome to the UoN School of Computer Science



Welcome to the UoN School of Computer Science

- Christian Wagner
 - Head of School
 - christian.wagner@nottingham.ac.uk



Welcome to the UoN School of Computer Science

- Colin Johnson
 - Director of Teaching and Learning (and Student Experience)
 - colin.johnson@nottingham.ac.uk



Welcome to the UoN School of Computer Science

- Liz Felton
 - Senior Tutor Team



- Peer-Olaf Siebers
 - Senior Tutor Team



- Our joint email account (quickest way to get a response)
 - Senior Tutor Team: ps-cs-senior-tutor@nottingham.ac.uk

A Global University

- Campuses in 3 Countries
- 70+ world-leading professors and lecturers in CompSci
- Students from all over the world
- Currently 2019 students in UK



File Edit View History Bookmarks Tools Help

Computerphile - YouTube

www.youtube.com/@Computerphile/videos

YouTube GB

Search

Home Videos Playlists Posts

Latest Popular Oldest

Running an SQL Injection Attack - Computerphile
4.5M views • 9 years ago

The Problem with Time & Timezones - Computerphile
4.2M views • 11 years ago

Password Cracking - Computerphile
3.5M views • 9 years ago

Cracking Enigma in 2021 - Computerphile
2.7M views • 4 years ago

Hacking Websites with SQL Injection - Computerphile
2.4M views • 11 years ago

Floating Point Numbers - Computerphile
2.4M views • 11 years ago

How NOT to Store Passwords! - Computerphile
2.3M views • 11 years ago

Why Electronic Voting is a BAD Idea - Computerphile
2.2M views • 10 years ago

Running a Buffer Overflow Attack - Computerphile
2.1M views • 9 years ago

Characters, Symbols and the Unicode Miracle - Computerphile
2M views • 12 years ago

"C" Programming Language: Brian Kernighan - Computerphile
1.9M views • 10 years ago

Why C is so Influential - Computerphile
1.9M views • 8 years ago



File Edit View History Bookmarks Tools Help

Computerphile - YouTube

www.youtube.com/@Computerphile/videos

YouTube GB

Search

Home Videos Playlists Posts

Latest Popular Oldest

Home

Shorts

Subscriptions

You

Downloads

<HyperLogLog Counting> 4:20

HyperLogLog Hit Counter - Computerphile

19K views • 2 days ago

<Sleeper Agents> 13:38

Sleeper Agents in Large Language Models - Computerphile

190K views • 9 days ago

<Generative Video> 27:33

How Generative AI Video Works - Computerphile

54K views • 2 weeks ago

<CPU Summary> 23:07

CPU Summary - Computerphile

27K views • 3 weeks ago

<SHA3 Sponge> 27:37

The Next Big SHA? SHA3 Sponge Function Explained - Computerphile

133K views • 1 month ago

<Gödel's Incompleteness Theorem> 18:55

Gödel's Incompleteness Theorem - Computerphile

85K views • 1 month ago

<Writing a Text Editor> 22:01

Writing a Text Editor - Computerphile

203K views • 1 month ago

<Memory Mapping> 26:14

Memory Mapping - Computerphile

64K views • 1 month ago

<Similarity from Compression> 5:13

Zip It! - Finding File Similarity Using Compression Utilities - ...

46K views • 2 months ago

<CPU Kernel Mode> 13:27

CPU Kernel Mode - Computerphile

49K views • 2 months ago

<World Foundation Models> 12:48

World Foundation Models - Computerphile

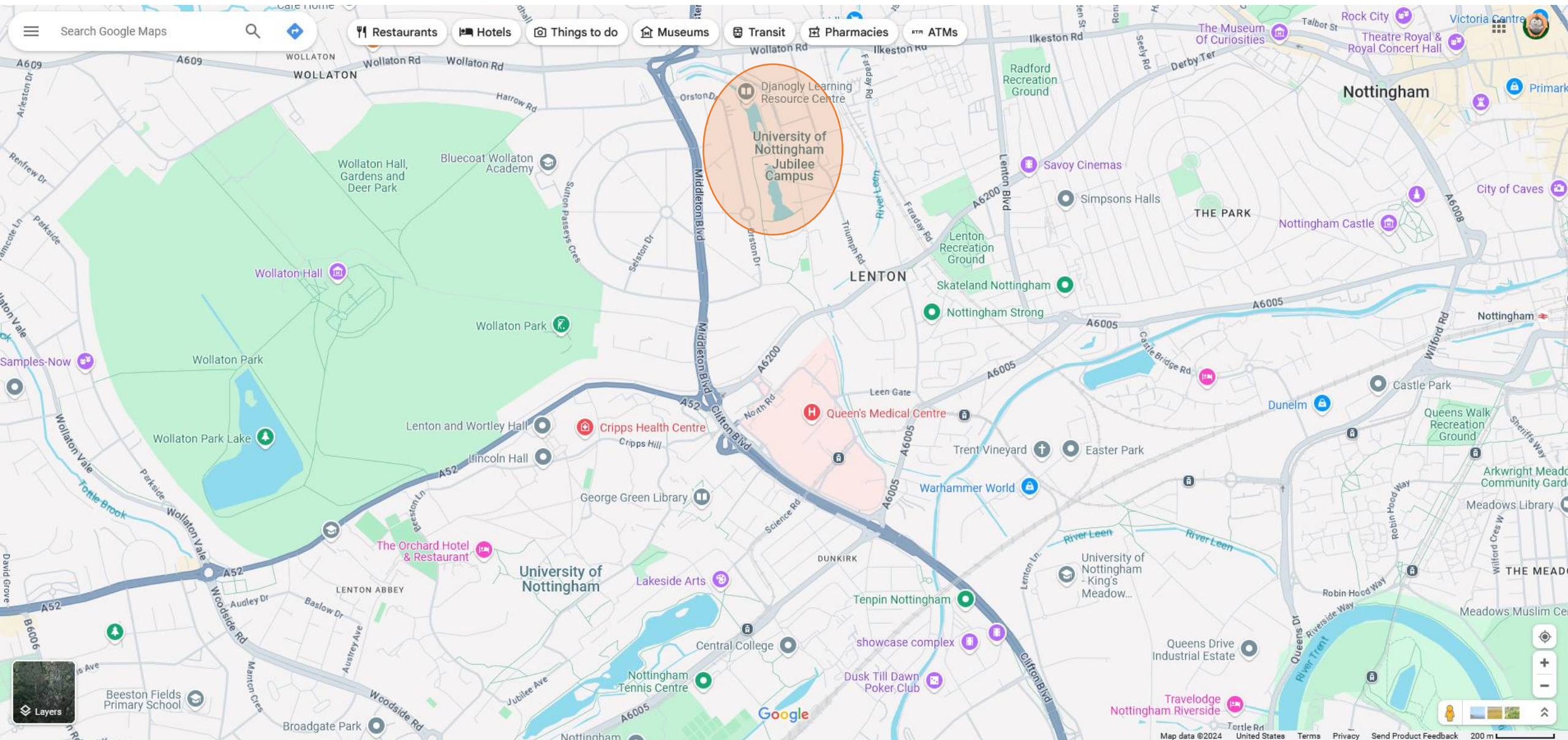
41K views • 2 months ago

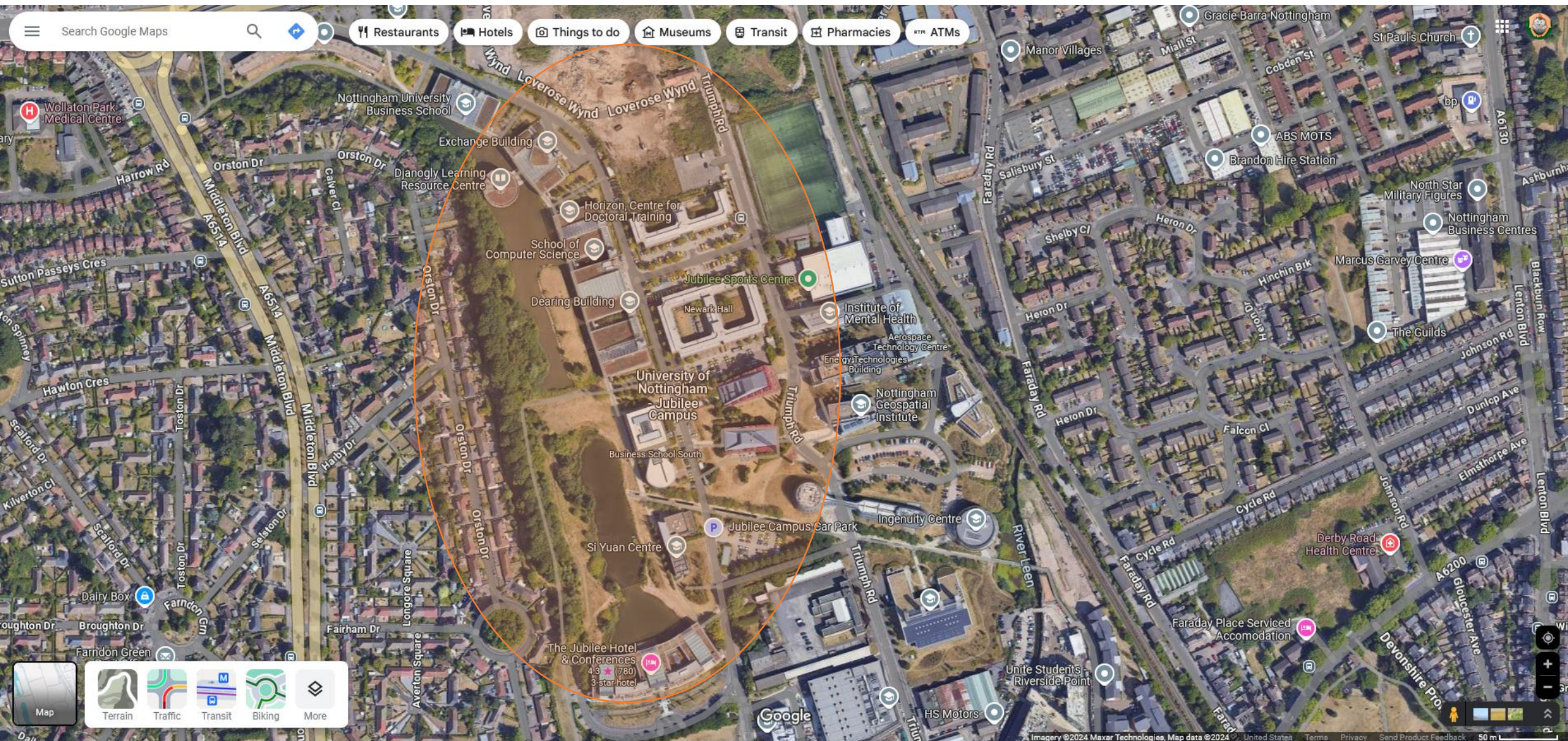
<Reinforcement Learning> 15:06

Reinforcement Learning - Computerphile

52K views • 2 months ago

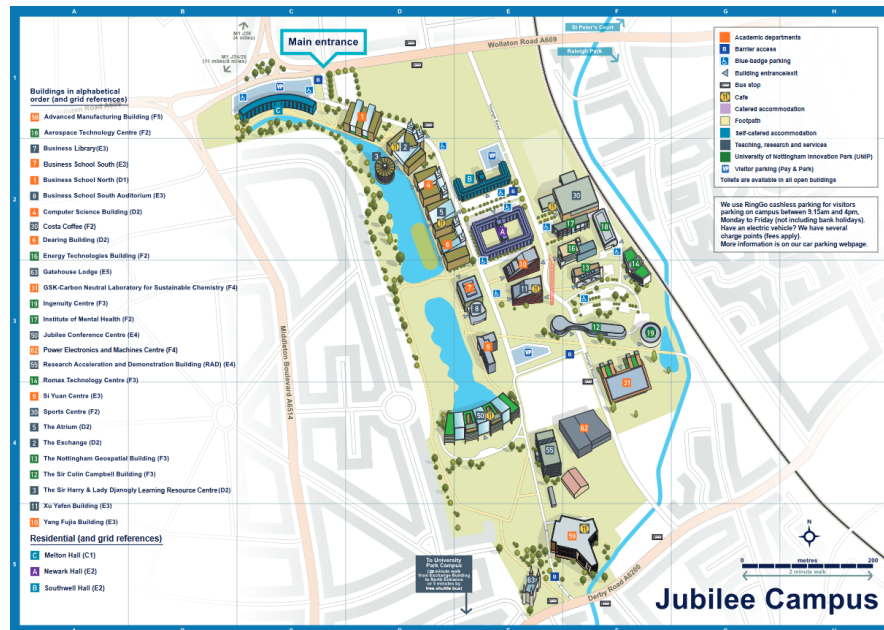






Campuses and Maps

- <https://www.nottingham.ac.uk/about/campuses/campuses.aspx>



UK
China
Malaysia

Study About Research Business News Visit A-Z

keyword(s)

University of Nottingham > About > Campuses

Campuses

About the University

Campuses

Jubilee Campus
King's Meadow Campus
Medical School
Sutton Bonington Campus
University Hospital Sites
University Park Campus
China Campus
Malaysia Campus
Campus tours

Getting here

Key dates

Facilities

Facts and figures

We are proud of our award-winning campuses, both at home and abroad, and continually invest in the University's grounds, buildings and facilities.

Developing and managing the University's environment is at the heart of our values, ensuring that the student experience and environmental sustainability remain firmly on the University's agenda.

Maps and directions

Campus videos and galleries

University of Nottingham Accessible guides



University Park Campus

One of the largest and most attractive campuses in the country, University Park is the hub of student life.



Jubilee Campus

This award-winning green campus is recognised for its innovative architecture and sustainability.



Personal Tutor

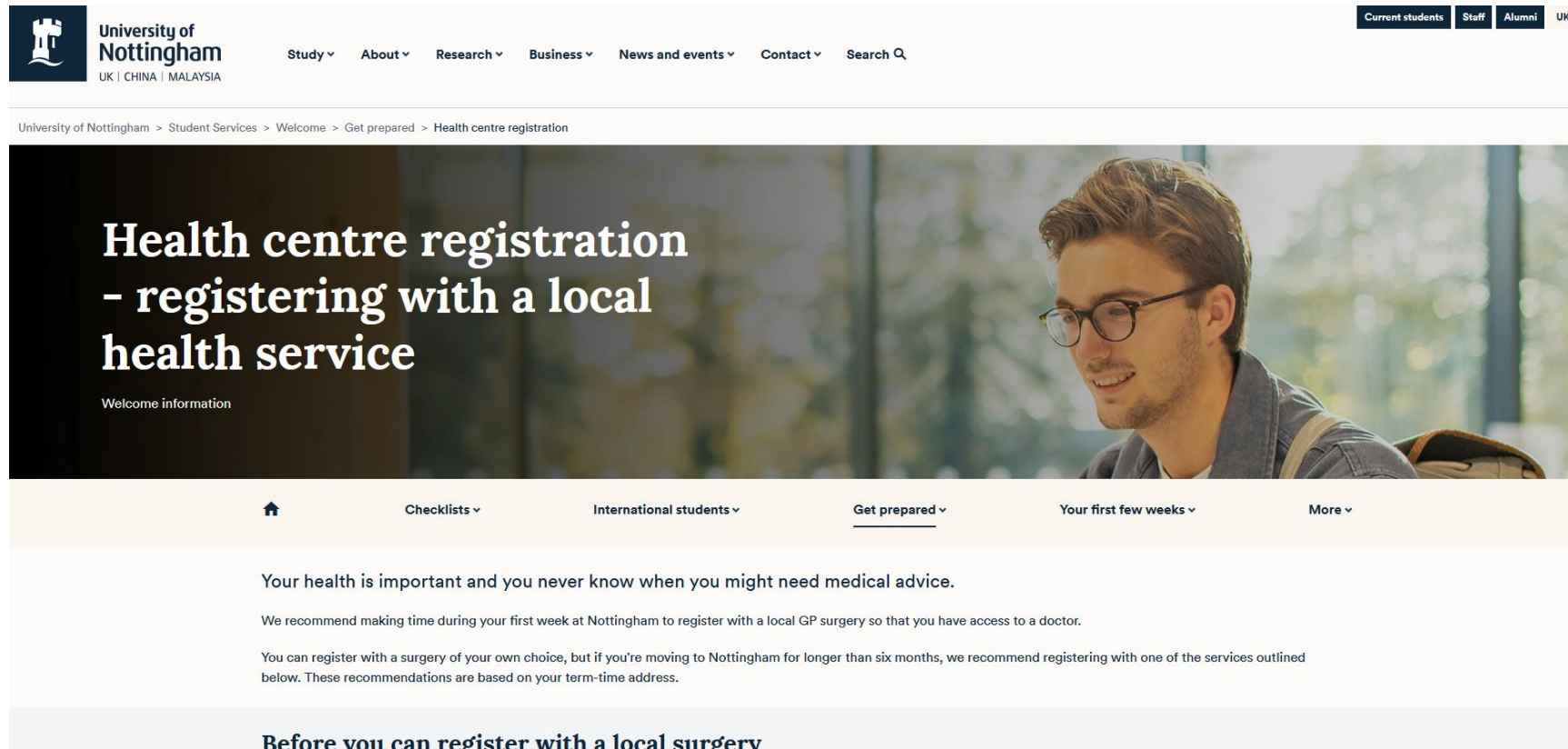
- Your personal tutor
 - I am the personal tutor of all exchange students (UNNC / BINUS / Erasmus)
 - Students on mobility from other campuses keep their home personal tutor
- Role of your personal tutor
 - First point of contact and source of advice for anything related to your studies
 - Oversees your academic progress (and write references)
- You should meet your personal tutor
 - At the start of every semester (at least)
 - Any time in between, if needed (send email first)



<https://www.pojio.com/personal-tutor/>

Register with Doctor

- <https://www.nottingham.ac.uk/studentservices/welcome/get-prepared/health-centre-registration.aspx>



The screenshot shows the University of Nottingham website. The header includes the university logo, name, and navigation links: Study, About, Research, Business, News and events, Contact, and a search bar. A secondary navigation bar contains links for Current students, Staff, Alumni, and a UK flag. The main content area features a large banner with the title 'Health centre registration - registering with a local health service' and a subtitle 'Welcome information'. Below the banner is a horizontal menu with links: Home, Checklists, International students, Get prepared (which is underlined), Your first few weeks, and More. The text below the menu states: 'Your health is important and you never know when you might need medical advice. We recommend making time during your first week at Nottingham to register with a local GP surgery so that you have access to a doctor. You can register with a surgery of your own choice, but if you're moving to Nottingham for longer than six months, we recommend registering with one of the services outlined below. These recommendations are based on your term-time address.' At the bottom of the visible section is a light blue bar with the text 'Before you can register with a local surgery'.

Labs and Flexible Student Spaces

- Computer Science Building
 - A32: Lab for teaching and self-study (needs to be vacated upon request)
 - C60: Cyber Security Lab (for teaching only)
 - A06/Pods: Flexible student spaces (useful for group project meetings)
 - B53: Quiet study space (please only occupy if you require a quiet place)
 - C11/B52: Smaller labs (mainly) for self-study
 - Atrium (School of Computer Science / School of Education)
- Dearing Building
 - A34: Lab for teaching and self-study (needs to be vacated upon request)

Grades

- Getting top grades is very challenging

Mark range	Descriptor	UG	PGT
90–100	Outstanding		
80–89	Excellent		
70–79	Very good		
60–69	Good		
50–59	Adequate		Pass
40–49	Less than adequate	Pass	Fail
30–39	Poor	Fail	
0–29	Very poor		



Learn English!

- Learn even MORE English! Lots MORE English!
 - Make the most of this chance to learn more
 - Staff must rate your English speaking and writing in references
- Do not rely on Translators and/or Generative AI!

What do you want to do after Graduation?

- Who do you ask to be your referee?
 - Your group supervisor knows you best during/after Y2
 - Your dissertation supervisor knows you best during/after Y3
 - Your personal tutor only knows you if you attend supervisor meetings on a regular basis
 - It is your responsibility to make sure they know you well enough
- Ask your referee before putting down their name! Give plenty of notice!
 - In the UK you are asked to provide the name of a referee, not the reference itself

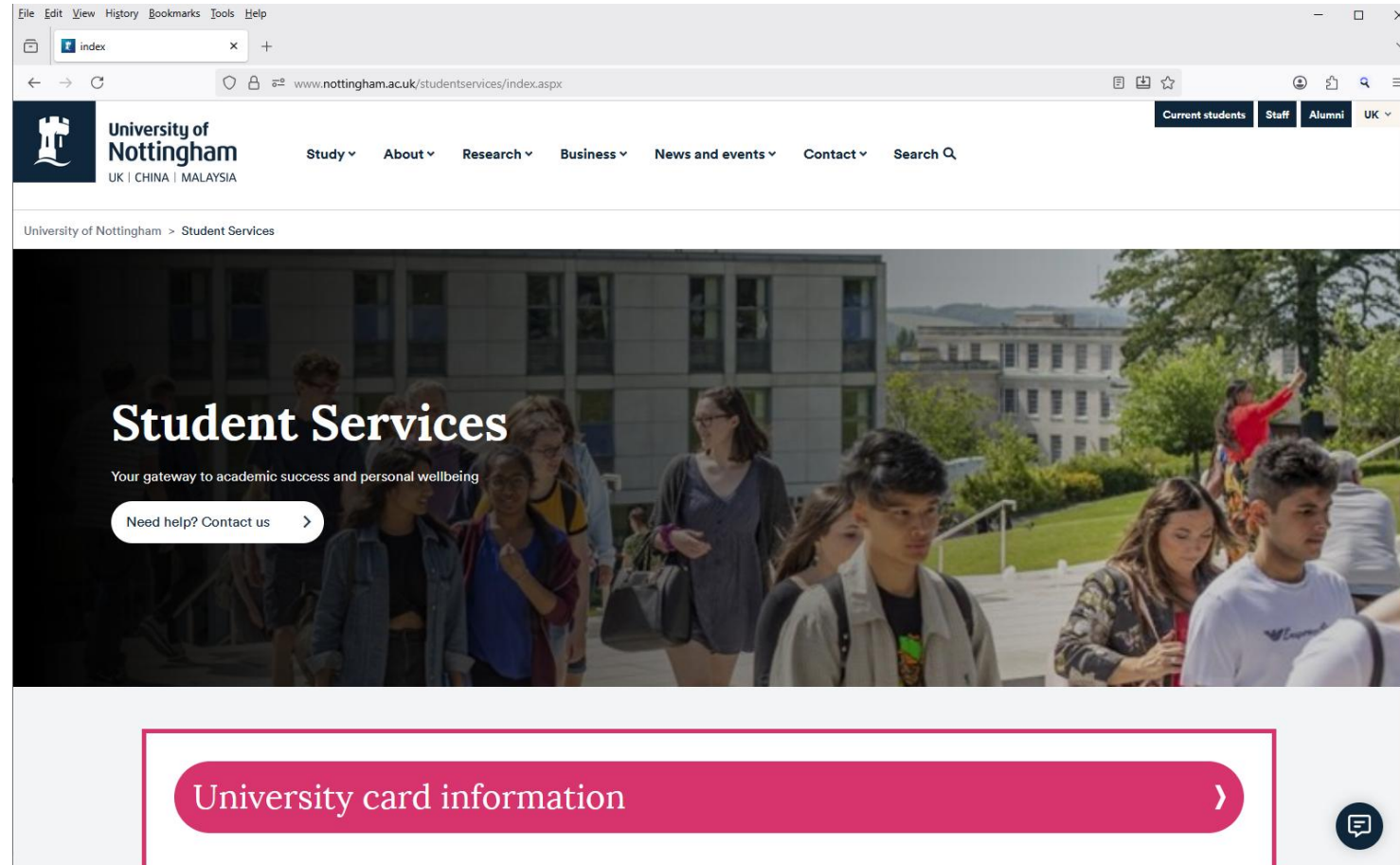
Moodle CompSci Community Hub

<https://uniofnottm.sharepoint.com/sites/SchoolofComputerScienceNewslettersandGeneralResourcesforStudents>

The screenshot shows a web browser window displaying the Moodle CompSci Community Hub site on SharePoint. The browser's address bar shows the URL: uniofnottm.sharepoint.com/sites/SchoolofComputerScienceNewslettersandGeneralResourcesforStudents. The SharePoint interface includes a top navigation bar with the 'SharePoint' logo and a search bar. The main content area features a header for 'CompSci Community Hub Site 2026/27' with tabs for 'Home', 'General Information', and 'Edit navigation'. Below the header, there are four main content tiles: 'School of Computer Science: Essential Information' (with a 'LEARN MORE' link), 'About Your Undergraduate Degree', 'About Your Postgraduate Degree', and 'Frequently Asked Questions'. The left sidebar contains navigation options: 'Discover', 'Publish', 'Build', and 'OneDrive'.

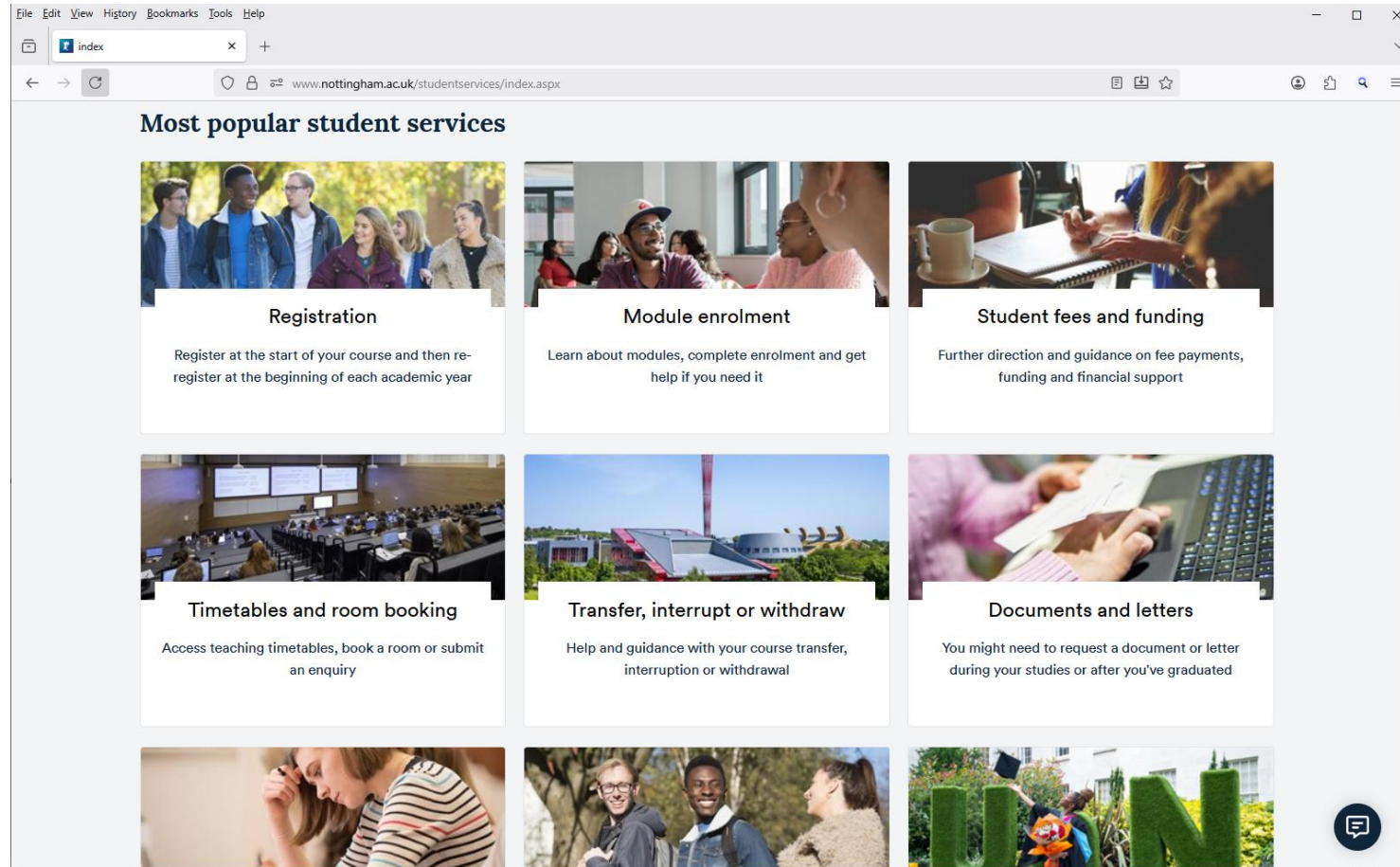
Student Services

<https://www.nottingham.ac.uk/studentservices/>



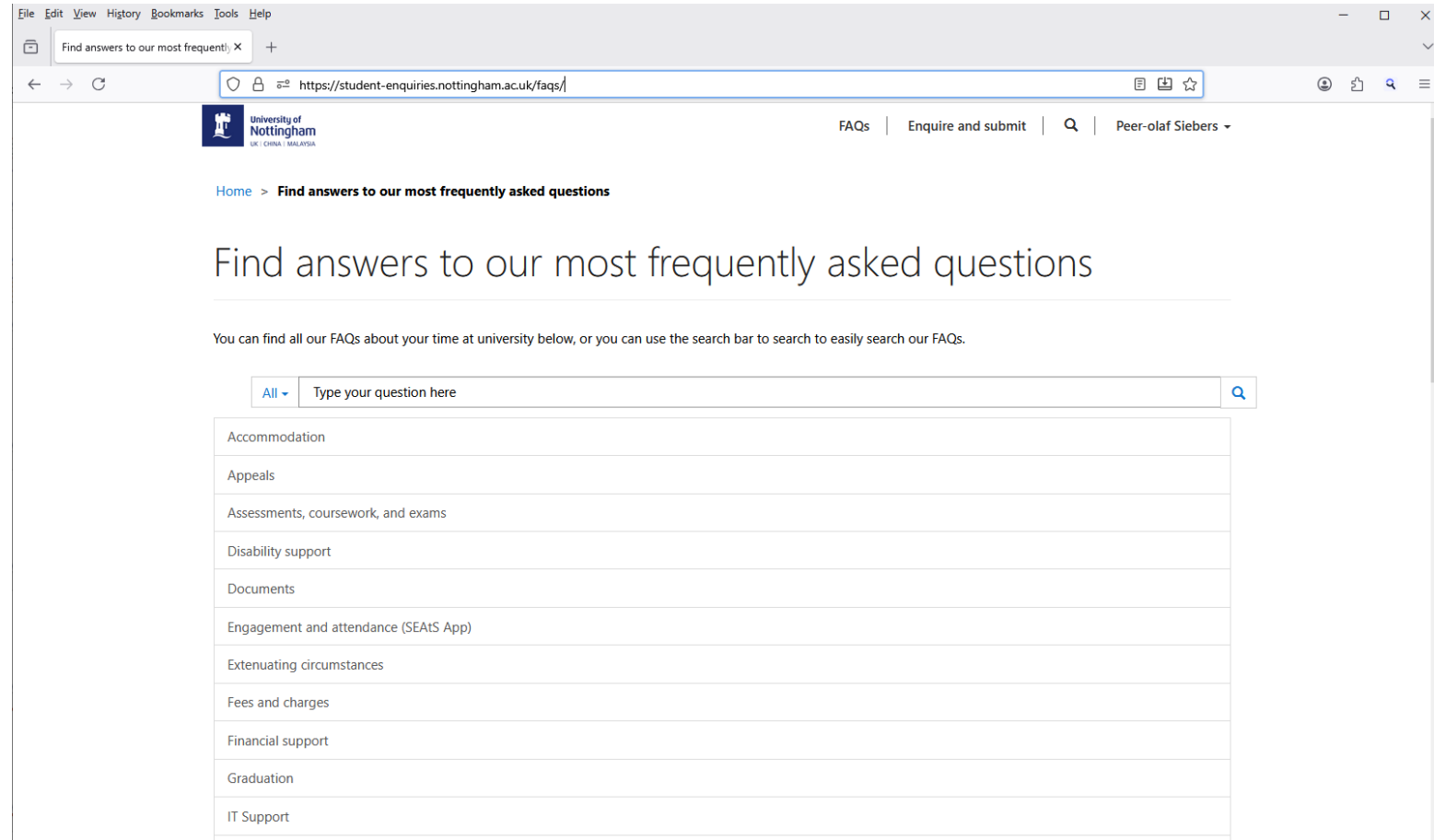
Student Services

<https://www.nottingham.ac.uk/studentservices/>



Student Enquiries

<https://student-enquiries.nottingham.ac.uk/faqs/>



The screenshot shows a web browser window displaying the University of Nottingham's Student Enquiries FAQ page. The browser's address bar shows the URL <https://student-enquiries.nottingham.ac.uk/faqs/>. The page header includes the University of Nottingham logo and navigation links for FAQs, Enquire and submit, and a search icon. The main heading is "Find answers to our most frequently asked questions". Below this, a text block states: "You can find all our FAQs about your time at university below, or you can use the search bar to search to easily search our FAQs." A search bar with a dropdown menu set to "All" and a search icon is provided. Below the search bar is a list of FAQ categories: Accommodation, Appeals, Assessments, coursework, and exams, Disability support, Documents, Engagement and attendance (SEaTS App), Extenuating circumstances, Fees and charges, Financial support, Graduation, and IT Support.

File Edit View History Bookmarks Tools Help

Find answers to our most frequently asked questions

https://student-enquiries.nottingham.ac.uk/faqs/

University of Nottingham
UK | CHINA | MALAYSIA

FAQs | Enquire and submit | Search | Peer-olaf Siebers

Home > Find answers to our most frequently asked questions

Find answers to our most frequently asked questions

You can find all our FAQs about your time at university below, or you can use the search bar to search to easily search our FAQs.

All Type your question here Search

- Accommodation
- Appeals
- Assessments, coursework, and exams
- Disability support
- Documents
- Engagement and attendance (SEaTS App)
- Extenuating circumstances
- Fees and charges
- Financial support
- Graduation
- IT Support

Use of "Generative AI" in the light of Academic Integrity

- Detailed guidance will be provided in the coursework task descriptions
- My general advice
 - Use it for quick advice
 - Use it to brainstorm
 - Use it to improve your understanding
 - Use it to improve grammar etc. (but keep your original draft)
 - Don't use it to generate solutions to your coursework
 - Don't use it to write up your coursework
- You need to be the intellectual lead and be able to defend your work

<https://www.nottingham.ac.uk/currentstudents/news/our-approach-to-ai-in-assessments-is-changing>

Welcome to the UK Quiz 1/2 (by Claude Sonnet 4)

Round 1: British Basics

Question 1

What do Brits call what Americans call "fries"?

- A) Crisps
- B) Chips
- C) Wedges
- D) Spuds

Question 2

What time is "half past" in British English?

- A) 15 minutes past the hour
- B) 30 minutes past the hour
- C) 45 minutes past the hour
- D) The end of the hour

Round 2: Nottingham & Local Knowledge

Question 3

Nottingham is famous for which legendary outlaw?

- A) Dick Turpin
- B) Robin Hood
- C) Blackbeard
- D) William Wallace

Question 4

What is Nottingham's football team called?

- A) Nottingham City
- B) Nottingham United
- C) Nottingham Forest
- D) Nottingham Rovers

Round 3: British Food

Question 5

What's traditionally served with fish and chips?

- A) Ketchup
- B) Mushy peas
- C) Coleslaw
- D) Curry sauce

Question 6

A "full English breakfast" definitely includes:

- A) Croissants
- B) Pancakes
- C) Black pudding
- D) Porridge

Welcome to the UK Quiz 2/2 (by Claude Sonnet 4)

Round 7: Nottinghamshire Dialect & Local Language

Question 18

If someone in Nottingham says "It's black over Bill's mother's," what are they talking about?

- A) A family scandal
- B) The weather looks stormy
- C) Someone's cooking has burnt
- D) There's been a power cut

Question 19

What's a "cob" in Nottinghamshire?

- A) A male swan
- B) A bread roll
- C) A small horse
- D) A type of hat

Question 20

If a Nottingham local says "Ay up, duck!" to you, what should you know?

- A) There's a duck behind you
- B) They're asking if you're okay
- C) It's a friendly greeting (and you're not actually a duck)

Support and Wellbeing

<https://www.nottingham.ac.uk/studentservices/wellbeing/meet-the-team.aspx>

The graphic features the University of Nottingham logo and name in the top left corner, with 'UK | CHINA | MALAYSIA' below it. The main title 'Jubilee Campus Support and Wellbeing Team' is centered at the top. Below the title are four cartoon avatars of team members, each with a name and role. The third avatar, Claire Kirk, is highlighted with a red border. Below the avatars is a large text box with a message about university challenges and support. At the bottom, there are two more text boxes: one for contact information and another for Claire's office location.

University of Nottingham
UK | CHINA | MALAYSIA

Jubilee Campus Support and Wellbeing Team

Liza Aspell
Support and Wellbeing
Business

Morgan Machin
Support and Wellbeing
Business

Claire Kirk
Support and Wellbeing
Computer Science

Jack Woodward
Support and Wellbeing
Education

University can be challenging at times, and it can take a lot of courage to reach out for help
If you have any concerns, no matter how small they might feel, we are here to support you
We can offer a listening ear, and provide support, advice, guidance and can signpost you
to areas of support both internal and external to the university

Come and talk to us in person or on Teams
Get in touch to book an appointment by emailing:
Computer Science: support-science@nottingham.ac.uk
Education & Business: support-socialsciences@nottingham.ac.uk

Claire's office
CompSci Building
C38



A PARTNERSHIP BETWEEN FRIENDS INTERNATIONAL & THE CHAPLAINCY



INTERNATIONAL STUDENT OR SCHOLAR?

Join us every week for friendship,
fun and cultural activities!

MON

BEESTON
GLOBE CAFÉ

MON

CITY
GLOBE CAFÉ

MON

JUBILEE
GLOBE CAFÉ

TUE

SB GLOBE
CAFÉ

THU

CAMEO
WOMEN'S GROUP

FOR MORE INFO GO TO:



linktr.ee/friendsinternationalnottingham

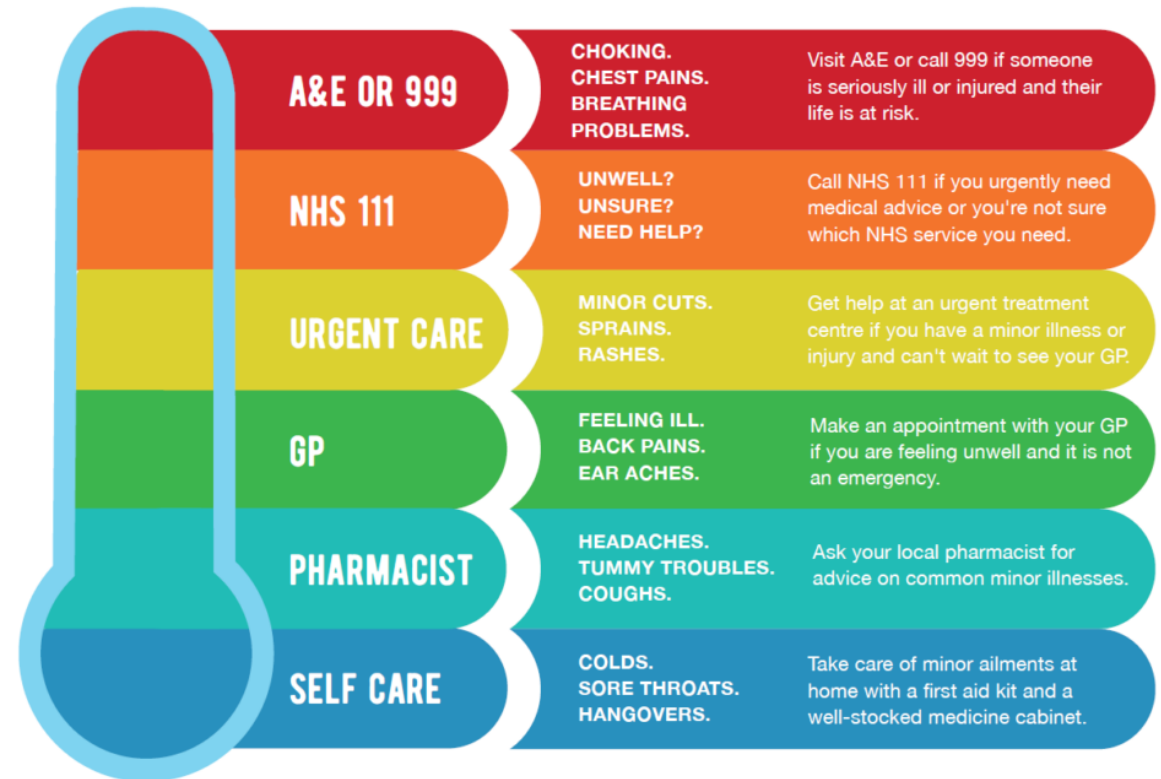
How to Catch a Bus in the UK

- House rules
 - Be prepared
 - Get your hand out (early enough for the driver to see it)
 - Pay (cash or phone or card)
 - Press the bell if you want to get off
 - Thank the driver when leaving
- Full guidance
 - <https://www.salisburyreds.co.uk/how-catch-bus>

Important Numbers

Numbers to Remember on Campus

8888	Emergencies
0115 951 8888	Emergencies (mobile/external)
13013	Security (non-emergency)
13401	Health and Safety Department h&s@nottingham.ac.uk
0115 846 8888	Cripps Health Centre
16666	Estate Office Help Desk
0115 951 6666	Estate Office Help Desk (mobile/external)



What to do in Nottingham

- Historical Sites
 - **Nottingham Castle:** Recently reopened after major renovations, featuring Robin Hood exhibitions and great city views
 - **City of Caves:** Fascinating network of sandstone caves beneath the city centre
 - **Ye Olde Trip to Jerusalem:** Claims to be England's oldest inn, carved into the castle rock
- Cultural Attractions
 - **National Justice Museum:** Interactive museum in the old courthouse
 - **Nottingham Contemporary:** Excellent modern art gallery
 - **Theatre Royal & Royal Concert Hall:** Top venues for shows and performances

What to do in Nottingham

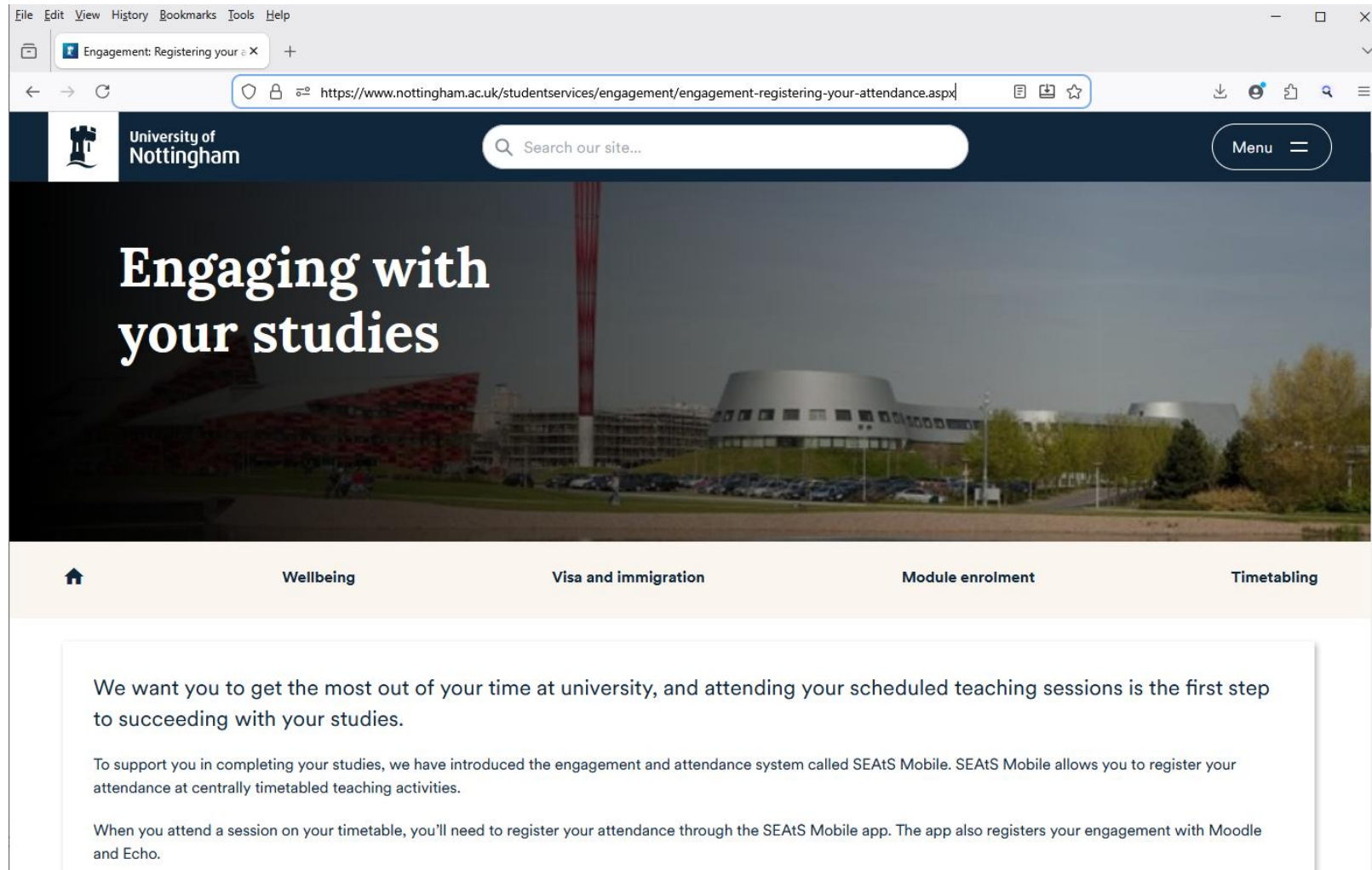
- Areas to Explore
 - **Lace Market:** Historic quarter with Victorian architecture, now full of bars, restaurants and independent shops
 - **Hockley:** Trendy area with vintage shops, cafés and street art
- Green Spaces:
 - **Wollaton Hall & Park:** Elizabethan mansion with deer park and Natural History Museum
 - **Sherwood Forest:** Just outside the city, perfect for Robin Hood fans
 - **The Arboretum:** Victorian park near the city centre

What to do in Nottingham

- Shopping & Markets:
 - **Victoria Centre:** Major shopping centre
 - **Old Market Square:** Regular markets and events in one of the UK's largest city squares
- Daily Shopping (note that Sundays shops close at 4/5pm)
 - **Lidl + Aldi:** Low price segment
 - **Sainsbury + Tesco:** Medium price segment
 - **Marks & Spencer Food + Waitrose:** High price segment
 - **Small shops:** Have generous opening hours

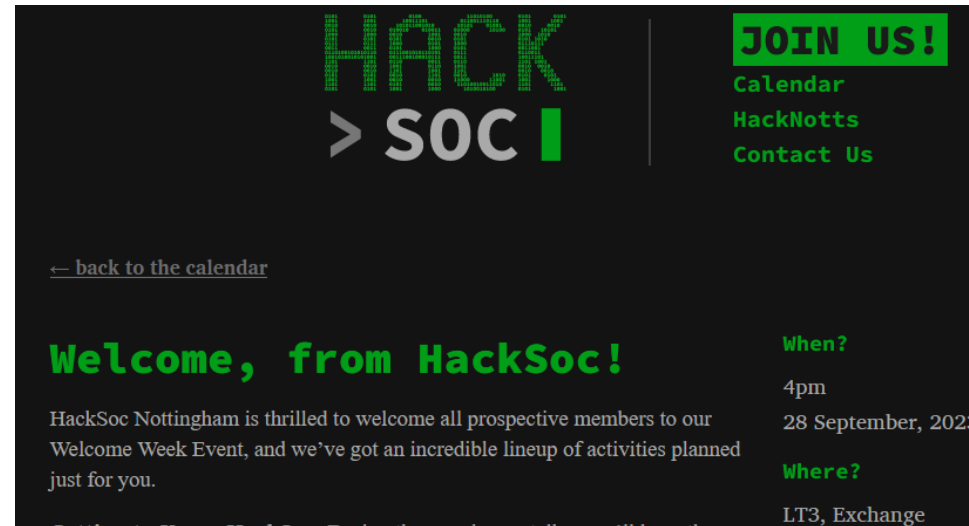
QR Code Scanning

<https://www.nottingham.ac.uk/student services/engagement/engagement-registering-your-attendance.aspx>



Anything Else?

- Staff aim to reply to emails within 2-3 working days (but it might take longer)
- Student Evaluation of Module (SEM)
- Student Union (Societies and Advice)
- Discord
- HackSoc



Important Information for 2+2 UNNC Students

- If you are a 2+2 student and want to obtain your graduation certificate from the Chinese Ministry of Education (MOE), then you must take the Individual Dissertation course in the third year, as this course is compulsory for you.



In the Appendix ...

- Appendix 1
 - Senior Tutor Presentation Slides
 - Senior Tutor Role
 - Extenuating Circumstances
 - Disability Support Services
 - Exam Adjustments and Religious Observance
- Appendix 2
 - Quiz Solution
- Appendix 3
 - Cultural Awareness, Diversity, and Inclusion Presentation Slides

Final Words

- Advice
 - Make most out of your time in UNUK
 - Be part of the UNUK community
 - Get to know staff well
 - Show off how good you are



Enjoy your time with us in the UK

Questions?



Image Source: <https://improvingteaching.co.uk/2022/02/20/professional-development-that-works-three-questions-to-ask/>

Appendix 1

Senior Tutor Presentation Slides



- Senior Tutor Team

- Liz Felton
- Peer-Olaf Siebers



- Our joint email account (quickest way to get a response)

- Senior Tutor Team: ps-cs-senior-tutor@nottingham.ac.uk

- We aim to respond within 3 days

- If you do not get a response within 3 days, please feel free to resend your message, adding an @ at the beginning of your subject line



- Main duty: Providing pastoral care including acting as a secondary source of advice where problems cannot be resolved by personal tutors
- We attend School / Faculty / University Meetings
 - Learning Community Forum
 - Teaching and Learning Committee
 - Senior Tutors' Network
- We are in touch with
 - Disability Liaison Officer
 - University's Support and Wellbeing Service
 - Extenuating Circumstances Panel
 - Director of Teaching and Learning



- Role of your personal tutor
 - First point of contact and source of advice for anything related to your studies
 - Oversees your academic progress (and writes references)
 - Make sure you know who your personal tutor is! If you do not have been allocated a personal tutor, please email cs-admin@nottingham.ac.uk to get one allocated.
- Contacting your personal tutor
 - In Year 1 you will meet your personal tutor regularly for group tutorials
 - You can also contact your personal tutor via email to ask questions or to make an appointment



- Welcome to the School of Computer Science
 - <https://www.nottingham.ac.uk/studentservices/welcome/school-and-department-welcome/computer-science/index.aspx>
- CompSci Community Hub
 - <https://uniofnottm.sharepoint.com/sites/SchoolofComputerScienceNewslettersandGeneralResourcesforStudents>
- Student Enquiry Centre (Information and EC requests)
 - <https://student-enquiries.nottingham.ac.uk/>

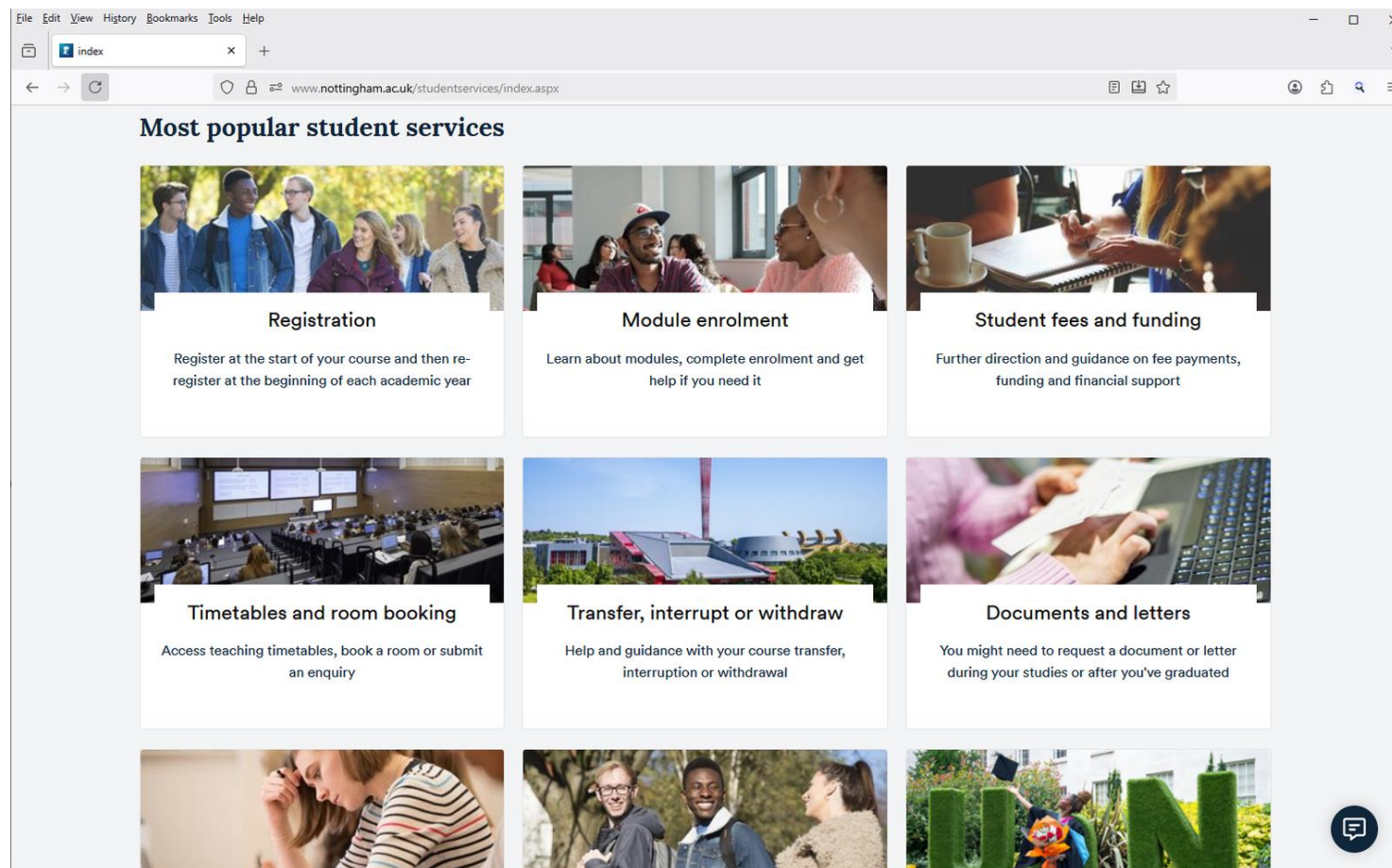


- Report + Support (to report incidences)
 - <https://reportandsupport.nottingham.ac.uk/>
- Chaplaincy and faith support
 - <https://www.nottingham.ac.uk/studentservices/services/chaplaincy.aspx>
- Scams (talk to us if you think you have fallen victim to a scam)
 - <https://www.nottingham.ac.uk/studentservices/support/financialsupport/managingyourmoney/fraud-and-scams.aspx>
 - <https://www.nottingham.ac.uk/currentstudents/news/beware-of-scams-targeting-students>
- Progression Questions
 - <https://www.nottingham.ac.uk/qualitymanual/2-documents/ug-regs-flow-chart.pdf>



Information: Student Services

<https://www.nottingham.ac.uk/studentservices/>





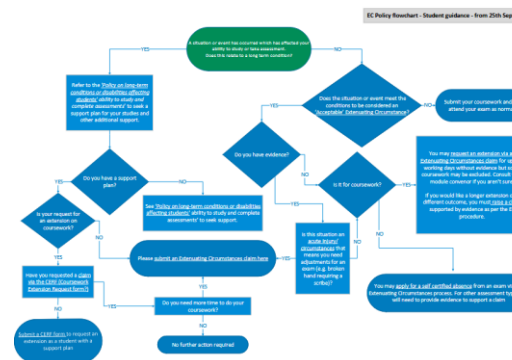
Extenuating Circumstances

- Extenuating Circumstances (ECs) are events that affect your performance in assessments which are unforeseen and out of your control
 - For exceptional, short-term circumstances
 - QM Regulations: <https://www.nottingham.ac.uk/qualitymanual/assessment-awards-and-deg-classification/ext-circumstances.aspx> (check Section 2)
 - Student Services: <https://www.nottingham.ac.uk/student-services/service-details/extenuating-circumstances/extenuating-circumstances.aspx> (best description)
 - For long term circumstances use the Disability Support Services
 - <https://www.nottingham.ac.uk/student-services/service-details/disability-support-services/disability-support-services.aspx> (apply as soon as you join the school)



Extenuating Circumstances

- ECs with Evidence
 - Check QM EC regulations (Section 2.3)
- ECs without evidence (self-certification)
 - Check QM EC regulations (Section 2.4)
- Timeline
 - Coursework
 - Claims must be submitted **before the coursework deadline**
 - Timetabled examinations/assessments
 - EC claims must be submitted prior to, or within **5 working days** of, the examination/assessment
 - Evidence (submission is online)
 - Should usually be provided **at the time of making the EC claim**
 - May be submitted **up to 10 working days** from the deadline/examination



<https://www.nottingham.ac.uk/studentservices/documents/extenuating-circumstances/new-ec-policy-flowchart-1.pdf>



- Disability Support Services
 - Offer support for students with a disability, mental health difficulty, long-term medical condition, autistic spectrum condition, or a specific learning difference such as dyslexia, dyspraxia, dyscalculia or ADHD.
 - <https://www.nottingham.ac.uk/studentservices/servicedetails/disability-support-services/disability-support-services.aspx> (apply as soon as you join the school)
 - Support plan (discuss what can be offered with the Disability Liaison Officer)
 - Reasonable time adjustments for completing coursework and exams
 - Room adjustments during exams ...
 - Remember ...
 - For long term circumstances use the **Disability Support Services**
 - For exceptional, short-term circumstances use **EC procedure**



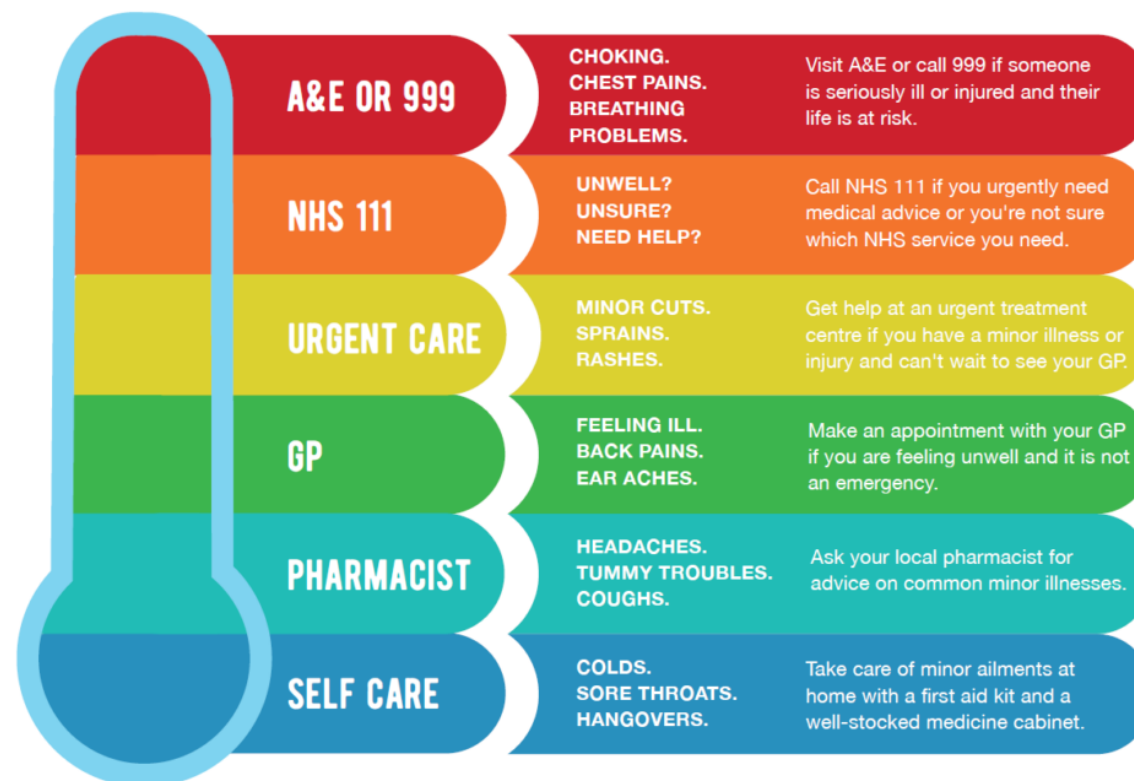
- Exam adjustments
 - All details: <https://www.nottingham.ac.uk/student-services/service-details/assessment-and-examinations/exam-adjustments-and-religious-observance.aspx>
 - Long term: Contact Disability Support Services
 - Short term: Apply for ECs
 - Religious observance: Fill out Religious Observance form (use above link)
 - Exams can be scheduled on Saturdays
- For application **deadlines** check above webpage



Important Numbers

Numbers to Remember on Campus

8888	Emergencies
0115 951 8888	Emergencies (mobile/external)
13013	Security (non-emergency)
13401	Health and Safety Department h&s@nottingham.ac.uk
0115 846 8888	Cripps Health Centre
16666	Estate Office Help Desk
0115 951 6666	Estate Office Help Desk (mobile/external)
16677	IT Service Desk
0115 951 6677	IT Service Desk (mobile/external)



Quiz

- Difference between Great Britain vs United Kingdom vs British Isles?

Around 6,000 islands
around 120 to 200 are inhabited



Appendix 2

Quiz Solutions

Quiz Solution

- Q1: B
- Q2: B
- Q3: B
- Q4: C
- Q5: B
- Q6: C

- Q18: B
- Q19: B
- Q20: C

Appendix 3

Cultural Awareness, Diversity, and Inclusion Presentation Slides

Cultural Awareness, Diversity, and Inclusion



Peer-Olaf Siebers (Senior Tutor) 02/2025

Content on 'Cultural Awareness' inspired by "Cultural Awareness" slides by Steve Rooney, Zoe Enstone, and Marta Ulanicka (Leicester University)

Content on 'Diversity and Inclusion' inspired by "Diversity and Inclusion in Higher Education" slides by Deirdre Cobb-Roberts and Michelle McNulty (University of South Florida)

Language Quiz and 'Understanding the Brits' contributed by Rachel Jessops (University of Nottingham)

Culture

- Culture is "all those things that people have learned to do, believe, value, and enjoy in their history ... the ideals, beliefs, skills, tools, customs, and institutions into which each member of society is born" (Sue 1981)
- There is your own culture and the culture of others
 - Cultural Assumptions: We often take our own cultural norms for granted, assuming they are universal, while other cultures may have entirely different perspectives and practices
 - Mutual Influence: Cultures do not exist in isolation; they interact, adapt, and influence each other, leading to both enrichment and potential misunderstandings

Sue D (1981) "Counseling the Culturally Different: Theory and Practice". New York: Wiley

What is Cultural Awareness?

- Why is it important?
 - Culture influences food, dress, opinions, identity, music, social interactions, and language
 - Understanding cultural backgrounds fosters cross-cultural understanding and acceptance
 - Helps us see our own culture from an outsider's perspective
- Key Focus:
 - Visible differences: food, clothing, etc.
 - Invisible differences: values, work ethic, etc.

Examples of Cultural Differences

- Time Perception
 - Mediterranean/Latin America: Arriving 30 minutes late is normal
 - Northern Europe: Arriving late is rude
- Gestures
 - England: 'O' with fingers means "Ok"
 - France: The same gesture means "Nothing" or "Worthless"
 - India: Shaking head side to side means "Yes"
- Laughter
 - Most countries: Sign of happiness
 - Japan: Sign of confusion or embarrassment

How to Be Culturally Aware

- Ask questions about other cultures
- Be open-minded: Your way isn't the only way
- Learn from others and share your culture
- Simplify language when communicating
 - Speak slowly, stress important words, and repeat if needed
- Use non-verbal communication
 - Body language, gestures, and facial expressions are key

What is Culture Shock?

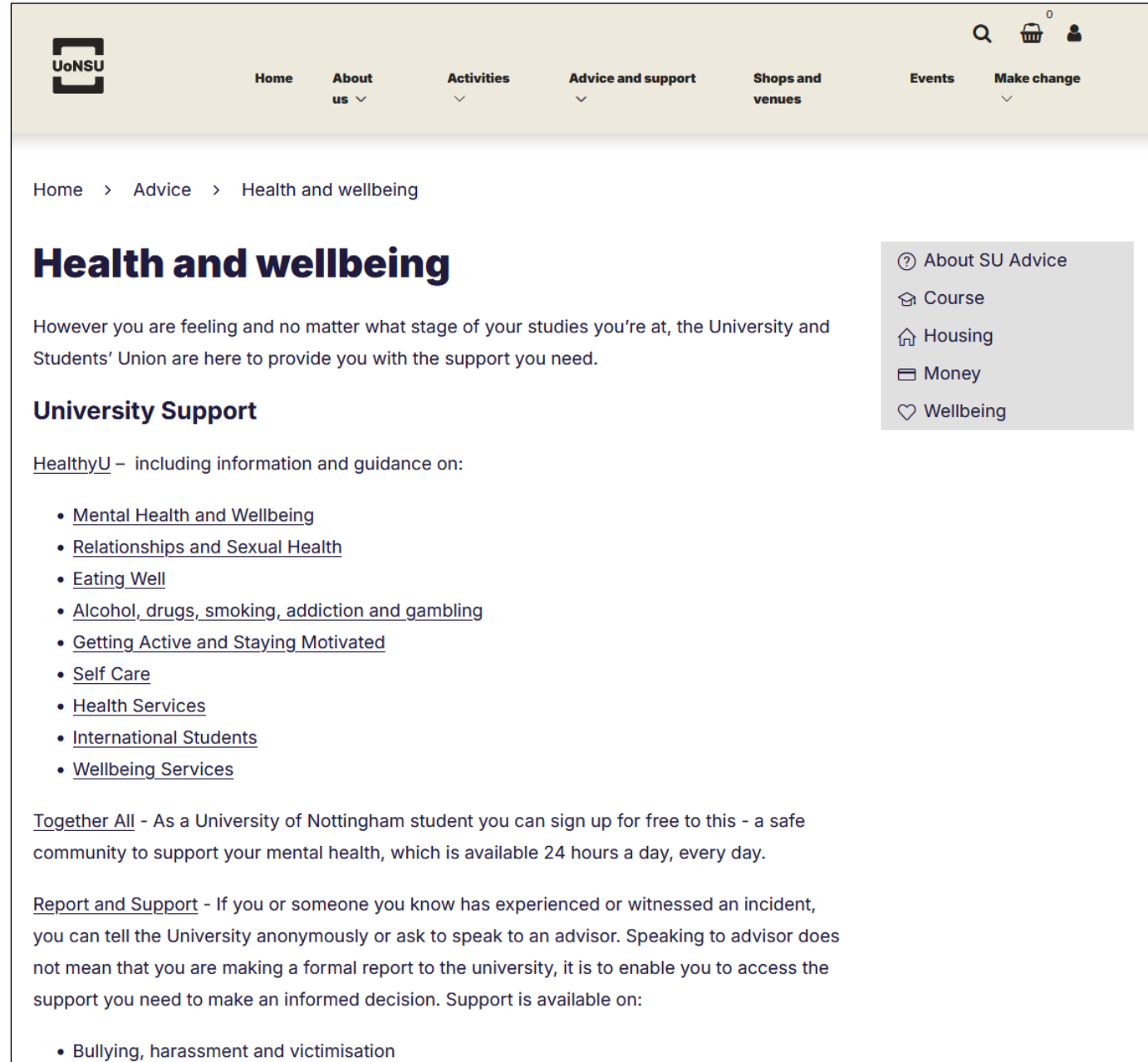
- Definition
 - Disorientation when exposed to an unfamiliar culture
- Stages
 1. Honeymoon Stage: Fascinated by the new culture
 2. Disintegration Stage: Feels anxious, withdraws, and criticizes the culture
 3. Re-integration Stage: Begins to adapt but may still reject differences
 4. Independence Stage: Enjoys the culture and adopts new behaviours
 5. Autonomy Stage: Fully comfortable and understands the culture
- Symptoms
 - Homesickness; withdrawal; boredom; irritability; excessive sleeping; irrational anger ...

How to Help Someone with Culture Shock

- Encourage them to get involved in university life
- Encourage them to seek support and reassurance
- Invite them to activities and encourage open conversations
- If severe, direct them to the Student Welfare Service or a coordinator

Professional Help

<https://su.nottingham.ac.uk/advice/health-and-wellbeing>



The screenshot shows the UoNSU website with a navigation bar at the top containing links to Home, About us, Activities, Advice and support, Shops and venues, Events, and Make change. The main content area is titled 'Health and wellbeing' and includes a breadcrumb trail: Home > Advice > Health and wellbeing. The page text states: 'However you are feeling and no matter what stage of your studies you're at, the University and Students' Union are here to provide you with the support you need.' It then features a section titled 'University Support' with the heading 'HealthyU – including information and guidance on:' followed by a bulleted list of topics: Mental Health and Wellbeing, Relationships and Sexual Health, Eating Well, Alcohol, drugs, smoking, addiction and gambling, Getting Active and Staying Motivated, Self Care, Health Services, International Students, and Wellbeing Services. Below this, a paragraph describes 'Together All' as a free, 24-hour mental health support community for students. Another paragraph describes 'Report and Support' as a way to report incidents or seek advice. A final bulleted list at the bottom includes 'Bullying, harassment and victimisation'. On the right side of the page, there is a sidebar menu with links: About SU Advice, Course, Housing, Money, and Wellbeing.

UoNSU

Home About us Activities Advice and support Shops and venues Events Make change

Home > Advice > Health and wellbeing

Health and wellbeing

However you are feeling and no matter what stage of your studies you're at, the University and Students' Union are here to provide you with the support you need.

University Support

HealthyU – including information and guidance on:

- Mental Health and Wellbeing
- Relationships and Sexual Health
- Eating Well
- Alcohol, drugs, smoking, addiction and gambling
- Getting Active and Staying Motivated
- Self Care
- Health Services
- International Students
- Wellbeing Services

Together All - As a University of Nottingham student you can sign up for free to this - a safe community to support your mental health, which is available 24 hours a day, every day.

Report and Support - If you or someone you know has experienced or witnessed an incident, you can tell the University anonymously or ask to speak to an advisor. Speaking to advisor does not mean that you are making a formal report to the university, it is to enable you to access the support you need to make an informed decision. Support is available on:

- Bullying, harassment and victimisation

? About SU Advice
Course
Housing
Money
Wellbeing

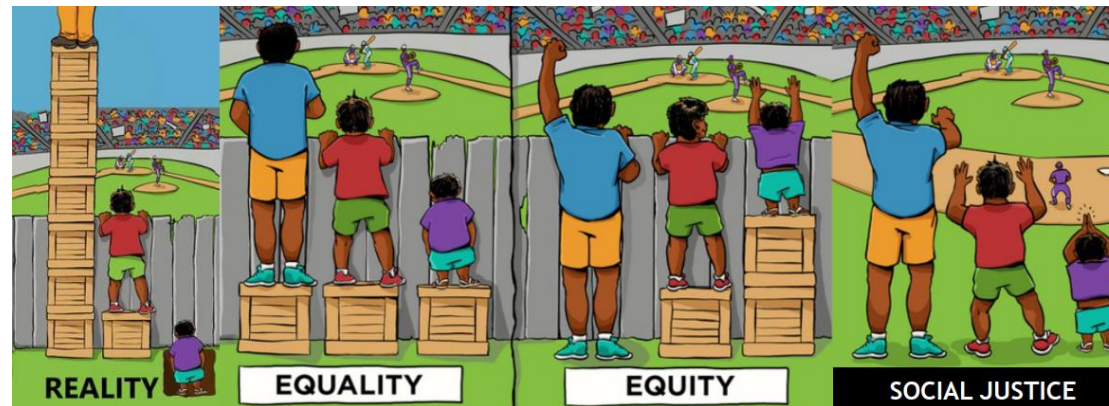
What are Diversity and Inclusion?

- **Diversity** is simply a representation of many different types of people
 - Diversity includes differences in racial and ethnic background, socioeconomic status, geographic location, academic/professional background, opinions, religious beliefs, political beliefs, sexual orientations, heritage, and life experiences
 - Diversity often focuses on the differences and is referred to as "the mix"
- **Inclusion** is the deliberate act of welcoming diversity and creating an environment where all different kinds of people can thrive and succeed
 - Inclusion is the act of "making the mix work"

Everyone should feel **safe and encouraged to fully participate** and be on equal and equitable footing as everyone else!

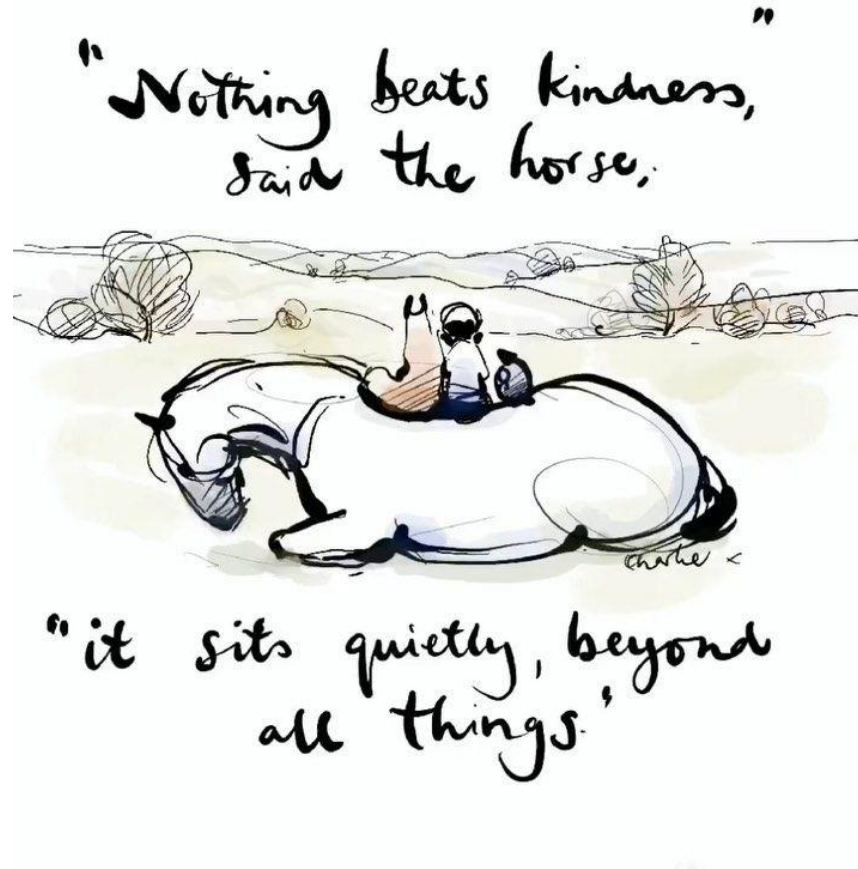
Equality vs. Equity vs. Social Justice

- **Equality** means providing the same resources, policies, and practices, regardless of difference
- **Equity** means providing resources, policies, and practices based on varying needs
- **Social Justice** is a process of providing resources, policies, and practices based on varying needs and working towards eliminating the causes of the disparities



Kindness on Campus

For more information on this UoN initiative speak to Laura Walker from the "HealthyU" Team
(laura.walker@nottingham.ac.uk)



From the book 'The Boy, The Mole, The Fox and The Horse' by Charles Mackesy

Language Quiz

- What do these Idioms and Phrases mean?

Idiom	Meaning
Cheap as chips	
Butterflies in my stomach	
Finding a needle in a haystack	
Fish out of water	
Get something off your chest	
Give it a whirl	
In the fast lane	
Making a mountain out of a molehill	
Bob's your uncle!	
A piece of cake	

Phrasal Verb	Meaning
Cut it out!	
Bring it on!	
Fill me in	
Get back to it	
Hang on	
Keep going	
Look out!	
Turn up	
Work it out	

Language Quiz

Idiom	Meaning
Cheap as chips	Very inexpensive
Butterflies in my stomach	Feeling nervous or excited
Finding a needle in a haystack	Extremely difficult to find
Fish out of water	Feeling out of place
Get something off your chest	Talk about a problem or worry
Give it a whirl	Try something new
In the fast lane	Living a busy or exciting life
Making a mountain out of a molehill	Overreacting to a small issue
Bob's your uncle!	It's done, simple as that!
A piece of cake	Very easy to do

Phrasal Verb	Meaning
Cut it out!	Stop doing that!
Bring it on!	I'm ready for the challenge!
Fill me in	Give me the details
Get back to it	Resume what you were doing
Hang on	Wait a moment
Keep going	Continue, don't stop
Look out!	Be careful!
Turn up	Arrive or appear
Work it out	Solve the problem

Further Language Quirks

- Some Local Slang

- "Duck" is a common term of endearment used in the East Midlands, like "love", "dear", or "mate". People might say, "Alright, me duck?" meaning "How are you, love?" or "How are you, mate?". It originates from the Old English word ducas, meaning leader, and evolved into a friendly way to address someone.
- "Tada" (or "Ta-ra") is an informal way of saying goodbye, like "see you later." It's commonly used across the Midlands and the North of England.

- Greetings in Britain

- In British English, it is common for people to greet each other with "How are you?":
 - Person A: "How are you?" (meaning "Are you alright?")
 - Person B: "How are you?" (meaning "Yeah, and you?")
 - Person A: "" (meaning "All good!")

Language Quiz

- How many different meanings can the sentence "**I didn't say to her you were stupid**" have if you stress different words?
 - Example: I didn't say to **her** you were stupid (but I said it to someone else)

Mike Cook, Professional Development, The University of Nottingham

Language Quiz

- How many different meanings can the sentence "**I didn't say to her you were stupid**" have if you stress different words?
- **I** didn't say to her you were stupid (someone else did)
- I **didn't** say to her you were stupid (emphasis)
- I didn't **say** to her you were stupid (perhaps you sent an email)
- I didn't say to **her** you were stupid (but I said it to someone else)
- I didn't say to her **you** were stupid (I said someone else was)
- I didn't say to her you **were** stupid (you still are stupid)
- I didn't say to her you were **stupid** (I said other stuff about you)

Mike Cook, Professional Development, The University of Nottingham

Some Fun: Understanding the Brits

What the British say	What the British mean
With all due respect ...	I think you are wrong.
Perhaps you would think about ... I would suggest ...	This is an order. Do it or be prepared to justify yourself.
Oh, by the way ...	The following criticism of the purpose of the discussion is ...
I was a bit disappointed that ...	I am very upset and angry that ...
Very interesting ...	I don't like it.
Could you consider some other options?	Your idea is not a good one.
Please think about that some more.	It's a bad idea. Don't do it.
I'm sure it's my fault.	It's not my fault.
That is an original point of view.	Your idea is stupid.

<https://www.linkedin.com/pulse/we-all-speak-english-dont-nannette-ripmeester/>