University of Kent

Kickstarting Your Degree

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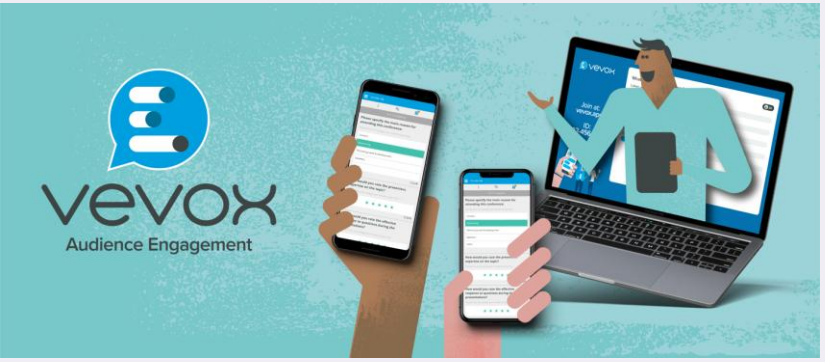
Dr Katie Goodbun (Director of UG Studies)

Stand for ambition.
kent.ac.uk

University of
Kent
School of
Psychology

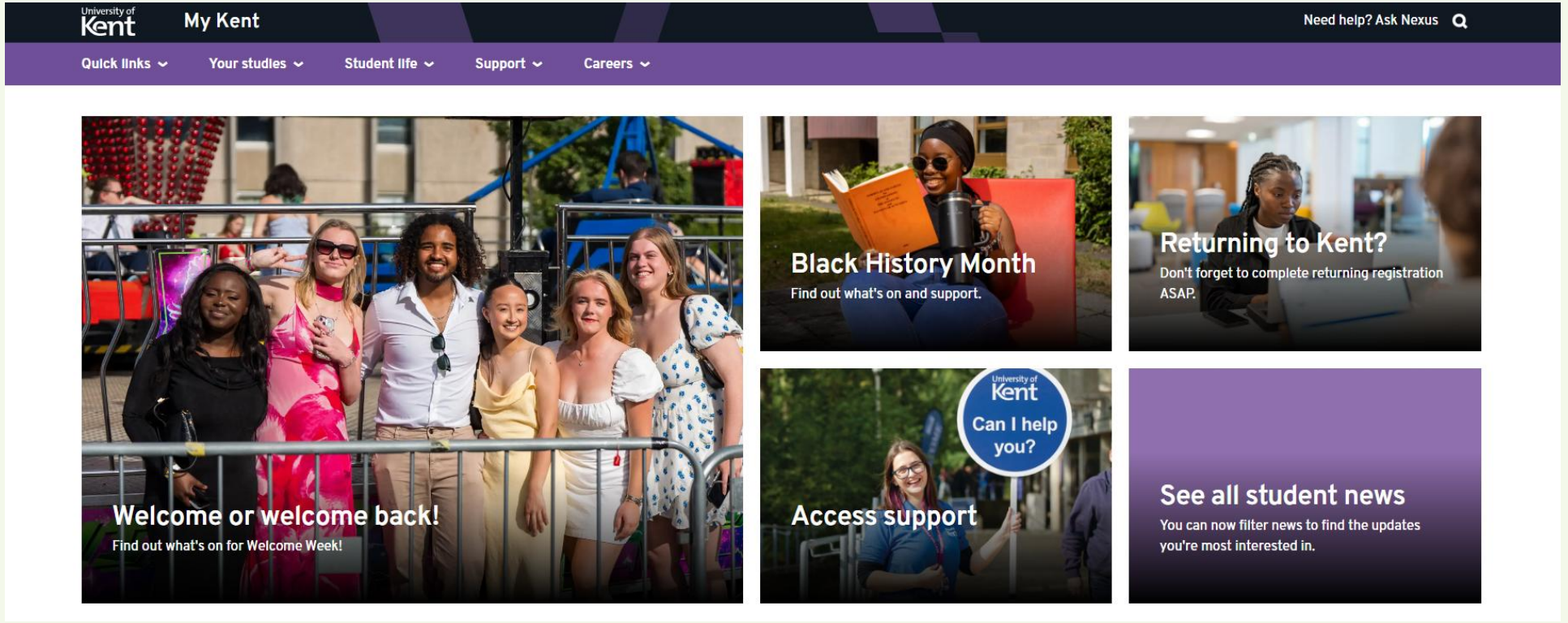
What are three ways you think your university or course can help you to succeed?



What you can do now

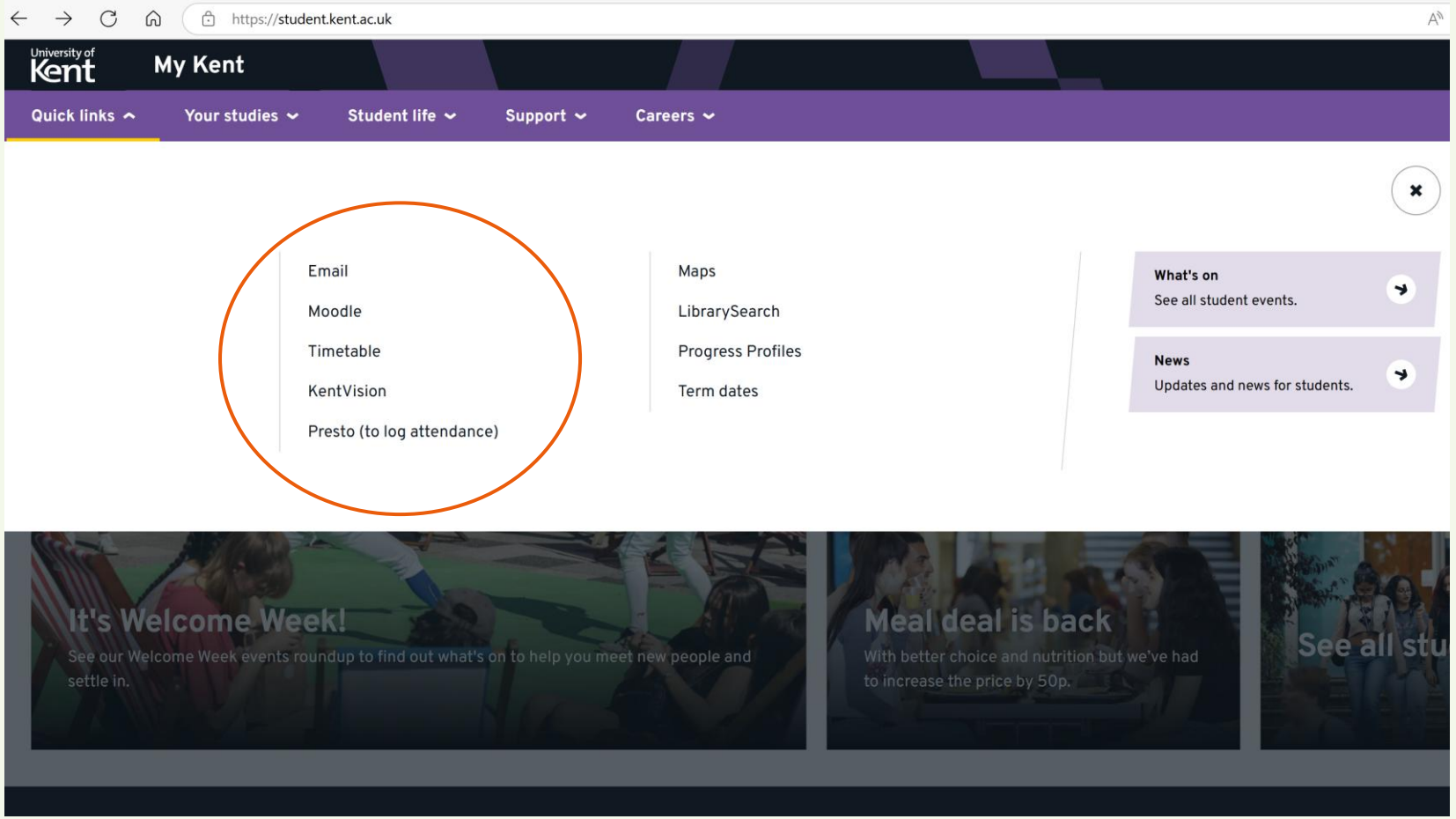
- Welcome Week
- Kent Email (check regularly)
- Check your timetable
- Moodle
- Presto

Your main hub: kent.ac.uk/student



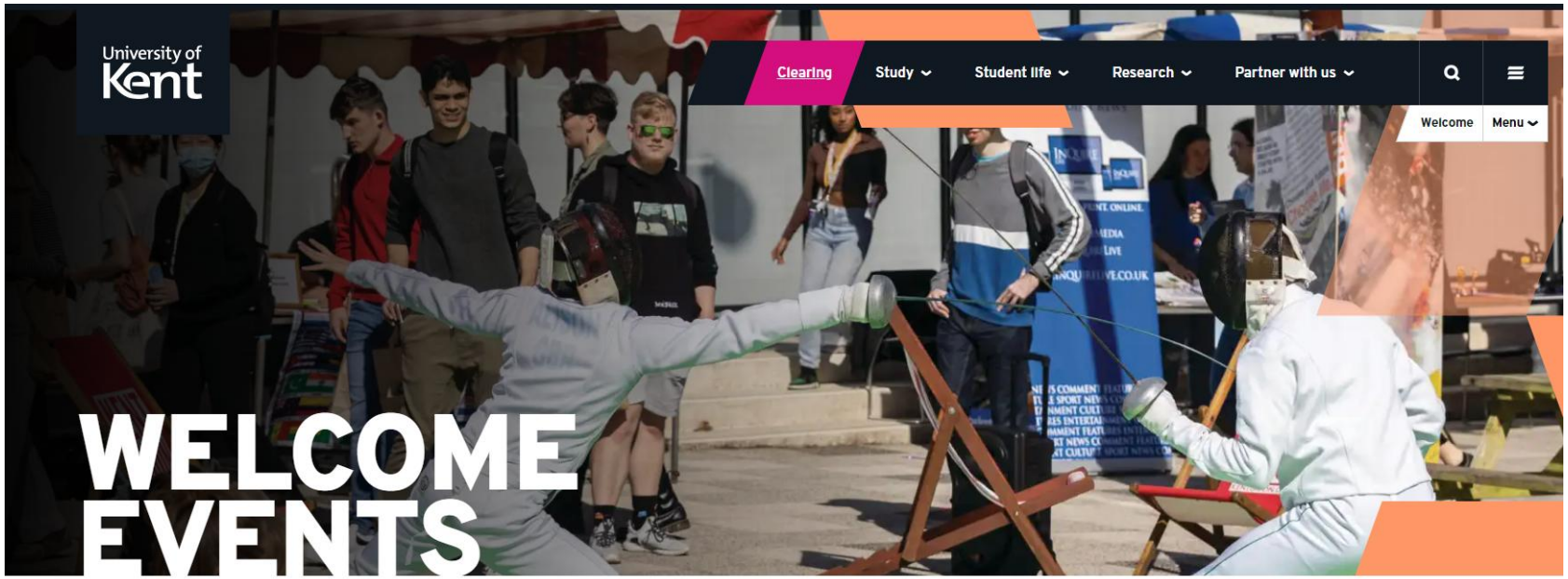
Where to start?

kent.ac.uk/student



	Monday 29 September	Tuesday 30 September	Wednesday 1 October	Thursday 2 October	Friday 3 October
09:00-10:00					
10:00-11:00				Clinical Psychology Introduction 09:30-11:30 KLT1	
11:00-12:00		Academic Advising Meetings 11:00-12:00 Various Rooms			
12:00-13:00		Psychology Placement Talks 12:00-13:00 KLT6		Kickstart your Psychology Degree 12:00-13:00 KLT1	
13:00-14:00				Connect & Thrive: Meet your Peer Mentors 13:00-14:00 KLT1 & KLT4	
14:00-15:00		Neurodivergent Welcome 14:00-16:00 KLT4			
15:00-16:00	Welcome to the School of Psychology 15:30-17:00 WLT				
16:00-17:00					
17:00-18:00	Welcome Social 17:00-18:00 Woolf Lower Foyer				
Evening					

University of Kent



Welcome (back) to Kent!

We can't wait to welcome new and returning students to campus in September. During Welcome Week there will be plenty of events and drop-ins to help you settle in, meet new people and try out new things.

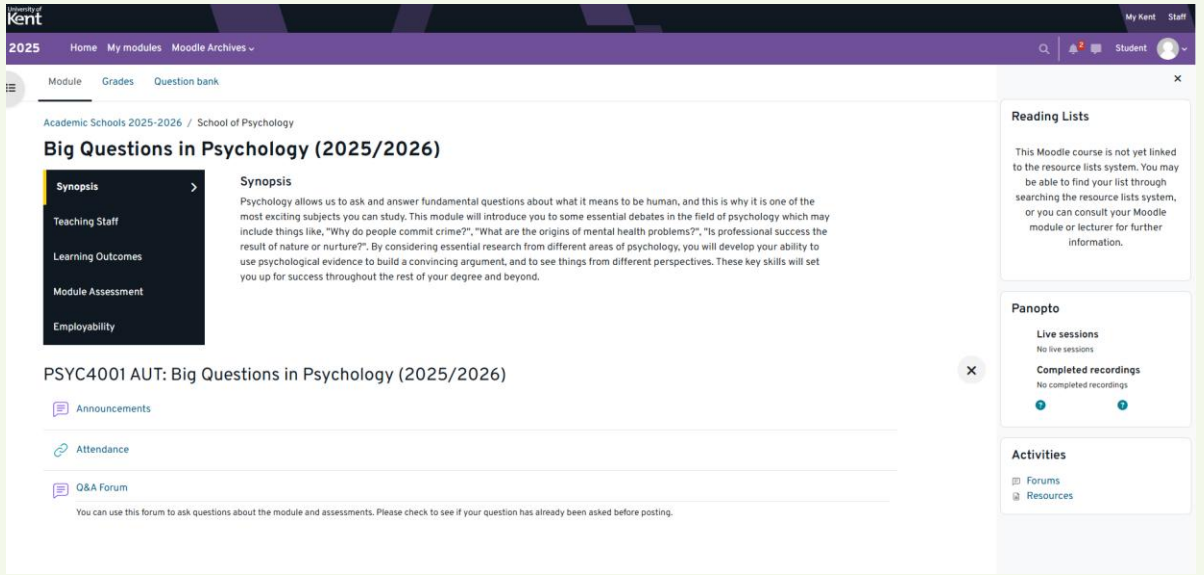
New students - don't forget your Divisional and School events as they will get you ready for when teaching starts.

International students are invited to this year's Global Hangout where you can creative with craft activities, get active with Kent Sport and meet new and returning international students in a relaxed environment.

https://www.kent.ac.uk/welcome/whats-on

What is Moodle? - Home | 2025

- Your modules will be listed on Moodle
- You can find out general information about your module and read the module outline
- The weekly content is listed along with the required independent reading
- We will save the link to the recorded lecture
- This is where you submit your assignments
- You can post questions on the forum
- Don’t forget to check your emails and timetable too

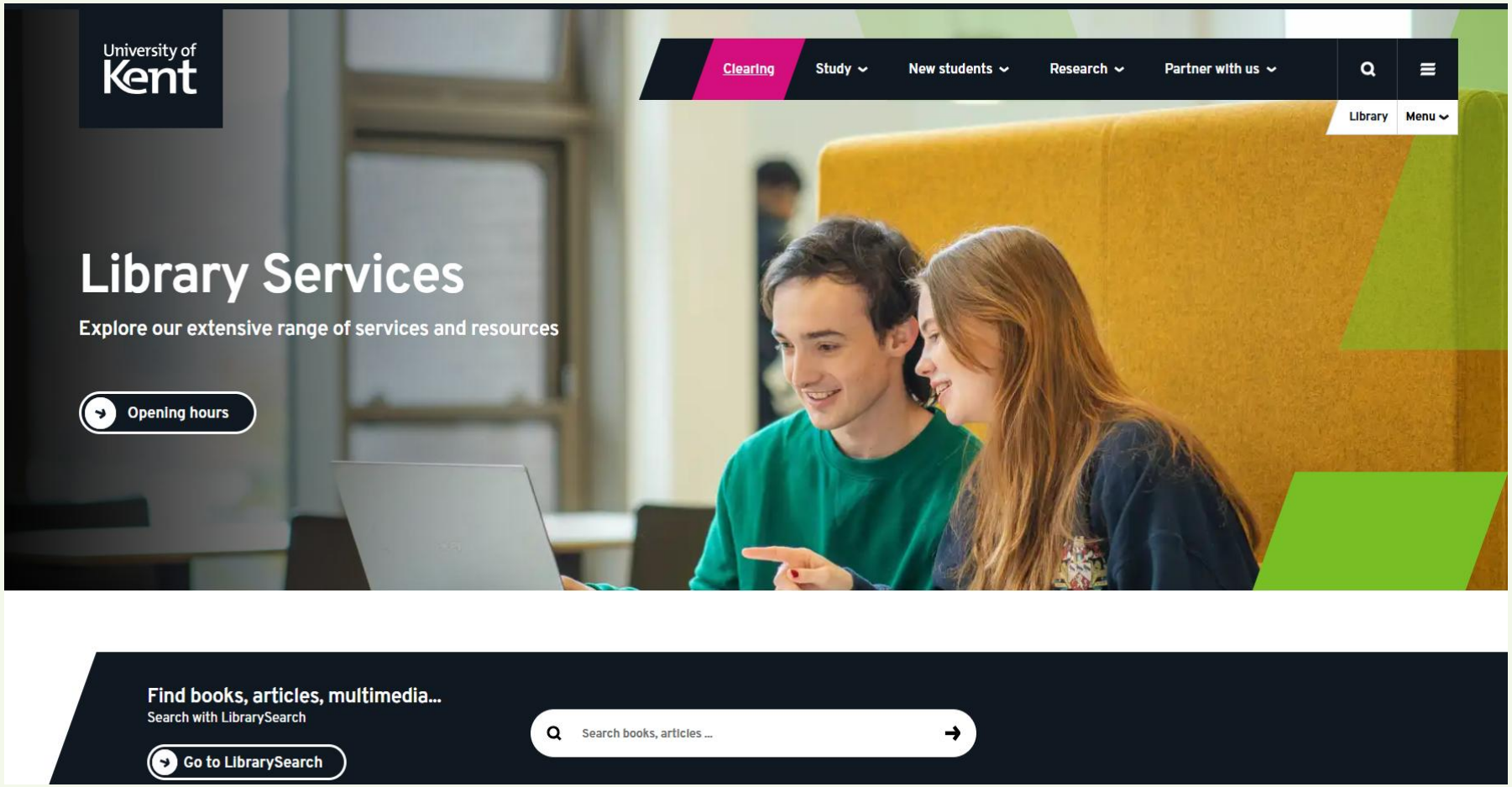


Module Teaching - lectures

- Delivery of modules via timetabled **lectures.** You will have a link to your timetable.
  - **Lectures are live on Campus**
  - **Will be Recorded**
- Relevant reading and resources will be available on Moodle prior to the lecture
  - **Including lecture slides (24 hrs in advance)**
- Lectures are often in other buildings on campus
- There is an excellent guide to help with finding rooms: https://www.kent.ac.uk/maps/canterbury/canterbury-campus/

Library Services -

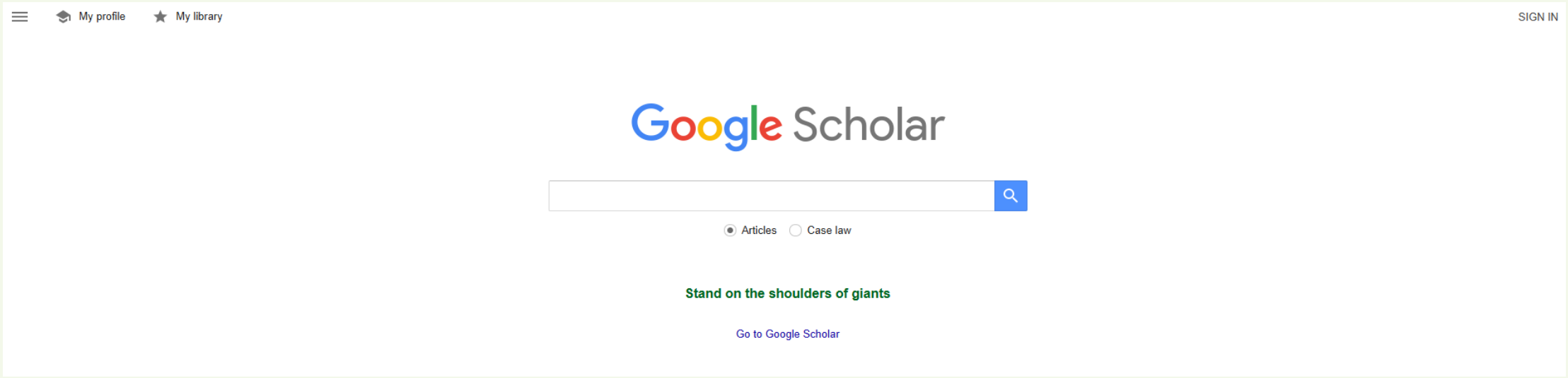
Library - University of Kent



Other ways to search for journal articles/resources:

- Google Scholar

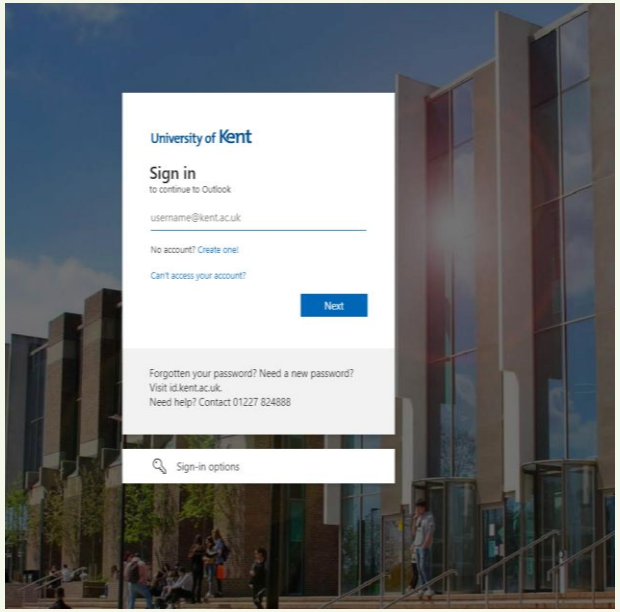
[Google Scholar]



Student Consultation hours

- All academic staff have office hours at a fixed time each week (may be in person or online).
- If the time doesn't work for you, you can email them to request something different.
- Some topics you might like to discuss:
  - Module-specific queries
  - Research opportunities
  - Placement/employment opportunities
- Hours will be posted on Moodle Student Guide and are typically available on the Moodle page for each module.

Stay informed and up to date!



Kent Email

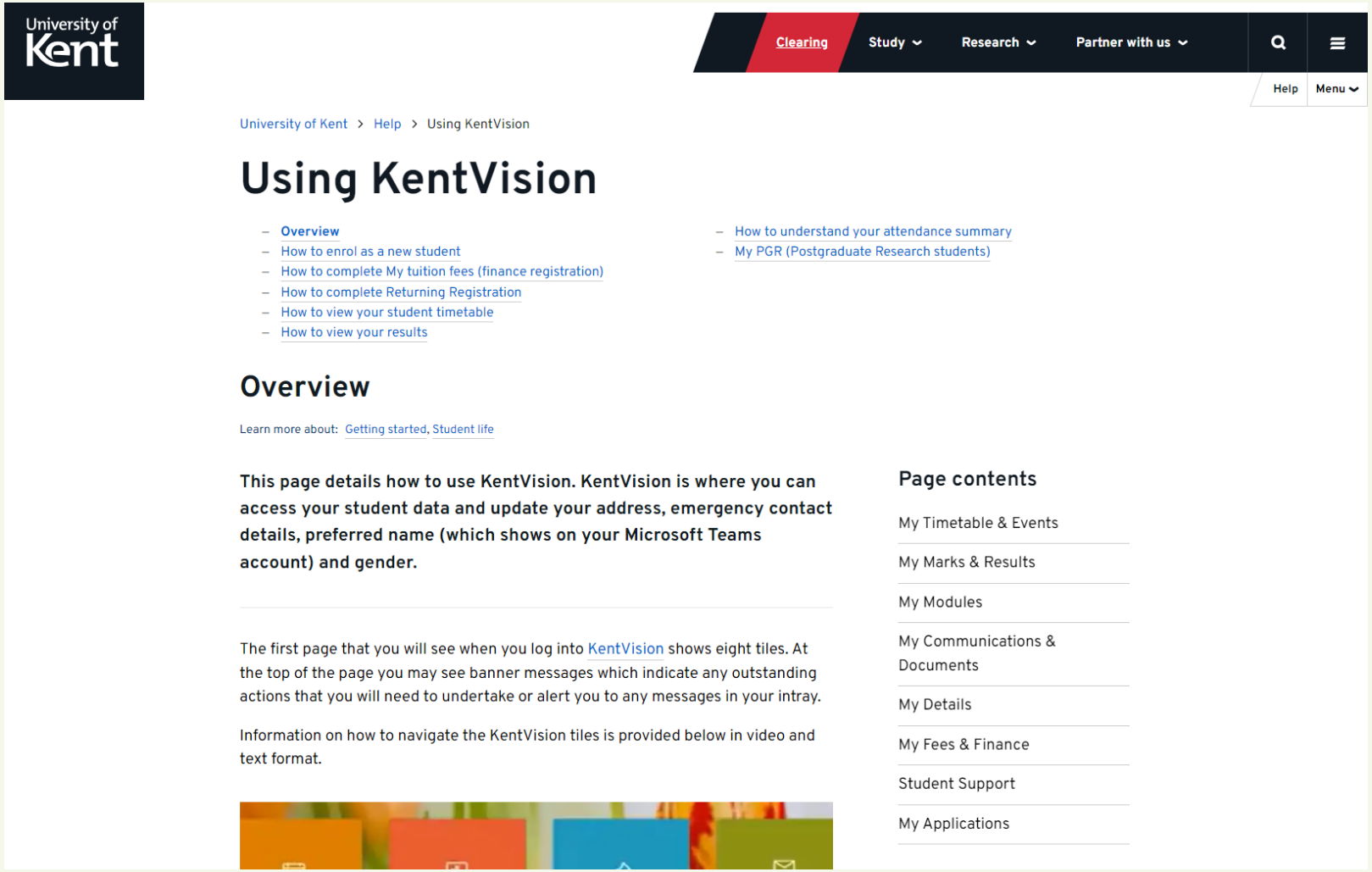
Moodle 2025

Moodle

Attend all teaching events

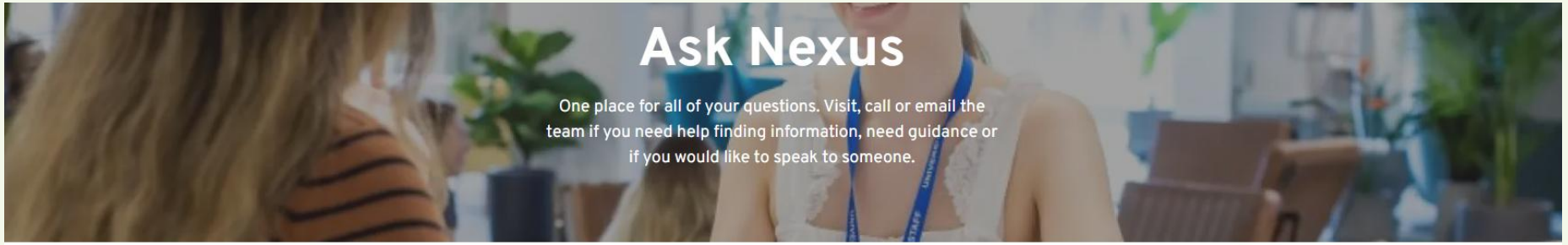
How to manage your emails

Kent Vision



https://www.kent.ac.uk/guides/using-kentvision

Nexus - Nexus



Nexus on campus

Visit any Nexus Information Desk at whichever location you are nearest to speak to someone when you have questions or need help finding information.

The Engagement Support and Programme Admin teams are also available to visit between 10am - 4pm Monday - Friday if you need more specific advice.

Templeman Library, Canterbury

From 29 September, available 10am - 6pm Monday - Friday.

Access Guide for Templeman Library

Sibson Building, Canterbury

From 29 September, available 10am - 6pm Monday - Friday.

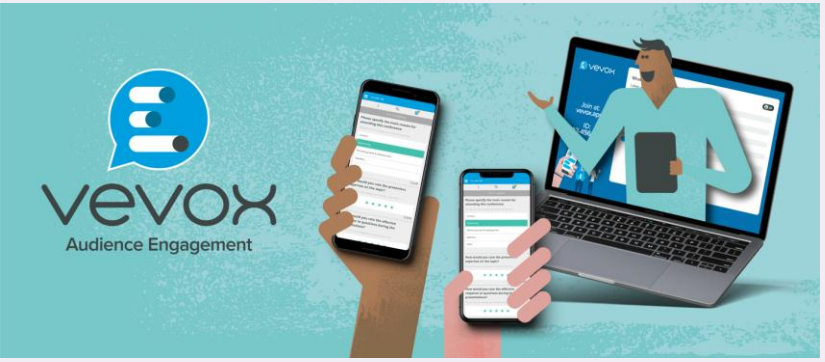
Access Guide for Sibson Building

Medway Building, Medway

From 29 September, available 9am - 5pm Monday - Friday.

Access Guide for the Medway Building

- Share **a skill you bring.**
- Share **a study tip.**



Stepping Stones

- Two sessions designed to support you with transitioning to life at Kent and to enable you to meet fellow students.
- Hear from our friendly and supportive student ambassadors about their experiences in transitioning to university, as well as any advice that they have.
- We will be providing pizza for the first session and tea/coffee and cookies during the second session!

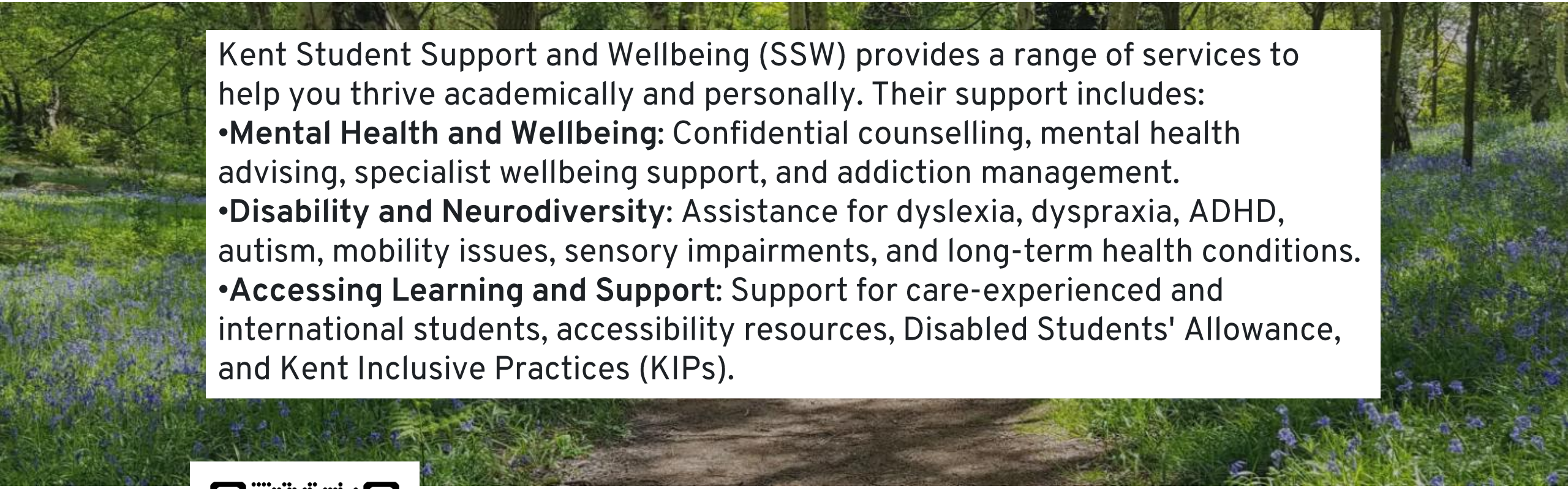
- Session 1: 8th October, 13:30-15:30
- Session 2: *15th October, 13:30-15:30*

The deadline for applying for the programme is ***Sunday 5th October at midnight***

Mental Health and Wellbeing

- The School places great emphasis on students' mental health and wellbeing
- Ever since the pandemic the School has been running **wellbeing workshops** for students of all Stages:
- Practical tips on leading a happier, more successful year; managing time; work-life balance; developing a healthy lifestyle, etc.

Sources of Support



Kent Student Support and Wellbeing (SSW) provides a range of services to help you thrive academically and personally. Their support includes:

- **Mental Health and Wellbeing**: Confidential counselling, mental health advising, specialist wellbeing support, and addiction management.
- **Disability and Neurodiversity**: Assistance for dyslexia, dyspraxia, ADHD, autism, mobility issues, sensory impairments, and long-term health conditions.
- **Accessing Learning and Support**: Support for care-experienced and international students, accessibility resources, Disabled Students' Allowance, and Kent Inclusive Practices (KIPs).

[Student Support and Wellbeing - University of Kent]

Sources of Support

University of Kent

Skills for Academic Success (SAS)

Academic skills support and advice for all students from foundation to PhD.

Book an appointment

Study guides and videos

Support is offered in the form of 1-1 appointments, workshops, and videos.

Website

Workshops

Appointments

Peer Assisted Learning (PALS)

What is PALS?
It's students helping other students with their learning- whether it's navigating campus, finding books or getting study help.

During your first year at the University, you will be allocated to a PAL group* on an opt-out basis. Your PAL leader will be in the stage above you and will previously have completed the course/module PAL is linked to.

Please contact saspal@kent.ac.uk to check if there is an available PALL for your course/core module(s) if you have not been automatically allocated.

PAL Scheme

University of Kent

Psych Buddies

hsspsychbuddies@kent.ac.uk

Stand for ambition.
kent.ac.uk

psych
buddies

PSYCHBUDDIES: Who are we?

- We are a student-led initiative passionate about empowering and helping students feel confident throughout their time at Kent.
- We will have one session a week, which will cover the various modules and topics to complement students' teaching sessions.
- We have Stats Buddies, which cover things like: Software support, Coding, Results interpretation, etc.
- Study Buddies, which cover things like APA formatting, note-taking, revision strategies, etc.
- Attendance is not taken in these sessions, so feel free to come whether you have a specific question or you need some support.

PSYCHBUDDIES: What We Do

Study Buddies

- University essentials
- Note taking advise
- Essay/report formatting (APA7th)
- Writing guidance
- Revision planning tips

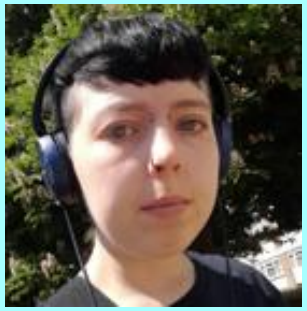
Stats Buddies

- Software support
- Coding support
- Results interpretation
- Writing and formatting reports
- Anything stats related

Meet the Team

Shreya Abraham
BSc (Hons)Clinical Psychology
Stage 3

Research interests: diagnostic criteria and clinical assessments.



Kory Wingrove
BSc Psychology
Placement Year

Research interests: Interoception and differences across neurotypes

Dharini Perera
BSc Clinical Psychology
Stage 2

Research interests: Neuroscience and child development

Fiona Ernst
BSc (Hons)Psychology
Stage 3

Research Interests: Neuroscience and neurodegeneration

UKC_PSYCH_BUDDIES

PSYCH BUDDIES

How to contact the Psych Buddies

Find us on your university

hsspsychbuddies@kent.ac.uk

Connect with us on Instagram

@UKC_PSYCH_BUDDIES

Both inboxes will be monitored semi-frequently.

Please remember we are students too so be kind & respectful.

Before you go, remember...

If you find yourself in a spot of bother,
just remember
there is always someone to help.

Whether it is your academic advisor, module convener, friend, or one of us.

Welcome and good luck!

Thank you