

# Kickstarting Your Degree

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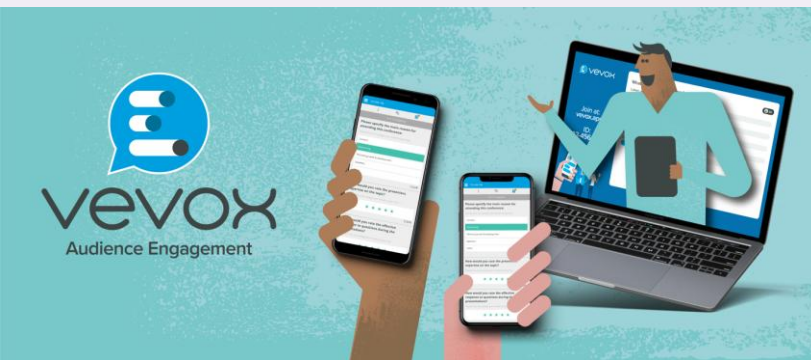
Stand for ambition.  
**kent.ac.uk**







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



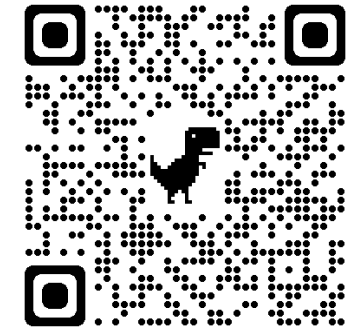
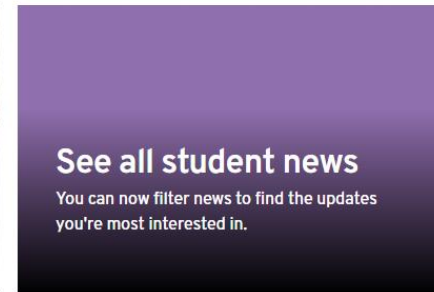
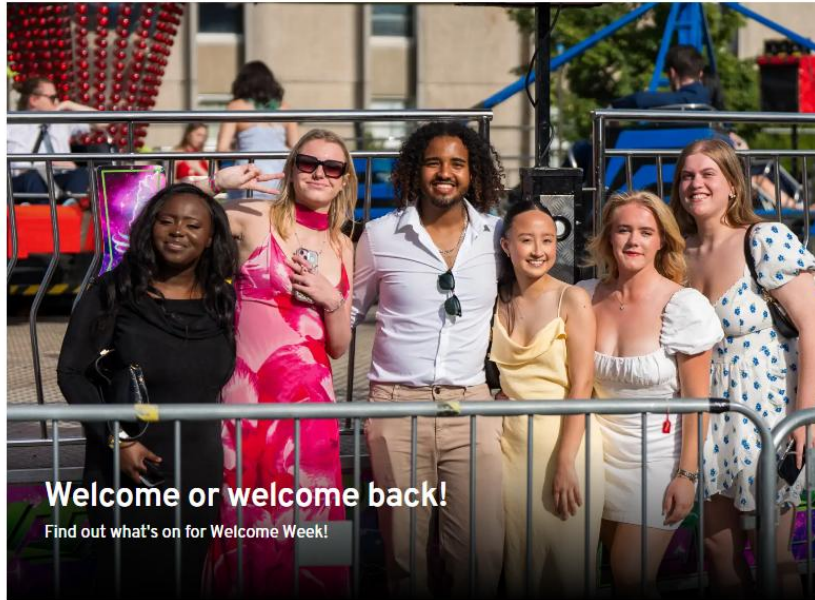


# What you can do now

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

# Your main hub:

## [kent.ac.uk/student](https://kent.ac.uk/student)



# Where to start?

## [kent.ac.uk/student](https://student.kent.ac.uk)

The screenshot shows the 'My Kent' student portal. The browser address bar displays 'https://student.kent.ac.uk'. The navigation bar includes 'Quick links', 'Your studies', 'Student life', 'Support', and 'Careers'. A central menu lists 'Email', 'Moodle', 'Timetable', 'KentVision', and 'Presto (to log attendance)', which is circled in orange. Other links include 'Maps', 'LibrarySearch', 'Progress Profiles', and 'Term dates'. On the right, there are sections for 'What's on' (See all student events) and 'News' (Updates and news for students). The footer features three promotional banners: 'It's Welcome Week!', 'Meal deal is back', and 'See all stu'.

University of Kent  
My Kent

Quick links ^ Your studies v Student life v Support v Careers v

Email  
Moodle  
Timetable  
KentVision  
Presto (to log attendance)

Maps  
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What's on  
See all student events.

News  
Updates and news for students.

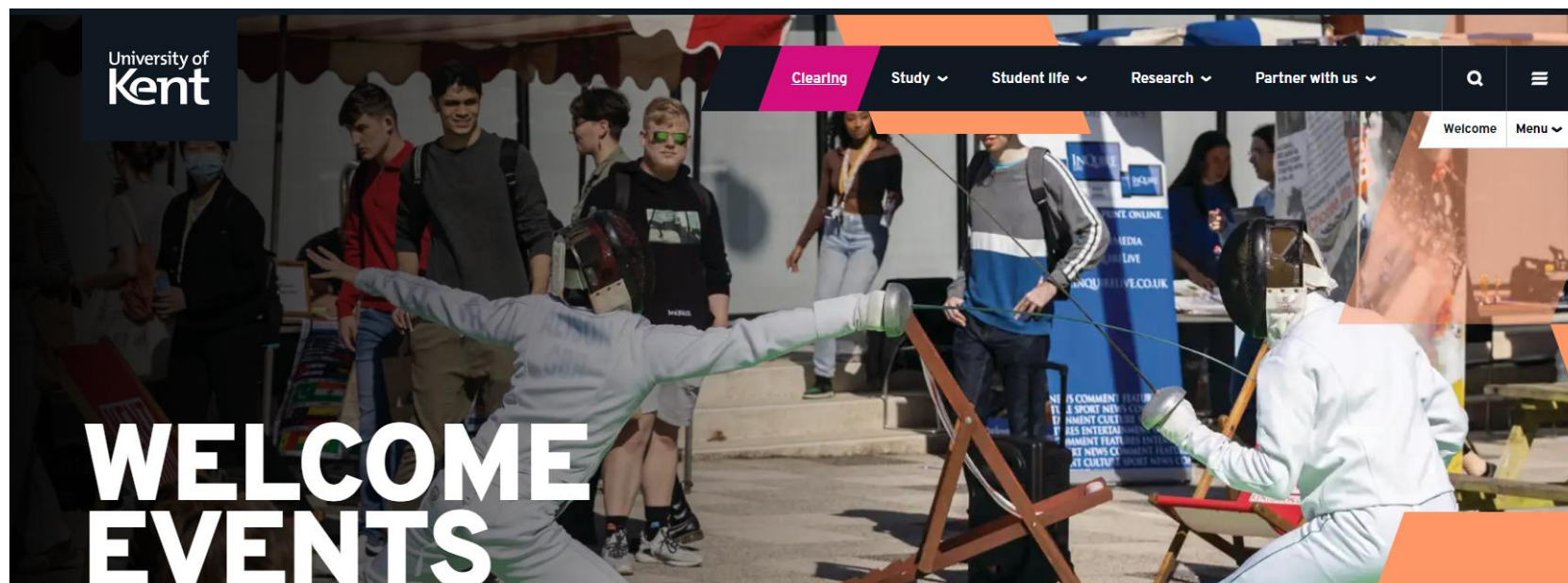
It's Welcome Week!  
See our Welcome Week events roundup to find out what's on to help you meet new people and settle in.

Meal deal is back  
With better choice and nutrition but we've had to increase the price by 50p.

See all stu



	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					
16:00-17:00	Welcome to the School of Psychology 15:30-17:00 WLT				
17:00-18:00	Welcome Social 17:00-18:00 Woolf Lower Foyer				
Evening					

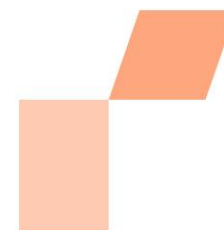


## Welcome (back) to Kent!

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.

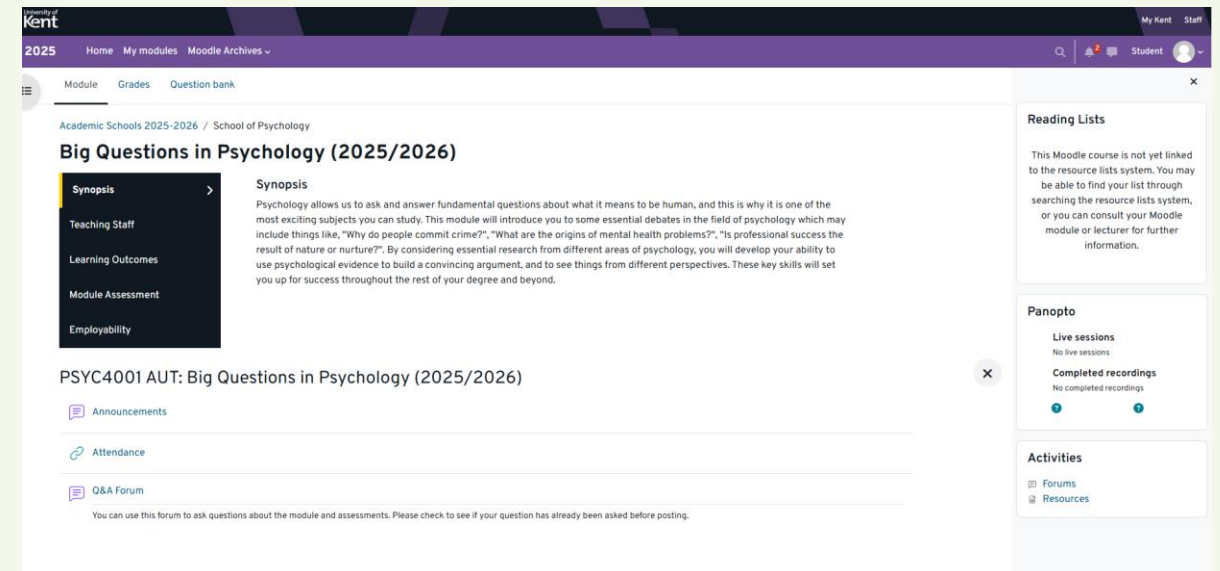


<https://www.kent.ac.uk/welcome/whats-on>



# 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



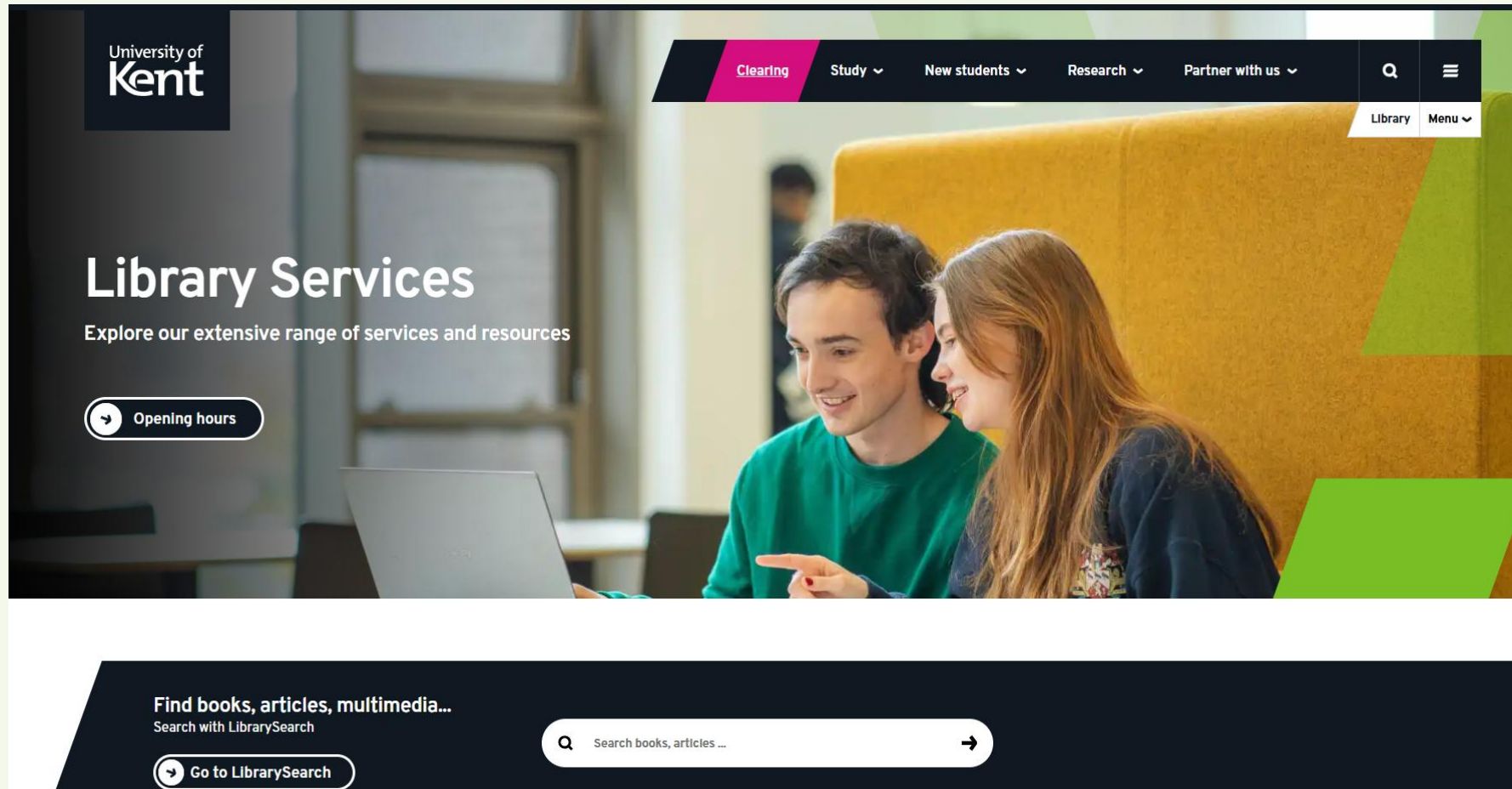
The screenshot shows the Moodle interface for the University of Kent. The top navigation bar includes '2025', 'Home', 'My modules', and 'Moodle Archives'. The main content area displays the module 'Big Questions in Psychology (2025/2026)' with a sidebar menu containing 'Synopsis', 'Teaching Staff', 'Learning Outcomes', 'Module Assessment', and 'Employability'. The 'Synopsis' section is active, showing a description of the module. Below the synopsis, there are links for 'Announcements', 'Attendance', and 'Q&A Forum'. The right sidebar contains sections for 'Reading Lists', 'Panopto' (with 'Live sessions' and 'Completed recordings'), and 'Activities' (with 'Forums' and 'Resources').

# 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

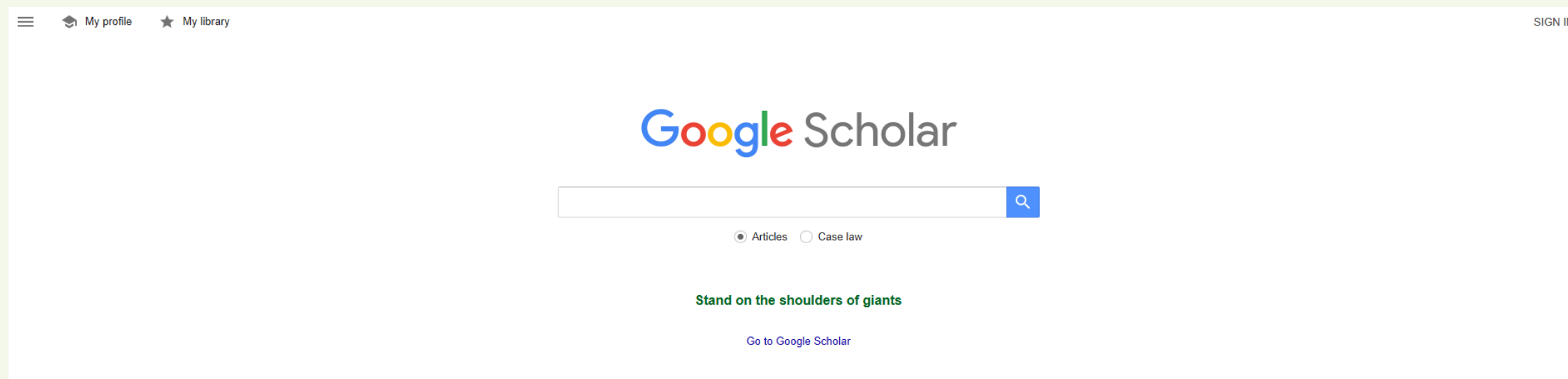




# Other ways to search for journal articles/resources:

- Google Scholar

[Google Scholar](https://scholar.google.com)

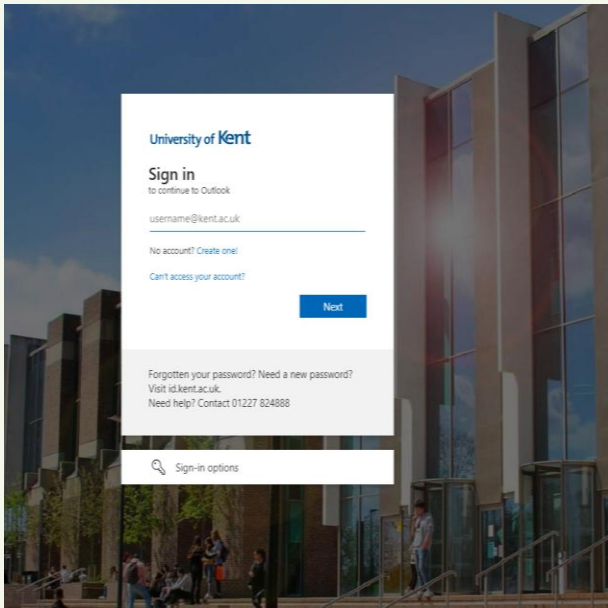


# Student Consultation hours

- 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



## Attend all teaching events



# How to manage your emails

## 3 STEP GUIDE TO CLEANING YOUR EMAILS

### 1 Familiarise



Kent Union  
Welcome Back to Term 2! Tue 1/17  
Welcome Back for Term 2! We've got so muc...

HSS Student Experience  
Welcome Back Chill Zone 🎮... 11:40 AM  
Hello We hope start of term is going well! Ch...

HSS Student Support  
End of term Christmas message 12/15/2  
Hello, As we are almost at the last day of te...

British Sign Language Society  
UKCBSL - Big Fair & RECAP! 7:57 PM  
Hello everybody! If you are feeling a little be...

Do not reply to this email (via 2022)  
2022 forum digest 5:00 PM  
This is your daily digest of new posts from th...

### 2 Unsubscribe



[Unsubscribe from this weekly email](#)

Email  
Missed activity emails Once every hour

Preferences

Forum preferences

Forum preferences  
Email digest type Complete (daily email with full posts)  
Forum auto-subscribe Yes: when I post, subscribe me to that forum discus  
Use experimental nested discussion view No

Don't unsubscribe from Moodle "Announcements"!

### 3 Categorize




Angela Nyhout  
Spring into Action: Please join...  
Hello everyone, Firstly, I want...  
Spring into Acti...

Move  
Copy  
Categorize  
Mark as unread

Folders  
Inbox  
Drafts

Create new folder  
Add shared folder  
Permissions

# Kent Vision



[Clearing](#) [Study](#) [Research](#) [Partner with us](#) [Help](#) [Menu](#)

[University of Kent](#) > [Help](#) > [Using KentVision](#)

## Using KentVision

- [Overview](#)
- [How to enrol as a new student](#)
- [How to complete My tuition fees \(finance registration\)](#)
- [How to complete Returning Registration](#)
- [How to view your student timetable](#)
- [How to view your results](#)
- [How to understand your attendance summary](#)
- [My PGR \(Postgraduate Research students\)](#)


### Overview

Learn more about: [Getting started](#), [Student life](#)

**This page details how to use KentVision. KentVision is where you can access your student data and update your address, emergency contact details, preferred name (which shows on your Microsoft Teams account) and gender.**

The first page that you will see when you log into [KentVision](#) shows eight tiles. At the top of the page you may see banner messages which indicate any outstanding actions that you will need to undertake or alert you to any messages in your intray.

Information on how to navigate the KentVision tiles is provided below in video and text format.



### Page contents

- [My Timetable & Events](#)
- [My Marks & Results](#)
- [My Modules](#)
- [My Communications & Documents](#)
- [My Details](#)
- [My Fees & Finance](#)
- [Student Support](#)
- [My Applications](#)

# Nexus - Nexus

## Ask Nexus

One place for all of your questions. Visit, call or email the team if you need help finding information, need guidance or if you would like to speak to someone.

### 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](#)



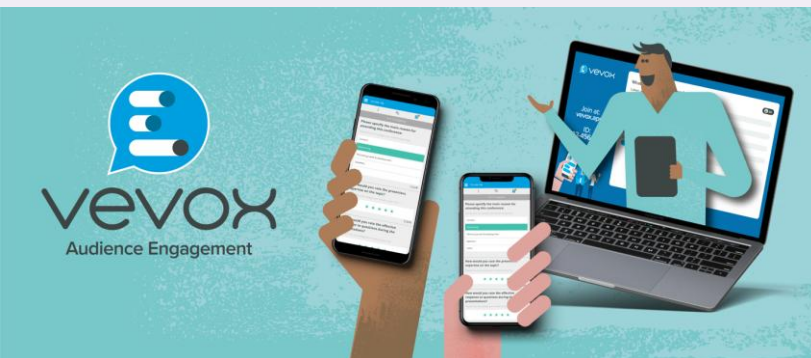
#### Medway Building, Medway

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 5<sup>th</sup> October at midnight***

Stepping Stones application form  
2025





# Mental Health and Wellbeing

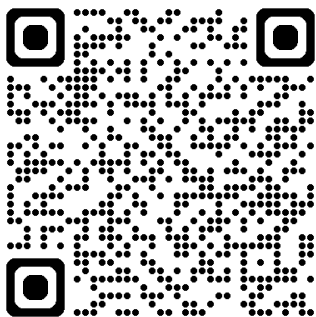
- The School places great emphasis on students' mental health and wellbeing
- Ever since the pandemic the School has been running **wellbeing workshops** for students of all Stages:
- Practical tips on leading a happier, more successful year; managing time; work-life balance; developing a healthy lifestyle,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

## Skills for Academic Success (SAS)

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



Book an appointment



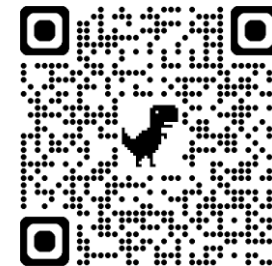
Study guides and videos



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



Website



Workshops



Appointments

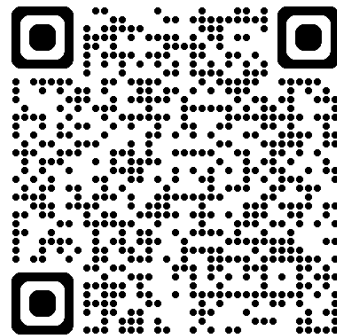
# Peer Assisted Learning (PALS)

## 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](mailto: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](#)



# Psych Buddies

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*[hsspsychbuddies@kent.ac.uk](mailto:hsspsychbuddies@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



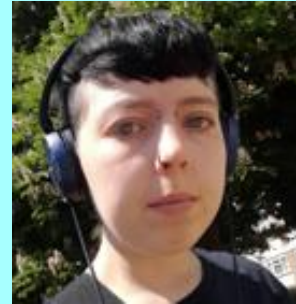
## Meet the Team



**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

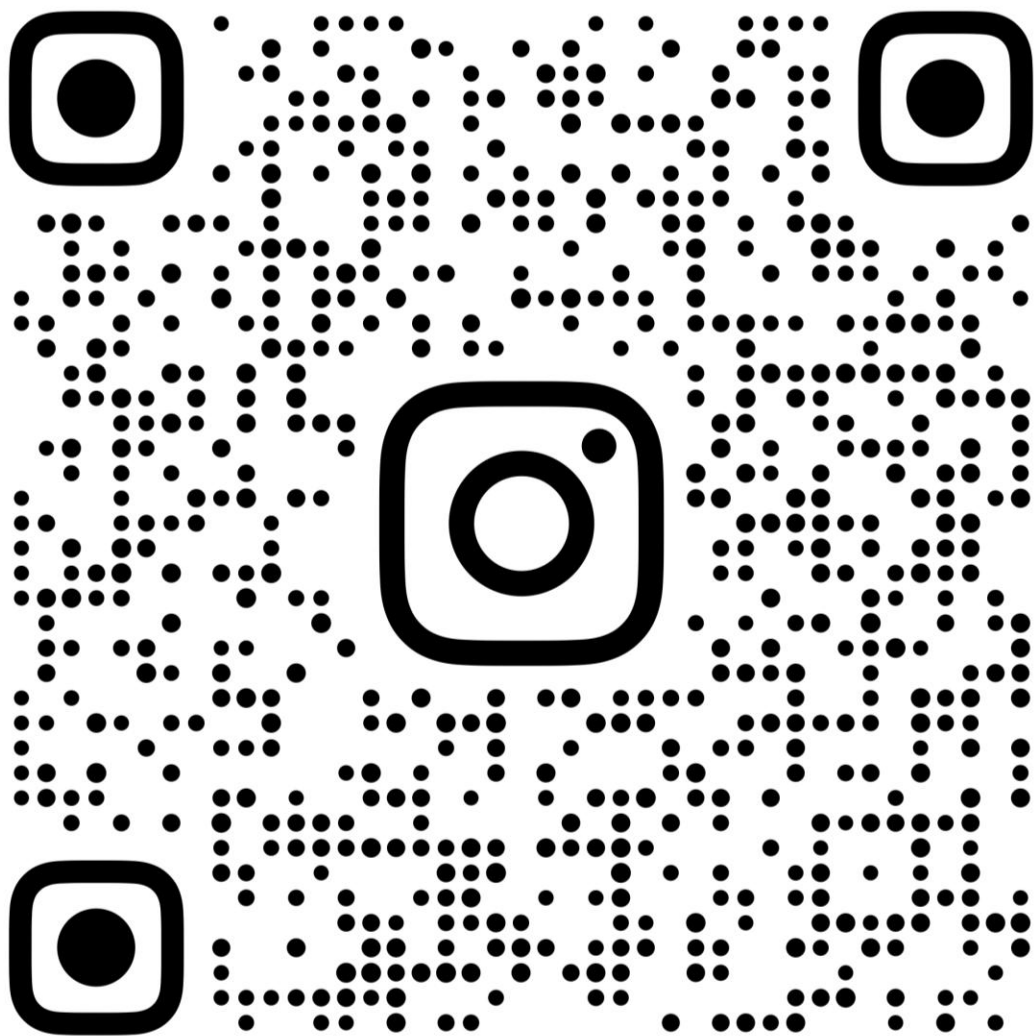


**Fiona Ernst**

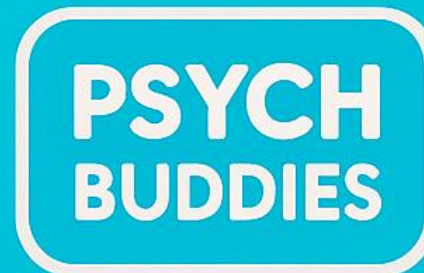
BSc (Hons) Psychology  
Stage 3

Research Interests:  
Neuroscience and  
neurodegeneration





**UKC\_PSYCH\_BUDDIES**



## How to contact the Psych Buddies

Find us on your university  
[hsspsychbuddies@kent.ac.uk](mailto: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**