Welcome to the School of Health in Social Science

https://www.ed.ac.uk/health

Pre-arrival Session 2021
Our School

The School of Health in Social Science seeks to foster an environment of inclusivity that recognises the dignity and value of everyone. We seek to strengthen our common humanity by respecting our multiplicity of identities. We actively acknowledge, seek to understand and challenge inequalities on our journey to inclusivity, and we are carrying out this mission through teaching, research and practice. Our celebration of diversity makes us stronger.

https://www.ed.ac.uk/health/equality-and-diversity
Being in SHSS – The Culture of the School

A Social and cultural experience that:

- Supports learning and enables personal development
- Is friendly, accepting and enabling, diverse
- Is led by professionally nice teaching staff!
- Uses collaborative, non-competitive approaches
- Brings social awareness to our practice
Experience it

Feel it

Think it

Reflect it

Theorise it
School of Health in Social Science

University of Edinburgh

College of Arts, Humanities and Social Science

School of Health in Social Science

Clinical Psychology

Nursing Studies

Counselling, Psychotherapy and Applied Social Sciences
CPASS

Undergraduate
- MA Health in Social Science
- MSc/PGCert/PGDip Counselling Studies

Postgraduate
- Accredited Practitioner Programmes
  - Mcouns/MCouns (ID)
  - DPsychotherapy/ DPsychotherapy (ID)
- PGR
  - MSc/PhD By Research
  - MSc Health Humanities and Arts
Nursing Studies

Undergraduate
- BN (accredited practitioner training programme)

Postgraduate
- MSc Advanced Nursing
  - Clinical Research
  - Education
  - Leadership
- MN Nursing with pre-registration (accredited practitioner training programme)
- PhD Nursing Studies
Research Centres

- Edinburgh Centre for Research on the Experience of Dementia (ECRED)
- Centre for Applied Developmental Psychology (CADP)
- Centre for Homelessness and Inclusion Health
- Centre for Creative-Relational Inquiry (CCRI)
- Scottish Collaboration for Public Health Research & Policy (SCPHRP)
- Applied Aging Research Network
Transitioning into Postgraduate Degrees

- Undergrad vs Postgraduate
- Changing tracks
- Support to help you
Online Learning

- Virtual Learning Environment (Learn)
- Blackboard Collaborate
- Microsoft Teams
- Zoom
Bitesize Careers
Let's Gather and think Careers! A series of hour-long online careers events introducing students to the University's Careers Service and to the essentials of applying for work. Topics covered include Assessing your Skills, Standout CVs, Preparing for Interviews and an open Q&A session.

Photography Competition
Our students have been posting photos for regular themed competitions, with the photographer receiving the most likes winning a voucher. The photos have brought joy to everyone looking for a break from the written word!

Peer Support Scheme
Our Peer Support Scheme, coordinated by our Student Community Leaders, has been appreciated by many students looking to connect across programmes and countries online this year. As restrictions have eased, students who have been connected through the scheme have been able to meet in-person.

Yoga Sessions
Divya Sivaramakrishnan, a post-doctoral research in our school has been contributing to our health and wellbeing with fortnightly online yoga sessions for staff and students. Pitched for beginners, these sessions have been highly accessible and created a supportive community for all involved.

Wellbeing Festival
Two wellbeing festivals especially for our School, one during exams and the second during the dissertation period, gave students an opportunity to step away from study for short periods to take care of their mental and physical wellbeing through self-compassion, mindfulness, yoga and walking activities. Staff and students contributed to making these festivals a huge success.

Book Swap
When we were finally allowed to meet in person, we ran an outdoors lunchtime book swap. Members of the school brought along novels to swap out for summer reading. The weather was fine, and students had a chance to meet each other in person – hooray!
Your Support Network in the School

https://www.ed.ac.uk/health/current-students/student-support
Your Support Network in The University

- EUSA
- Student Disability Service
- Student Counselling Services
- Library
- Health & Wellbeing Centre
- IS Helpline
<table>
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<tr>
<th>Wellbeing Outreach Calls</th>
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<tr>
<td>We are now offering a check-in service. If you would like a friendly call from a trained mental health mentor, for a simple chat about how you are getting on or for guidance on accessing more specialist support, you can opt in.</td>
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<th>Wellbeing services</th>
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<tr>
<td>Whether you want to speak to someone or do some self-help, we are here to help point you in the direction of services and resources to look after your wellbeing.</td>
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<th>Report and Support</th>
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<td>A platform for reporting distressing situations related to sexual violence, harassment, domestic abuse and stalking.</td>
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<th>Worried about someone?</th>
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<td>If you are concerned about the wellbeing of another student, friend or flatmate, learn who to contact at the University and find resources to help you.</td>
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<th>Student Parents</th>
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<td>Guidance and information for our students who are also parents.</td>
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<th>Health services</th>
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<td>While at university, make sure you register with a doctor close to where you live. You can also get free access to period products and condoms.</td>
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<th>Support in a crisis</th>
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<td>We can help point you to resources and organisations that can help in the event of a mental health crisis or crime, including sexual assault and harassment.</td>
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<th>Support for PGR Students</th>
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<tr>
<td>Mental health and wellbeing information and resources specifically for PGR students</td>
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<th>Let’s Talk</th>
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<td>The Let’s Talk podcast is a new series bringing different members of the University community together to have honest and thought-provoking conversations about a range of mental health topics.</td>
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<th>Sport and exercise</th>
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<td>Physical exercise is also great for mental wellbeing. The University’s Sport and Exercise team have made a number of online classes and tutorials available to help.</td>
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Any health condition, disability or injury that might impact on your studies.

Register early (i.e. now)
- Assessments may be needed before support can be put in place
- Funding applications or other more significant adjustments may be needed
- The service is very busy at the start of the academic year
Library Facilities

- World-class collection, much of which is digitised
- No individual journal or database subscriptions required
- Open-access resource lists with reading lists for all courses (still being updated over the summer)
- We do not expect you to buy books
- We do not recommend readings that are not available in the library
- Inter-library loan allocation for each student

https://www.ed.ac.uk/information-services/library-museum-gallery
Covid and Teaching

Awaiting final decision from Scottish Government about distancing, class sizes and other safety measures


Currently planning for:

- Large-scale teaching (>50) to be delivered online
- Medium-scale teaching (20-50) to be delivered online or on-campus
- Small-scale teaching (<20) to be delivered on-campus
- All lecture recordings will be available online
- Small-scale teaching offered on-campus will not have an online version unless we enter another lockdown

Vaccinations are available for students arriving from elsewhere


Quarantining in hotels for students arriving from red-list countries may be funded by the university but an advance application must be made

- [https://www.ed.ac.uk/student-funding/hardship-funding/managed-quarantine-support](https://www.ed.ac.uk/student-funding/hardship-funding/managed-quarantine-support)
Edinburgh and Scotland
Prepare for the Weather

"In Scotland, there is no such thing as bad weather - only the wrong clothes."

"Like the weather in Scotland, wait half an hour and it will change."
Delicacies of Scotland