

The gender ratio  
tends to **silence**  
women and  
sometimes gets  
**too much.**

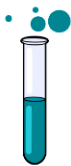
- Asaroyoma,  
Engineering

**You belong and  
deserve to be at  
Imperial.**



**Speak up** and  
engage with  
your course

**Keep** asking all  
your questions



**Remember**  
that you  
belong in  
STEM

Read about Women in STEM  
& Imposter Syndrome



YOU  
ARE  
SO  
ARTICULATE  
FOR A...  
PERSON

I have  
several...  
FRIENDS



Woman in STEM?



WHERE  
ARE YOU  
REALLY  
FROM?

Why are you so?

INTERESTING  
LIFESTYLE  
CHOICE

You  
don't  
look  
like...

YOU  
ARE  
FASTING?!



You  
are  
SO  
Exotic

Some **words**  
can be  
**suffocating** to  
a **friend**.

The cycle ends here.

Think about the  
words you use -  
this campus  
welcomes  
**everyone**.

Want to learn more?





**NOT** fitting in



“I would tell myself I was having a good time, but I really wasn’t.”

- Masika, Medicine





Clubs  
Societies  
Projects



“Going to my  
society made me  
feel like I did  
belong.”

- Alexa, Biochemistry





“Everyone  
is just like me, in a  
sense... people are  
from all around the  
world”

- Rukmini,  
Biochemistry




## Looking for events to socialise with other students?

Join for film screenings, karaoke nights, trips and more at the **International Students House!**







“I get more nervous to ask for help (...) because **I don't like to point out that I can't do it** when the rest of the group can.”

- Nicole, Mathematics



Recognising and dealing with imposter syndrome

Feeling...

not good enough?

like you shouldn't even  
be here?

not as smart as  
everyone else?

like you don't belong?

**You deserve to  
be here**

Feelings associated with  
imposter syndrome can  
have a negative impact on  
your **mental health** and  
**academic performance**

*Learn how to overcome it*

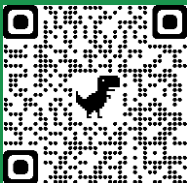


creative helpful balanced  
friendly respectful firm  
assertive logical commu  
hard-working **resilient**  
balanced inquisitive  
assertive logical commu  
never hard-working  
**resilient** creative he  
balanced friendly in  
friendly respectful a  
challenging clever ha  
creative helpful bala  
respectful assertiv  
never hard-working  
inquisitive **resilient**  
balanced inquisitive  
assertive logical commu  
never hard-working  
creative helpful bala  
respectful assertiv  
caring smart suppor

Take care of your  
mental health and  
shift your focus  
from **perfection** to  
**progress**

You may find  
the **Student  
Counselling and  
Mental Health  
Advice Service**  
helpful

Scan or click me for the  
Kind Mind Series





"Growing up, I've never really had such a **casual experience with alcohol**. I think it is a culture barrier (...) I didn't really feel comfortable doing that when I first came, so I felt like I couldn't really mesh well."

- Felicity,  
Biochemistry





***Did you know 1 in 5 students choose not to drink alcohol?***

Many students admit they feel pressured by university drinking culture.  
(NUS, 2018)

**If someone doesn't want to drink, respect it.**

**Let's make university a welcoming place for all!**

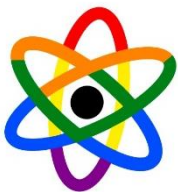
Learn more about drinking culture





“I get anxious as I don't know how they think about **LGBTQ+** people.”

- Aletia, Physics



Your best self is your **authentic** self!





**LGBTQ+** scientists,  
medics and engineers,  
you belong to the  
Imperial community!



Learn how  
Imperial  
promotes  
diversity





## SIDUS team

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Hey, all good?

Stressed:/

You can do it!

There are support services! <3

I don't know who to talk to...

There's too much information

Hey, this is what SIDUS is here for

What do u mean?

Some researchers interviewed loads of students and made a handbook

We present support services that students said they found useful!

Cool!!

You receive a lot of information about support services but still do not know where to turn to?

**Make the most of**

The SIDUS handbook, based on Imperial student interviews, highlights key mental health challenges & services available.

**your time at Imperial!**

Supporting the Intity Development of Underrepresented Students.



// I don't talk about it  
with my parents because  
it will make them feel  
guilty //

// Mental health is a  
taboo topic //

// Everyone is just so  
much better – they  
wouldn't understand //

// We don't talk about  
things like this with my  
friends... //

// Sometimes I just get  
so lost and it's definitely a  
culture at Imperial where  
you don't admit that  
you're lost... //

Taking care of  
your health is  
**NOT a taboo  
issue.**



Get in touch  
with the  
counselling  
service



YOUR ACCENT IS PART OF YOUR STORY  
**EMBRACE IT!**

“I feel like I don’t  
*sound* the part to  
be at Imperial...”

- David, Biochemistry

“We come from  
different backgrouds  
and we don't have  
much of a shared  
experience in terms  
of past education, or  
language we speak”

- Amandaz, Biology

“Now I can see  
that I worked  
hard to get here  
so I would say  
that maybe...

**I do deserve to  
be here!”**

- Ella, Physics

# Let's talk about

## I M P \_ S T E R S \_ N D R \_ M E

It can affect anyone, no matter their success, ambitions or dreams



Learn  
more





Looking for a  
working-class  
**community** and  
**support** at  
Imperial?



The **Imperial College Working-Class Network** (ICWCN) is here to help you navigate your life at university

Check out their excellent content and find out what they can do for you:



*@icworkingclassnetwork*



*/iclworkingclassnetwork*



Want to contribute yourself?  
**Stand for** the ICWCN  
Committee in the  
**ICU Leadership  
Elections**



Learn  
more

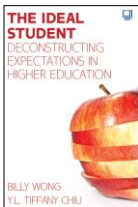


**How would you describe an 'ideal' student from your discipline?**



**“Am I there yet? I  
don’t think I am good  
enough.”  
- Student**

**“The ideal student  
is not perfect...  
university is about  
making progress  
and learning from  
mistakes”  
- Staff**



**“I don't maybe feel  
as confident to ask  
for help because I  
feel like I haven't  
done enough  
myself”**

- Aabha, Mathematics



You're **NOT**  
expected to come to  
university knowing  
everything.



**“I’ll tell them to swallow their pride... Take your shield down, just open yourself up ...**

**Go to the student support service** if you have issues with your writing.

**Go and bother your lecturers** if you have questions,

**Go to every tutorial** and make sure you are there for every session because you will learn something.”

- Foreman, Social Science



Get study help here





HELLO!



how are you?



I am new at Imperial!



VERY EXCITED  
TO BE STARTING  
the course



Where are  
you FROM?

“A lot of other students who **miss out on interaction with all kinds of people because of the language barrier** didn't know about classes from the Centre for Academic English”

- Sarvjot, Mathematics



There is a variety of courses for academic and social contexts available from the Centre for Academic English (CfAE)



Learn more







"Sometimes there's a stigma around mental health and getting help. I think that really needs to kind of go away as well"

- Lakshani, Biology

There is **counselling and mental health support** available if you're struggling with low mood, anxiety or any mental health issues

Coping with problems alone can be tough - **don't be afraid to ask for help**

Talk to a counsellor or check out the available resources





"I couldn't really go to my parents and ask them,

"Oh, well what do you think of this career path?"

"Because they don't really know what it's like or they can't really offer any advice in terms of how to get onto those careers"

- Heather, Biology

Need help with job applications or finding a career path?

Go to the **Careers Service** for workshops and 1-to-1 appointments

Ask **your departmental society** about career events

Improve your skills and find your path!

Find out about Careers Service here





Sometimes  
disabilities are  
**invisible**  
but you are not

## **Don't be afraid to ask for help**

You might find the  
Disability Advisory  
Service (DAS) useful

If you think you  
have a Specific Learning  
Difficulty or autism,  
find out how to get a  
screening.



If you're diagnosed,  
check what adjustments  
you can be offered.



"Another girl in the course who was receiving study mentoring. She had, I think anxiety as well, or depression. And she was like, **It's really helping me. Why don't you check it out?**"

- Eleni, Biology

# You are not alone!

Study mentoring is available to support you with mental & physical health difficulties

Tell your friends about this service!

More information and how to get an assessment







It seems like everyone else is able to get along with each other since they all have travelled a lot and attended private schools. You know, my school had little to no facilities or clubs, so, when I came to Imperial, **it suddenly felt like everyone else had all this support and all these resources and contacts that I didn't...**

- Meghan, Engineering

## Did you know that...

...at Imperial, there are many societies and volunteering opportunities to get involved in. It's a great way to find your community, enjoy a (new) hobby and develop useful skills!

## It's never too late to join!

Find out more  
about

Societies

Volunteering  
& Outreach

