

Bitesize

New Students
Guide 2019

Distance
Learning
Edition



LONDON
SCHOOL of
HYGIENE
& TROPICAL
MEDICINE



Practical advice and special
features to sink your teeth into.

Passionate about LSHTM? Share your experiences and encourage future distance learning students to join us by becoming one of our

Student Ambassadors

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Role includes connecting with prospective students; contributing to our website, publications and social media; and participating in live Q&A sessions.

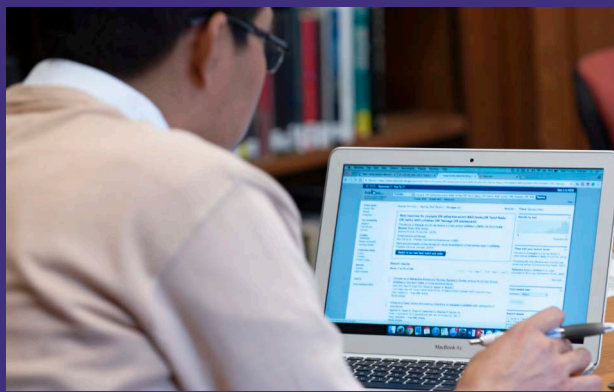
Find out more and apply:
lshtm.ac.uk/study/ambassadors-distance



While waiting for your studies to begin, why not sign up for one of our free online courses? They cover important topics linked to global health and give an introductory overview at postgraduate level.

Free Online Courses

View latest courses and register:
lshtm.ac.uk/study/freeonlinecourses



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Offer received!

...but what happens next?

Gaining your offer for one of our distance learning programmes is a tremendous achievement, so congratulations to you! Now you'll want to make sure you are fully prepared for the start of your studies, so you can use this guide to keep track of everything.

Checklist: what do I need to study?

All materials that are essential to complete your programme will be provided, however you will need to have regular access to a computer and the internet to access the Student Portal, Moodle and LSHTM's online library. Depending on your programme, you may also need:

- ☐ A PDF reader
- ☐ JavaScript
- ☐ Cookies enabled
- ☐ A scientific calculator
- ☐ A headset/microphone

How do I register for my programme?

When you receive your registration email, you will be given access to the **University of London Student Portal**. From the Portal, you will be able to register for your programme and modules you are taking and update your personal details. Registration deadline: 30 September (30 November for Clinical Trials).

How do I pay my tuition fees?

You can pay online by credit or debit card. If you would prefer, or are only able to, pay offline, check the University's guide to alternative payment methods. If your fees are being paid by a sponsor, you will need to provide the details of your sponsor when registering so they can be invoiced.

Do I need to pay the entire programme fee?

If you are taking the PG Certificate, PG Diploma or MSc you can either pay the initial registration fee and full programme fee, or the initial registration fee and the fees for modules you intend to study during your first year. It is not possible to pay and register for modules throughout the study year.

What happens after I register?

Once your registration is confirmed, and from the beginning of October, you will be able to access the virtual learning environment Moodle, LSHTM's Library & Archives Service resources and the Assignment Management System. In addition, you will be issued with a University of London student email account.

When do I begin my studies?

From the beginning of October, you will be able to access all the study materials necessary to begin your programme. Our distance learning programmes are designed to be very flexible so you will be able to study around your other commitments. Once you have access to your study materials, you can develop a study plan that works for you. You will be notified in good time if there are any 'real-time' online sessions you need to attend.

How is the programme taught?

Our distance learning programmes are predominantly computer-based, with students using interactive methods within the teaching and learning materials. You will be encouraged to complete assignments which help you monitor your progress throughout your studies.

How is the programme assessed?

A combination of coursework and examinations are used to assess the programme, and some MSc programmes may also involve completing a project report. For most programmes, the deadline for submitting formative assignments will be in mid-February and for assessed assignments the deadline will be in late March.

When are examinations?

Examinations take place once a year in June and are normally held in your country of residence. There are approved examination centres in over 180 countries worldwide and you can find details of your nearest centre with the **University of London's guide**. You will need to pay an additional fee to your local centre in addition to the examination entry fee. The deadline for registering for examinations is usually in early February.

How long will it take to complete my programme?

Individuals differ as to how quickly they wish to complete their programme, and in the expertise they already have, so it is difficult to be precise about how many hours you will require for your studies. There is a minimum registration period of one year for the PG Certificate and two years for the PG Diploma or MSc, and a maximum time of five years for all programmes.

How many hours per week will I need to study?

For most students a reasonable expectation would be to study for approximately 15 hours per week to complete the MSc in three years. Some students complete the MSc in two years but this timescale can be quite challenging and it is worth noting that the structure of the programme is such that the workload in the second year would be higher than in the first.

What study materials will I receive?

All of the essential materials, including study guides, CD-ROMs, selected textbooks and readings, are supplied. We also encourage you to read more widely around the subjects you are studying in order to enhance your understanding and get the maximum benefit from your programme. All modules have a **Module Specification** which provides an at-a-glance source of key information about the module such as the module objectives and resources provided.

When will I receive my study materials?

Where a module sends out hard copy materials, you should receive these by early October provided you have completed registration for the module in September. You will be informed if there are any changes or delays in sending out study materials. If you do not receive study materials when you are expecting them, you can contact University of London via the 'Ask a Question' facility in the **Student Portal**.

Can I defer my study?

If you are struggling to find time to study a particular module, you can simply re-register for it the following September to resume your study. There is no fee for doing this, and you will automatically receive any updated study materials.

How does blended learning work?

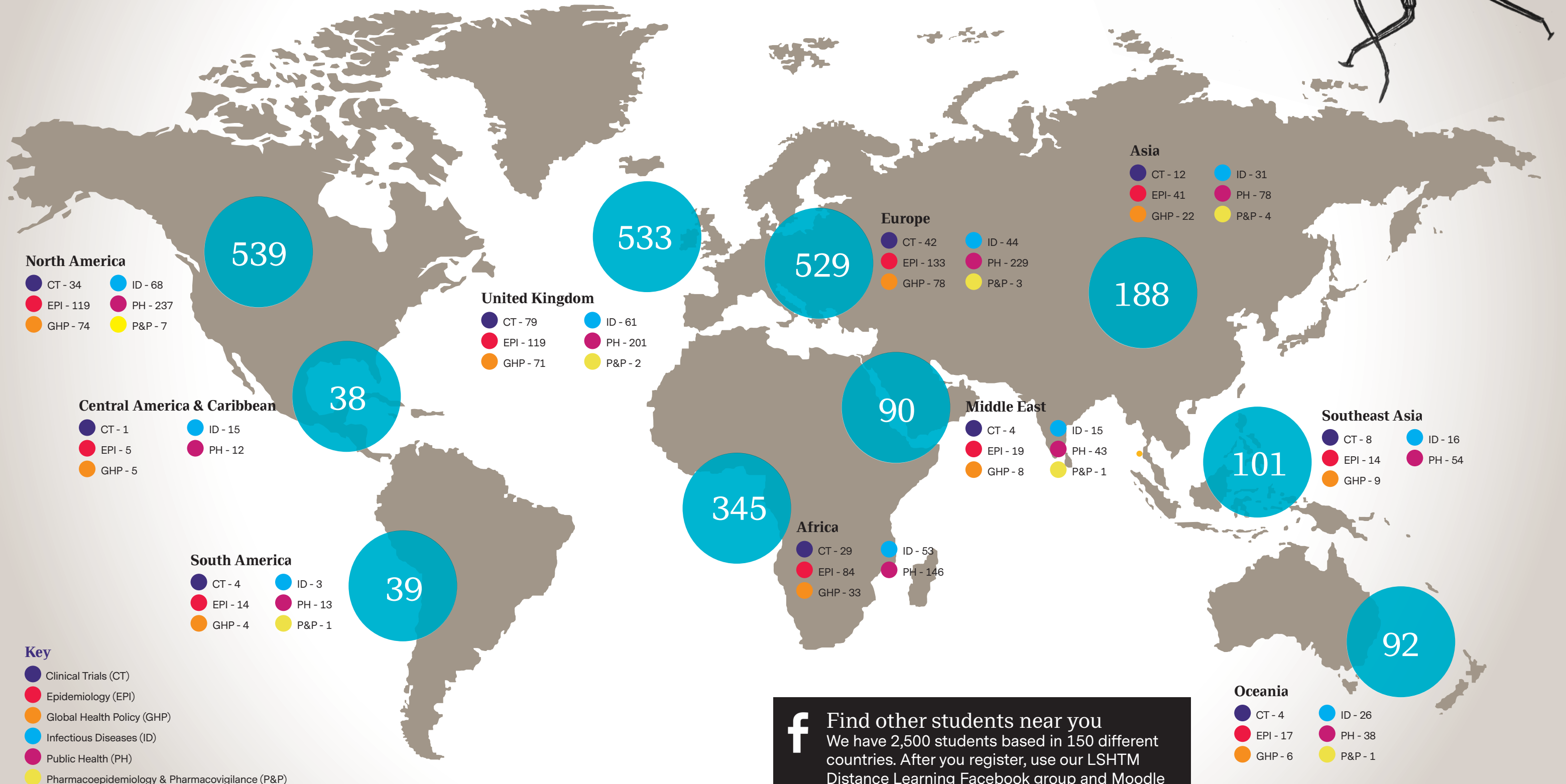
After successful completion of a minimum number of core modules, PG Diploma and MSc students may be eligible to study up to two face-to-face modules at LSHTM in place of distance learning modules. Information about which modules are available and how to apply will be sent to all eligible students.

🔗 For more frequently asked questions, visit our pages for new distance learning students.



Our global community

This map shows the number of current distance learning students from each programme living in different regions of the world.



Find other students near you
We have 2,500 students based in 150 different countries. After you register, use our LSHTM Distance Learning Facebook group and Moodle to find other students in your country, city or even village, and form study or social groups.

LSHTM and University of London

LSHTM's distance learning programmes are run in collaboration with the University of London, a federation of 18 independent member institutions and universities, of which LSHTM is one.

Who does what?

The course content, teaching and assessment are developed by academic staff at LSHTM, while the University of London manages administrative matters including registration, distribution of materials and tuition fee payment.

Your qualification

Our distance learning programmes are developed to the same high standard as our face-to-face programmes, and as a result, the final certification you will receive as a distance learning graduate is the same as for a face-to-face student.

When you graduate with a degree, diploma or certificate you will receive two important documents – your Final Diploma (the parchment you receive on graduation) and a Diploma Supplement.

The Final Diploma

- Indicates that you were registered with the University of London and awarded a University of London qualification, without stating the method of study
- States that the London School of Hygiene & Tropical Medicine developed the syllabus and provided assessment
- Features the University of London crest and the Vice-Chancellor's signature, and the Director of the London School of Hygiene & Tropical Medicine's signature

The Diploma Supplement

- Describes the nature, level and content of the programme you successfully completed
- Includes the transcript of modules taken, marks achieved and overall classification
- States the role of the London School of Hygiene & Tropical Medicine and the method of study



Who to contact

There will be times when you have a question or problem which needs attention and you need to know which institution to contact.

Academic queries can be posted on **Moodle** or sent to the **LSHTM's programme support teams**. The teams will be able to answer questions on topics including:

- your personal progression through your programme
- module content and choice
- advice on how to complete or submit assignments
- programme and module deadlines
- technical issues with study materials and software

Queries before you register can be sent to LSHTM at **distance@lshtm.ac.uk**

Administrative or financial queries can be sent to the University via the 'Ask a question' tab in the **Student Portal** or via the **online enquiry form**. The support team can help you with:

- module registration
- transfer between programmes
- paying fees
- despatch and delivery of study materials
- examination entry or notification of results
- special examination arrangements and considerations
- degree & diploma certificates and provision of transcripts

London School of Hygiene & Tropical Medicine

LSHTM was founded in 1899 by Sir Patrick Manson, a physician who had worked in the Far East and believed doctors should be trained in tropical medicine. The original school was established as part of the Seaman's Hospital Society in the hospital ships docked in Greenwich, where diseases could be studied in their acute stages. LSHTM moved to its iconic main building on Keppel Street, in the Bloomsbury area of London, in 1929.

Keppel Street houses the faculties of Epidemiology & Population Health and Infectious & Tropical Diseases. The Public Health & Policy faculty is located nearby on Tavistock Place, in a second building opened in 2010.

Did you know? Facts about Keppel Street

- The purchase of the Keppel Street site and building costs were made possible through a \$2m gift from the Rockefeller Foundation
- The building is decorated with the names of great pioneers in public health and tropical medicine, as well as gilded vectors of disease including the Tsetse fly, tick, *Aedes aegypti* and *Anopheles* mosquitoes
- In 1950, LSHTM researchers Richard Doll and Austin Bradford Hill published their preliminary study linking smoking with lung cancer
- The Medical Research Council Streptomycin in Tuberculosis Trials took place at LSHTM in 1955; this study is generally accepted as the first randomised clinical trial
- The main lecture theatre is named after the 'father of modern epidemiology', John Snow, who identified cholera as a water-borne disease by tracing an outbreak in the Soho area of London to a local water pump



University of London

The University of London was established by Royal Charter in 1836 for the public benefit and is recognised globally. Throughout its long history, the University of London has offered access to a wide range of academic opportunities. It was the first university to admit students regardless of their gender, race or religion, the first to admit women to degree programmes and, in 1865, the first to give students the opportunity to study wherever they are, providing access to higher education across the globe.

The University of London is a federation of 18 independent member institutions and universities, of which LSHTM is one. The University of London's administrative headquarters are based at Senate House, just across the street from LSHTM's Keppel Street building.

Did you know? Facts about Senate House

- Senate House was designed by Charles Holden, who made his name designing some of London's famous Underground ("Tube") stations
- It was built between 1932 and 1937. At 210ft high, it was called "London's first skyscraper" by the press
- It housed the Ministry of Information during WW2, and it was rumoured that Hitler admired the building so much that he planned to make it his British headquarters
- Senate House is reputed to be the model for George Orwell's Ministry of Truth in his novel Nineteen Eighty-Four
- Senate House is often used as a filming location, appearing in movies such as Batman Begins and The Theory of Everything as well as popular TV series Dr Who and Black Mirror

Celebrating 120 years of health innovation

2019 marks the 120th anniversary of LSHTM. This timeline shows just a few landmark moments in our history and some of our major contributions to health over the past 120 years.

School founded

Sir Patrick Manson establishes the London School of Tropical Medicine in the East London docks.

Keppel Street opens

LSHTM moves to its iconic building in Bloomsbury.

First RCT

The MRC Streptomycin in Tuberculosis Trials took place at LSHTM in 1948. This study is generally accepted as the world's first randomised control trial.

AIDS research

LSHTM's first research on AIDS in the Medical Microbiology Department, surveying for antibodies for the HTLV virus in various primate species.

Sex survey launched

LSHTM launches the first National Survey of Sexual Attitudes and Lifestyles, which has become one of the world's largest and most comprehensive studies of sexual behaviour and lifestyles.

Ebola outbreak response

LSHTM sets up a volunteer response register for staff, students and alumni to assist partner organisations tackle the Ebola outbreak in West Africa. LSHTM is now pioneering work on Ebola vaccines.

1899



1924

1929

1933



1948

1950



1983

1985

1990



2009

2014

2018

Royal Charter

The School is granted a Royal Charter and becomes the London School of Hygiene & Tropical Medicine.

Kwashiorkor identified

Dame Cicely Williams recognises kwashiorkor, a condition of advanced malnutrition, as a disease.

Seminal report links smoking & lung cancer

Publication of a preliminary report by Sir Richard Doll and Sir Austin Bradford Hill linking smoking with lung cancer.

Early trials of insecticide treated nets

Prof Chris Curtis leads some of the first trials of insecticide treated nets to control the spread of malaria.

Gates Award

LSHTM is awarded the Gates Award for Global Health for its long-standing contributions to global health. LSHTM is both the first academic institution to win the award and the first British winner.

MRC Units join LSHTM

The MRC Unit The Gambia and MRC/UVRI Uganda Research Unit formally join LSHTM, in partnerships that will boost research capacity in Africa and worldwide.

Read all about it



Research and news highlights from LSHTM which have made headlines around the world in recent months

More needed to reduce low birthweight (May 2019)

More than 20 million babies were born with a low birthweight, according to a study by LSHTM, WHO and UNICEF. Analysis showed that while almost three quarters were born in Southern Asia and sub-Saharan Africa, the problem of low birthweight also remains substantial in high-income countries in Europe, North America and Australia.

'Test and Treat' reduces new HIV infections (April 2018)

The PopART trial in Zambia and South Africa found that HIV infections in southern Africa could be reduced substantially by offering entire communities voluntary HIV testing, and immediately referring those who test positive for HIV for treatment in line with local guidelines.

Gene editing, predatory bacteria and zebrafish (February 2019)

Experts from LSHTM are using pioneering new technology and zebrafish embryos to understand how bacteria spread, and to develop creative ways to disrupt the spread of infection. Groups of fish undergo gene editing to allow the study of different biological responses to infection.

Readiness for sex is about more than age (January 2019)

A substantial proportion of young people in Britain are not ready for their first sexual activity - whatever their age - and lose their virginity under circumstances that are incompatible with positive sexual health, according to a new study by LSHTM.

Training advocates to improve mental health of abused women (November 2018)

Specially trained advocates could improve the mental health of women experiencing violence and abuse, according to new research. The trial showed that women who received the intervention showed reduced symptoms of psychological distress, depression and post-traumatic stress.

Women Leaders in Global Health Conference (November 2018)

LSHTM hosted the 2nd Annual Women Leaders in Global Health conference. Nearly 900 participants from more than 70 countries heard from global health leaders in a series of talks and panel discussions, on topics ranging from mentoring and political leadership to media and new technologies.

Sniffer dogs could detect malaria (October 2018)

Research led by LSHTM found that dogs were able to scent malaria in samples of socks worn by children infected with the malaria parasite. The findings could one day lead to the first rapid and non-invasive test for malaria.

BMI associated with deaths from most causes (October 2018)

Body Mass Index is linked to risk of death from every major cause except transport accidents, according to research led by LSHTM which suggests a BMI of between 21-25kg/m² is associated with the lowest risk of dying from cancer and heart disease.

lshtm.ac.uk/news

In other news....

Ranking success!

LSHTM has retained its position as first in Europe and eighth in the world for research impact in sciences in the 2019 CWTS Leiden Ranking, for the proportion of its total publications ranking in the top 10% of most cited research. We've also been ranked top UK University for open access and gender diversity in research - a double celebration!



Interview with a blended learning student

Sandy Lu, from Canada and studying the MSc Public Health, has taken two blended learning modules at LSHTM over the past two years. We spoke to Sandy about her experiences on her programme and in London.

To begin with, tell us a little about yourself

I was born in Taiwan and moved over to Vancouver when I was six years old. I did my bachelors in biochemistry and also went to pharmacy school. I am currently a pharmacist in Vancouver practicing in a primary health care clinic. I help the marginalised population in the inner city, mostly homeless people and those who have challenges accessing traditional health services.

Why did you choose blended learning and when did you make the decision?

London is my favourite city, so I always wanted to come to study and live here! I made the decision right after I finished my core modules. I wanted an opportunity to attend in-house lectures, learn from my instructors and other students who come from all over the world to LSHTM.

Which modules did you choose?

I chose *Epidemiology & Control of Communicable Diseases* because the focus of my work has been on infectious diseases so I thought it might be helpful. The second module was *Alcohol, Tobacco & Other Drugs* as the course is based on developing procedures to evaluate any interventions, thinking about everything in relation to public health policy. We are experiencing an epidemic in opioid crisis and it is a huge concern for the population we serve, so the module will be really useful for my work.

How did you arrange time off to study with your employer?

I had a talk with my boss, and discussed with her the things I would learn. If you are considering blended learning, I would say definitely talk to your employer and let them know about what you can bring back with you that will benefit them, and how it will impact positively on your work and skill set.

How was it interacting with and learning alongside our London-based students?

I worked with London-based students during my practical sessions. We worked on a project where we took part in an infectious disease outbreak simulation which was really exciting! We spent three whole days working closely together. Each student came from a different background and they were so knowledgeable in their respective fields - I learned so much from them.



How have you enjoyed London during your blended learning studies?

Each weekend I try to focus on one particular area that I want to check out and see where it leads me. When you first arrive somewhere, it's exciting and you want to make sure you fit everything in, but the second time I can take it at my own pace a bit more.

Have you made any changes to the way you work as a result of your studies?

I got myself a second part-time job, so now it's a full-time job, part-time job and part-time study! I'll be going to other cities in British Columbia to teach pharmacists about treatments for drug addiction: how to assess and how to provide good service and pharmacy care to our patients. I'll also address the issues around stigma and the importance of being culturally sensitive, which is something I have learned about from the programme.

How do you manage to fit everything in?

Luckily my studies, work and new job are very similar, so I am learning one thing and trying to apply what I learn to different branches. It is very important to stay organised, though!

How would you sum up your blended learning experience?

It's something I would recommend that all students consider. The experience you have through coming here is invaluable. I have learned so much about myself and also from my classmates.

Advice from your fellow students



Some of our distance learning students have been in touch to share their advice on how to plan for and make the most of your studies.

“I warmly welcome you to LSHTM!

You need to acquaint yourself with what you are required to study, engage in Moodle discussions and keep in touch with your course mates and tutors. Be aware of the dates for any online sessions and deadlines for submitting assignments.”

Ronald Kiyemba, Uganda, Clinical Trials



“Consider how many modules

you are taking this year, and the number of hours required, and make a weekly/monthly plan. Also make sure you leave some time for yourself, family and friends, sports and hobbies. Most importantly, enjoy what you are learning, the content is so relevant to today's global health and studying at LSHTM is an incredible opportunity!”

Debora Di Dio, Italy, Global Health Policy



“Consider your time resources to

be able to focus on your studies and get the most out of your experience. Studying with LSHTM can be stressful and strenuous at times but there are always moments which make it worth it in the end, and these moments are so special.”

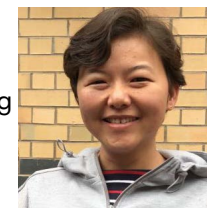
Stefanie Kirchner, Austria, Epidemiology



“You need to read a lot: doing

literature research on top of the study materials provided and making your own notes. For those who prefer to study with others, I would suggest finding friends nearby or building online study groups via Facebook or Moodle (virtual learning environment) to avoid isolation and to keep motivated.”

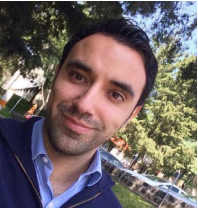
Aye Thar Aye, Myanmar, Infectious Diseases



“Distance learning represents a great

opportunity to continue studying while advancing your career, but it also represents a big challenge as managing the time to read lectures and accomplish tasks requires good organisation and unplanned events can break your schedule. My advice is to plan your academic year to have everything ready long before the deadlines.”

Diego Alvarez, Mexico, Infectious Diseases



“It might feel unnatural at first writing

on the forums, but getting to know your peers is the best way to succeed in a heavy course load. Join the Whatsapp chats and attend Alumni mixers in your city. LSHTM is a vibrant community and with a little effort, you can easily be plugged into it from wherever you are in the world.”

Alyssa Palmer, USA, Public Health



“1. Set a schedule and try to keep to it

2. Take advantage of all available resources if something in the online materials is difficult to grasp
3. The optional assignments are incredibly helpful for reinforcing information and concepts
4. Network/form groups with classmates
5. Don't be afraid of the maths!”

Shay Morris-Doty, USA, Epidemiology



“Be confident that you can take on the challenge. It may seem daunting at first, but know you are more than capable. There is plenty of support available from tutors and students all around the world, and everyone has similar struggles throughout the programme.”

Kelsey Yaremko, Canada, Global Health Policy



Stay in touch!

We want to make sure you are ready to join us in October, so contact us if you need any help. Here are some of the main contacts you may need:

- Admissions & application queries: sid.london.ac.uk
- Academic queries: distance@lshtm.ac.uk
- All other study-related queries: study@lshtm.ac.uk

 [@LSHTM.study](https://www.facebook.com/LSHTM.study)

 [@LSHTM](https://twitter.com/LSHTM)

 [@LSHTM](https://www.instagram.com/LSHTM)

 lshtm.ac.uk/study/blogs

 [lshtm.ac.uk/youtube](https://www.youtube.com/lshtm)



Improving Health Worldwide