

# Student life at the School and London

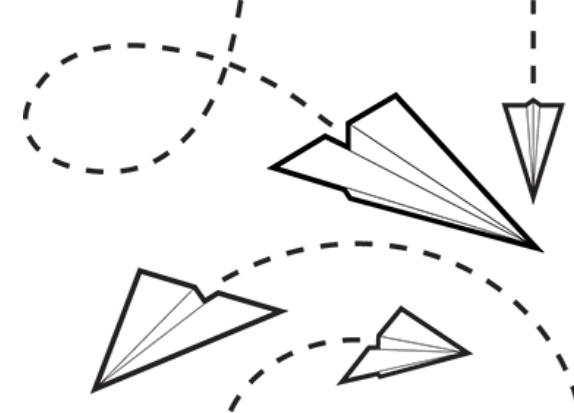
**Improving health worldwide**

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HYGIENE  
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# Your experiences



- Find the coloured paper in your pack, and write:
  1. Something you've noticed since arriving in London that seems odd / surprising
  2. Something you can bring from your home culture that will help you through your time in London
  3. Something fun you're hoping to do this weekend
- Now make a paper plane!!
- Wait for our signal to throw your plane
- We'll ask some of you to share with the group



# Some previous responses...

**Something you've noticed that seems odd / surprising:**

- Cars are driving on the wrong side of the road
- Brits don't laugh
- People are so polite but they're a little awkward, it's cute
- It has been sunny
- People have diverse fashion sense, some of it very radical and shocking
- Gay couples kissing on the streets



# Some previous responses...

**Something you can bring from your home culture:**

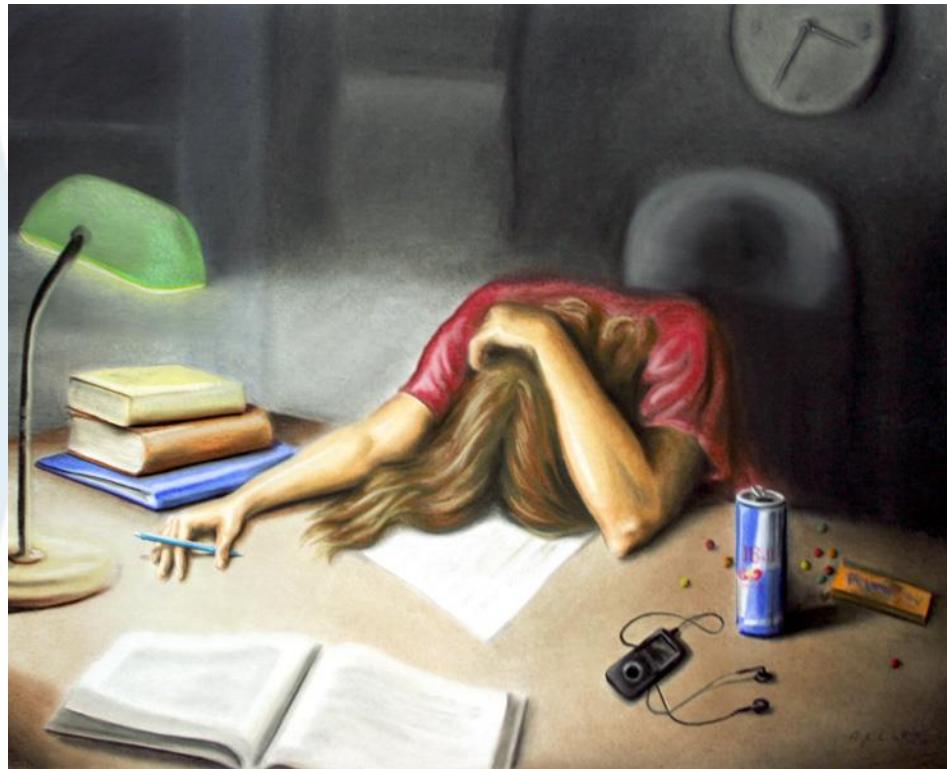
- Chill California vibe
- Making / cooking food to give to my classmates and friends
- Optimism
- Noodles... lots of noodles
- Spices (from India)



# Studying...



# ...doesn't have to be like this



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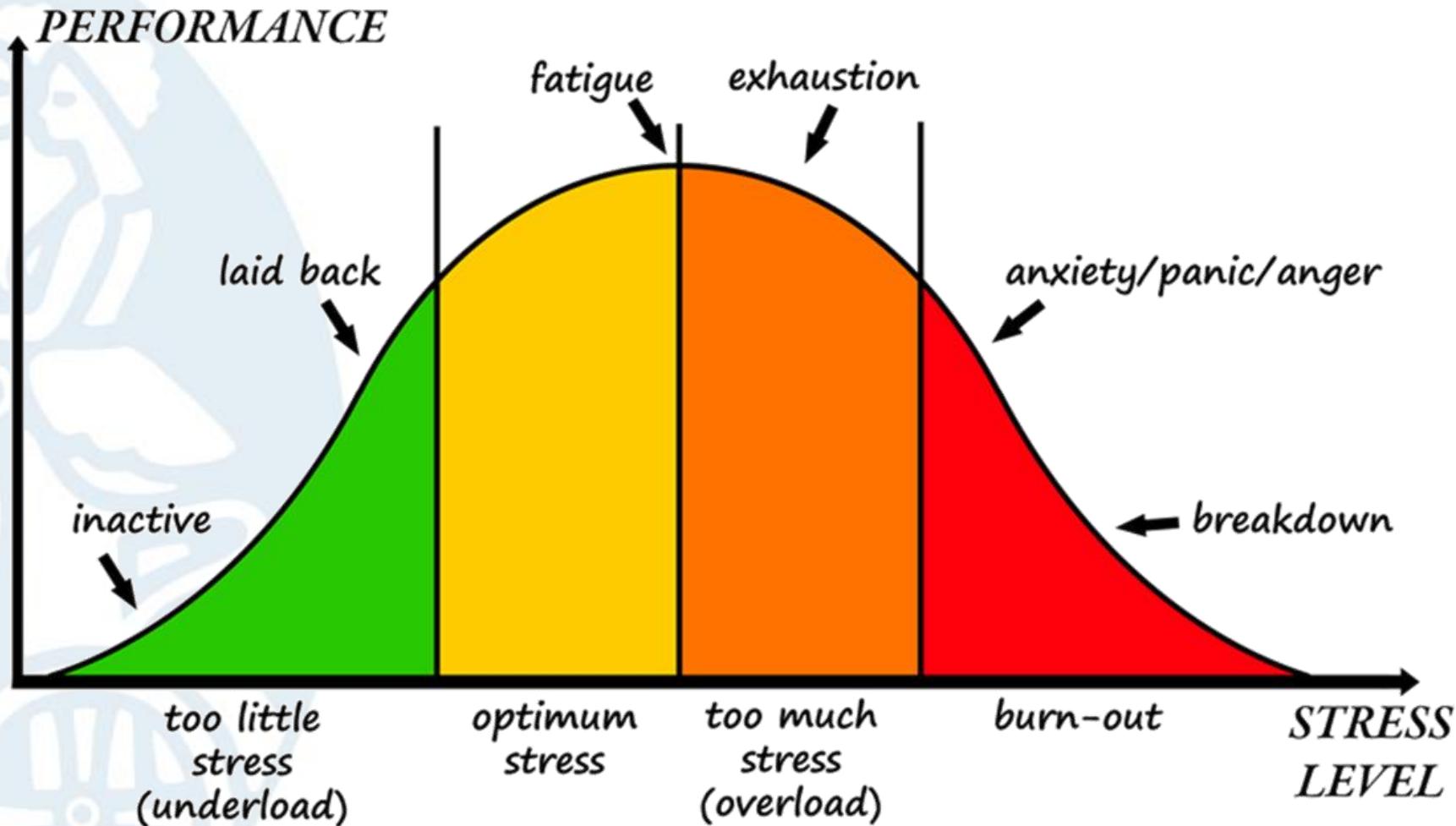


# **Common themes in student counselling service (which probably contribute to feelings of stress):**

- Perfectionism
- Fear of failure
- Imposter syndrome (“I am not really smart enough to be here”)
- Overestimating others / underestimating self
- Procrastination
- Fear of opening up to people / asking for help



# STRESS CURVE



# Staying healthy (psychologically and physically)

- Realistic expectations
- Good, sustainable study habits
- Taking breaks
- Eating well, sleeping well, exercising
- Recognising when you need help and asking for it



# 5 ways to wellbeing



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED

DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF

Your time,  
your words,  
your presence

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>



# If you need some support...

Talk to

- friends or family
- course mates
- course reps
- tutors or supervisors if it's affecting you academically
- Chaplaincy staff



Contact us:

- **[studentadvice@lshtm.ac.uk](mailto:studentadvice@lshtm.ac.uk)**
- **[studentcounselling@lshtm.ac.uk](mailto:studentcounselling@lshtm.ac.uk)**





# Some things to look forward to...

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# Meeting fellow students and making new friends



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# Learning from experts



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# Expanding your knowledge



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# Developing your skills



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# Seeing London in the snow



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# Seeing London in the sunshine... at some point



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# Multi-cultural city



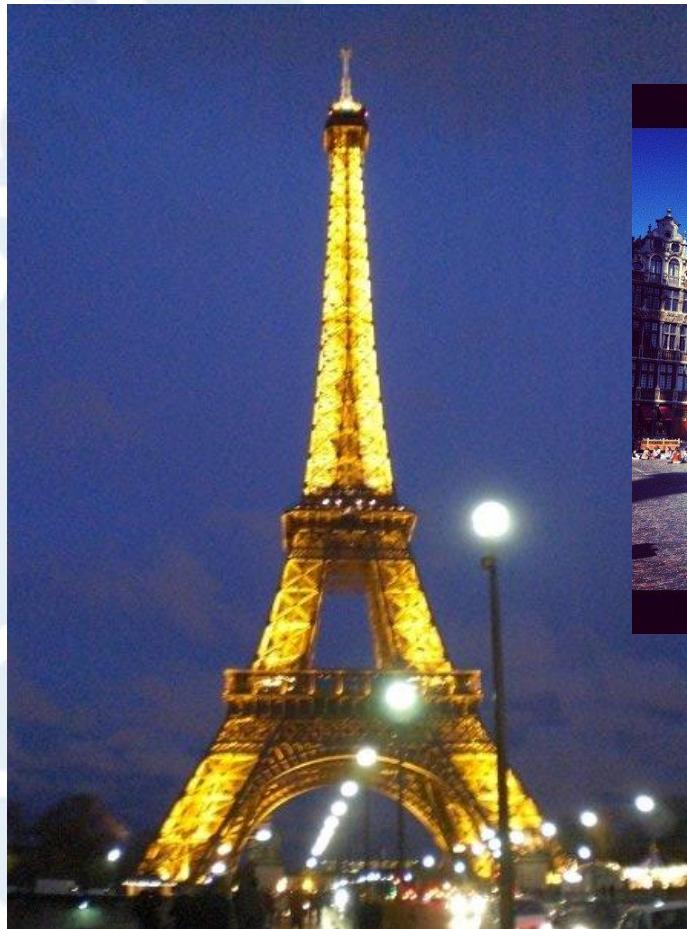
# Art / Music / Cinema is everywhere



# It's only an hour or two to these places...



# And these places aren't much further...





**“The greatest  
wealth is health”**

**Virgil (70 – 19 BC)**

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