

6th May 2020 – Bulletin 4

Communication

One of the things we have found most difficult since moving to remote working is staying socially connected. There are things in our usual day to day working life that may take for granted and really miss right now...

A quick “hello, how are you?” from a colleague you meet in the corridor, a catch-up about last night’s tv whilst you queue for a coffee, or having a laugh on your lunchbreak with a friend. We need this contact with others to stay motivated, we are social beings, so here are a few ideas:

- **Stay in touch** with friends and colleagues for work AND social activities
- **Reach out** to those you feel are quiet in your group, maybe there’s a reason and they need that olive branch
- **Contribute and engage** in group work activities, it breaks up your learning style and helps you to learn more effectively
- **Ask for help** from a friend, a member of teaching staff, your personal tutor or student support staff
- **Find a buddy** using the Medical School ‘[buddy system](#)’ (contact the student reps for your cohort to find out more)

In addition to the above, please do remember the importance of peer to peer support right now. You are all in this together and it’s important now more than ever **not** to work in isolation. Learning collaboratively can really help those who may be struggling. If you are worried about a colleague please do get in touch with your personal tutor.

The University have also just introduced the [Fika app](#) – a mental fitness app that covers many topics, including managing distractions and uncertainty, maintaining motivation and positivity, staying connected, self-care and healthy habits. Please do give this a try.

Please remember to take a look at our [Moodle Support pages](#) for updated provision for you from the NHS, BMA and Health Education England. There are some really useful resources.

For those of you in Phase 2 or volunteering, the [MindEd](#) website is particularly useful for topics including: helping others, fear, trauma, bereavement and end of life. The Medical School are also working with the [PSU](#) and St Andrews to offer some additional work on resilience in this time. Please contact med-studentsupport@buckingham.ac.uk if this would be helpful to you.

If you need to speak with someone please email Claire, Jess or the Student Support email (med-studentsupport@buckingham.ac.uk) and we will arrange to contact you at a scheduled time, this is working very well over MS Teams and all Medical School services continue to run virtually including our study support, coaching and counselling services.

With best wishes
Student Support