

Academic Skills Support and engagement

Dear All

Many of you have sent in questions following the release of the engagement policy. We have created a Frequently Asked Questions list attached to this email which will also be added to the Student Support pages on Moodle. If you have additional requests or feedback specifically related to IT, technology or the curriculum please use this [form](#).

Academic Skills Support

To support you with your online learning we wanted to remind you of the various academic skills support options available to you.

These resources are particularly important for those of you who may be:

- taking longer than the recommended 4 hours to complete the online teaching
- those of you who have struggled with motivation and/or procrastination
- those of you who would benefit from a structure
- those of you who have a specific learning difficulty.

For general academic skills support please use the **Universities ASK portal** and login [here](#). This currently contains folders for the following resources: **critical thinking, essay writing, referencing, reflective writing, report writing, referencing, and time management.**

The latest skills workshop focussed on **remote working**, please see the attached PowerPoint. This contains information on scheduling your day and staying motivated. Please also visit this [link](#). You can book a 1:1 appointment with a member of academic support using the ASK portal above.

For those of you who would like more specific academic skills support related to the medical schools exams please contact Jess Willmore or med-studentsupport@buckingham.ac.uk or if you would like to discuss any of the points raised above please make contact.

Additionally, if you have a diagnosed SpLD please be reminded that you have access to our specialist dyslexia consultant, Carol Leather. Please contact Jess Willmore (Jessica.willmore@buckingham.ac.uk) for Carol's contact information.

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.

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