

GET YOUR BOOSTER
- YOUR SUMMER
CV BOOSTER

FESTIVALS:
BE SAFE, BE WELL,
BE HAPPY

EXAM MENTAL
HEALTH 101: OUR
SURVIVAL GUIDE

THE LIFE OF AN
INTERNATIONAL
STUDENT

"I DON'T FEEL RIGHT"
HOW TO HELP SOMEONE WHO HAS BEEN SPIKED



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THE LOOKOUT

THE STUDENT WATCH MAGAZINE



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WHAT'S INSIDE

Exam mental health 101: our survival guide	4
How to help someone who has been spiked	7
Get your booster - your summer CV booster	12
Festivals: be safe, be well, be happy	16
The life of an international student	21

VICTORIA WILSON,
UNIVERSITY OF
BIRMINGHAM

Student life offers independence and thrilling opportunities – but many of you will know from friends or first-hand experience that serious safety issues, from being spiked to being burgled, remain all too prevalent. Initiatives such as The Lookout are vital in ensuring these issues aren't pushed aside when universities fight to uphold a good reputation.

We help students to support one another to create a happier, safer environment. Although older generations tend to approach student problems with good intentions, they can sometimes appear patronising, alienating and out of touch.

We started with The Lookout Magazine back in September 2021, and you're currently holding our 3rd edition. We've proudly handed out magazines to 60 000 students. This year we've expanded our initiative to workshops

across the UK, providing training and instilling students with confidence to deal with difficult situations they may find themselves in.

You can find all editions of the magazine and any new initiatives on studentwatch.co.uk.

STUDENT WATCH



**INTERESTED IN JOINING THE STUDENT
WATCH COUNCIL TO HELP SET THE AGENDA
FOR ALL THINGS STUDENT SAFETY,
COMMUNITY & WELLBEING?**



CLICK HERE

Exam mental health 101: our survival guide

Feeling the strain? Here's our cheat sheet for getting through your exams.

Cindy Carey,
Manchester
Metropolitan
University

HAVE A SEPARATE WORKSPACE

While revising in bed is both easy and cosy, getting some space – outside your room if you can – is refreshing for your mind, spirit and grey matter. Go to the library, or book a study room, or just go somewhere you know that's quiet. Separating your work environment from your living environment will allow for clearer headspace.

PLAN YOUR TIME - & DOWNTIME

Organising a schedule will help to provide structure in your exam revision, ensuring nothing is overlooked, but just as importantly, it'll reduce your stress levels. You'll always know the next thing to do, without feeling overwhelmed by the possibilities. And don't forget to plan time for *you*. Reward yourself for the hard work you've done.

LOOK AFTER YOUR BODY

I know from experience that exams can stir up a need for stress-eating, but try to avoid it! Health is wealth: drinking water, sleeping regularly and limiting your junk food intake is a winning combo in reducing anxiety. You'll feel much better for it.

REMEMBER - EXAMS DO NOT DEFINE YOU

Exams aren't the be-all and end-all. You can only do your best, and there's absolutely no need to compare your performance with that of anyone else. Perspective is important. Besides, even in the worst-case scenario, there are always resits on offer.

EXERCISE

Although it's easy to fall into a routine of just sitting at a desk each day, every day, until exam season is over, it's important to keep going outside and stretching those legs. Getting some fresh air and exercise will do wonders in giving you a mental break from revision. And if that feels as though you're losing valuable study time, remind yourself that you can't revise if you can't think clearly.

REACH OUT TO PEOPLE

If you feel that you're really, seriously struggling, do reach out to those around you or any available support services, be they local or wide-reaching. Don't be afraid to let people know how you're *actually* doing. You definitely aren't alone in this.

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And there's more, you get access to exclusive member deals in store and personalised offers for money off the things you like to buy via the Co-op App. So, if you scan your membership card when you pay for that bottle of wine, you might get an offer for it the week after.



How do I join, I hear you ask? Simple. Click the icon to download the Co-op App on the App Store or Google Play.

It costs **£1 to become a member** but that gives you access to all the above and buys you a share, so you can have your say on the way we do business. **You'll also be in with a chance of winning some cool prizes each time you get involved.**



It's what we do

“DON'T
FEEL
RIGHT”

**How to help someone
who has been spiked**

Victoria Wilson,
University of Birmingham

**Step one:
knowing
how to spot
a victim**

**Step two:
what to
do next**



Using alcohol or drugs to intoxicate somebody without their knowledge has become its own epidemic of late. Additionally, the act of being spiked has, over a longer period, become entrenched in shame and myths, as certain individuals and sections of the media make bizarre, dangerous comments that blame such incidents on victims' clothing, behaviour or sheer existence.

We all know this is, of course, ridiculous. Being spiked is never your own fault.

Spiking can take several forms. The most common, and well-known, is for drugs or alcohol to be slipped into somebody's drink, to make them more intoxicated without their knowing. So-called 'date-rape drugs' such as Rohypnol are used to sedate victims, rendering them more vulnerable to physical and sexual assault, while recreational drugs such as Ketamine or LSD can incapacitate somebody, confusing them and making them lose inhibition or even memory. These drugs are worsened by the additional effects of alcohol.

Attackers can also use needles to inject drugs into people, particularly in busy nightclubs or parties. If you

suspect you've been injected with a dirty needle, you must seek urgent medical attention, because HIV and Hepatitis B don't care if it was your intention or somebody else's.

Remember: spiking is still spiking even if you're 'just' turning a friend's single vodka into a double without their knowledge. It's a criminal offence, and highly dangerous.

As part of Student Watch our goal is to instil each other with the confidence to act when you see something awry. Plus, it's always good to be on the safe side – so here's some guidance on what to do:

On the night

If somebody tells you that they think they've been spiked, it's essential to believe them even if they seem OK to you. Symptoms can vary depending on the individual, the substance and what they've drunk that night already, but common signs are: feeling sleepy; feeling more drunk than usual, or just generally strange; confusion; lowered inhibitions; visual problems; loss of balance; nausea; and losing consciousness.

You may have just bought a drink or a club ticket but you must still stay with them while you inform a member of staff or a sober friend – or, if the symptoms are very severe, call 999. Help them to a safe space, either in the venue or by accompanying them home in a taxi. Speak reassuringly and help them to feel comfortable and safe. Don't leave them alone.

The morning after

Your spiked friend or acquaintance will likely feel confused and vulnerable, particularly if they can't remember the night before. Talk with them about what happened and how they're feeling now.

**Remember: act
immediately
if you suspect
someone has
been spiked.**

If they feel up to it, you can report the incident to the venue and the police. Many spiking substances don't show up in the body after 12 to 72 hours, so this should be done quickly if possible. However, making a report can be draining and harrowing for a someone who's experienced being spiked, so don't pressure them – and if they do file a report, work through it with them.

Going forward

It's important to not just forget about the incident and move on. Continue to support your friend or acquaintance. They may become isolated or want to avoid going out, and there's plenty you can do to ensure they feel seen and valued, whether it's by organising a few relaxed movie nights in or by offering support when they are ready to go out again.

If they're experiencing symptoms of poor mental health, or even if they are not, you can guide them towards the wellbeing support options below. It's crucial that they know what professional help is available, particularly in the case of suspected assault.

Remember that your uni may have additional resources available.

**Be there for
them - you
can do it.**

RAPE CRISIS CHARITY HOTLINES

England & Wales

Call - 0808 802 9999
12 - 2.30pm & 7 - 9.30pm every day

Scotland

Call - 0808 801 0302
Text - 07537 410 027
5pm - midnight every day

Northern Ireland

Call - 0800 0246 991
Monday to Thursday, 6 - 8pm

Samaritans

Call - 116 123
Email - jo@samaritans.org

CALM (Campaign Against Living Miserably)

Call - 0800 58 58 58
Webchat - thecalmzone.net
5pm - midnight every day



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Get your booster – your summer CV booster

Volunteering in the time off between terms may sound like hard work, but there are opportunities that'll pay off later without over-taxing you now.

**Bridget Eke,
University of Leeds**

Summer can be an important transitional period for students. Whether you're at school, college or university, or in the process of moving between them, the long-awaited sunny season sits at the end of exam and coursework deadlines and before the start of a new academic year, with its whole new set of deadlines. Hooray!

It can be difficult, then, to balance your enjoyment of the rest period with the opportunity to make productive use of that time. Fortunately, we can suggest a few volunteer initiatives that will bulk up your CV without being *too* strenuous.

Online

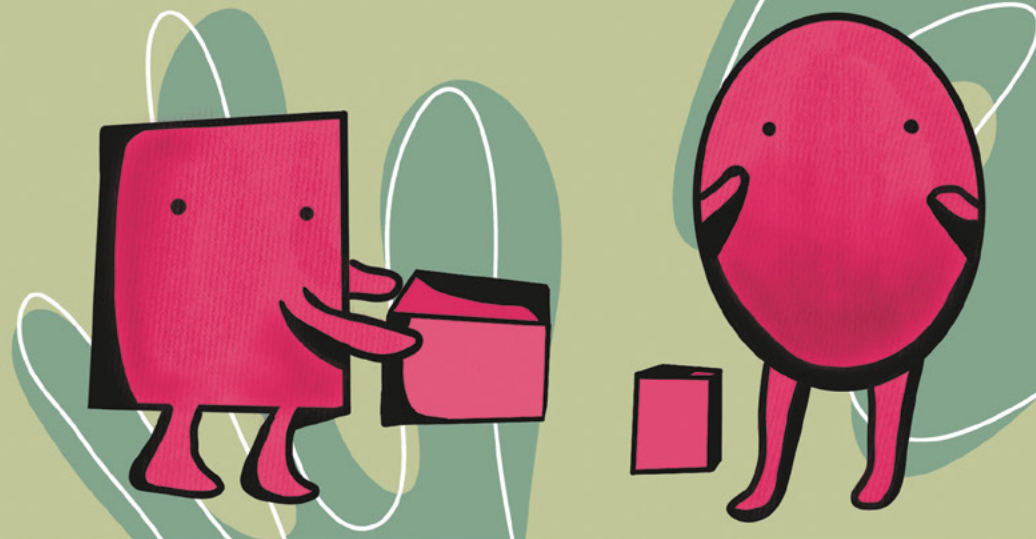
Let's face it: the first place anyone looks is online. Sites such as LinkedIn are great for finding specific career-focused roles. Often, though, I'll see excellent opportunities being shared

on social media by friends and people I follow, so it's really worth curating your personal network with like-minded individuals.

One such opportunity I've come across is the role of [Cyberhood Watch Ambassador](#) with Neighbourhood Watch, supported by Avast, the cybersecurity software company. You'd be trained to become an Ambassador promoting cyber safety and protection. Having involvement with Avast, or another company of such high reputation, on the CV will reflect very well on anybody looking to get into tech – and, of course, any volunteer role will provide the soft skills required for a future job in a wide range of industries.

Environmental

In the UK we've seen increased levels of youth participation in taking



Writing to your MP about issues and concerns you wish to raise is the place to start.

positive action on climate change. The consequences of global warming affect our generation more than any before it, and every day, more young people feel a sense of hopelessness. After all, in the face of a global climate crisis, there are only so many paper straws we can clutch.

However, that doesn't mean we can't do anything. In particular, there's one practical initiative for the summer months that simultaneously helps to promote effective change *and* look good on your CV: participating in local politics. It is paramount that young people's voices are heard in Parliament, and writing to your MP about issues and concerns you wish to raise is the place to start.

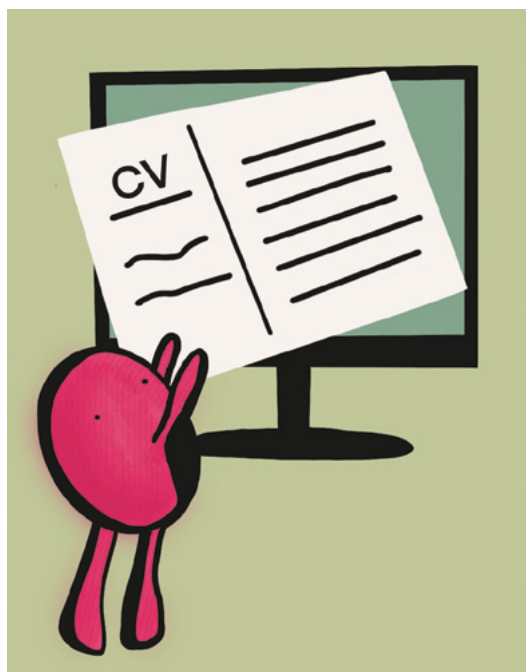
Another way to actively promote positive environmentalism is to organise a litter-pick. Areas close to the coast do this most regularly but there's interest right across the country.

[Click here](#) for advice on arranging a litter-pick in a town or city.

Community

For people looking to gain experience for future roles in the non-profit industry, or anything relating to health and social science, there are two opportunities well worth your attention.

The first is the chance to become a [Hate Crime Community Ambassador](#), as part of a project currently being



trialled in the Greenwich borough of London, with the intention of it later being rolled out in more areas. For anyone nearby, it's a great method of raising awareness, involving social media and working with local partners. For those who aren't local to that area, I'd recommend becoming a [Community Champion](#). Both schemes involve a training course and networking within the community: skills that could, would and should be included on a CV.

Full disclosure: it would, of course, make sense that a magazine made in partnership with Neighbourhood Watch would encourage you to join one of its local initiatives. But they're such good initiatives! There's plenty more information available on the [Our Watch](#) website, from exciting local events to advantageous connections and useful safety advice.

Have a real think about volunteering this summer – your future self might thank you for it.

Have a real think about volunteering this summer – your future self might thank you for it.

FESTIVALS:

BE SAFE, BE WELL, BE HAPPY

Follow our guide this summer and you'll have an experience to treasure – not a festival to forget.

Danni Fisher,
Kings College London

BE PREPARED

Yes, it's tedious, but trust us: it's important. Make a list, check it twice, check it thrice. As extra as it sounds, you'll need wellies as well as sunscreen, because Britain will happily serve you a heat wave one day and a thunderstorm the next. Shoutout to climate change! Fortunately, there's usually a Co-op shop at the festival, selling everything from toothbrushes and sanitary products to meal deals and that old lifesaver: bottled water!



PRIORITISE YOUR WELL-BEING

Here's a tip: the best way to have a good time is to avoid being a physical wreck. Don't go into a festival thinking you can put your human functions on hold (we speak from experience) – you still have to eat enough food and drink more than enough fluids.

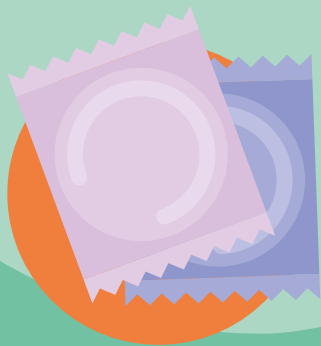
Non-alcoholic fluids. Make a note of where the water taps are located around the festivals and campsites, and if there's a Co-op where you can get water or ice. Imagine yourself as a Sim, or similar, who will immediately die the moment those hunger or hygiene bars run too low. You probably won't, but it's a good motivator.

MURPHY'S LAW

Anything that can go wrong *will* go wrong. Murphy's Law is a gloomy way to look at summer plans, we admit, but make sure of the essential facts: where the medical tents are located, where your meet-up point will be if you lose one another, where you packed the Paracetamol...



PRACTICE SAFE SEX



'Boomers' describe the generation born shortly after the Second World War when spirits were high, and they've carried on their parents' tradition of waging war, except this time it's on vegan sausage rolls and the like. Some sociologists argue that there was a second baby boom shortly after Woodstock. Let's avoid a third, shall we? Bring contraception and use it.

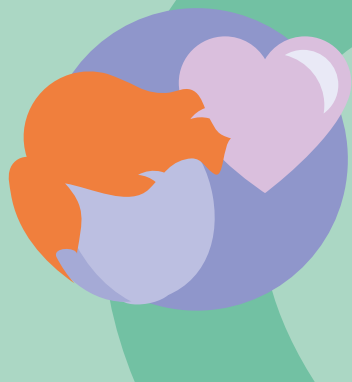
PRACTISE SAFE EVERYTHING

Theft and other unsavoury activities are common at festivals, sadly, so stick with your friends and have each other's backs. There are almost always charging points at festivals, in case your phone dies and you can't find your friends at your meet-up point. It may be worth seeing if there are lockers you can hire, even, for your belongings. But, most obviously and importantly, don't bring anything you aren't prepared to lose. Kylie Jenner has a security team to guard her jewels at Coachella – you don't (we assume).



REMEMBER R.E.S.P.E.C.T.

It's easy to get carried away at festivals but that's no reason to be... well, choose your own insult. Treat everyone with the respect you'd wish to receive. People will be dressing extravagantly, acting flamboyantly, dancing wildly – don't kill the vibe. Be kind. And respect the environment as if it's a person as well.



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^{^2} Customers will receive an email with instructions on how to register for this service, after purchasing their policy. Available whilst travelling on a trip that is covered by the policy.

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THE LIFE OF AN INTERNATIONAL STUDENT



Illustrations:
Annabel Lobb, University of Leeds

Building a home away from home is difficult - but rewarding

Shamita Reddy,
University of Birmingham



I took one last look around my room as I packed the final item of clothing into my luggage. I realised I'd forgotten something: a photo frame, just 3in x 3in, with a picture of my parents and a little me giggling because I had grown an ice-cream moustache. I took the photo from my wall and held onto it throughout my flight to the UK.

Luggage restrictions meant I couldn't bring everything I wanted, yet it's strange how a pocket-sized photograph can make you feel great warmth. I hoped that bringing it wouldn't just remind me of home, but make my new location *feel* like home – and it did.

This is only a snippet of one international student's journey. The UK welcomed 605,000 international students in the 2020/21 academic year, and a 2019 study found that more than 90% miss the familiarity of home while studying abroad. The intensity of that reaction differs from person to person, so I gathered viewpoints from some of the international students I've met along the way.

Kunal, an Indian student, moved to the UK six months ago. *"I moved here with joy and excitement in my heart, but in the first few weeks I was met with conflicting emotions,"* he remarked, when I asked him about his early months. *"There was excitement in the new, but I was saddened by the*

loss of familiarity. I had to quarantine for 10 days and I cried every day, because I missed my family and wanted to return home.

"But thanks to the university's numerous networking events, I quickly made friends and we built a small home for ourselves here. We attend classes together, study together, cook and travel around the country together. We keep an eye out for one another.

"My advice to any international student is this: when you're feeling down, reach out to a fellow international student. Nobody else will understand your predicament better – because you're not alone in this."

Relocating to a new country can be daunting. There's so much to learn, of course, but it also throws off the regularity you established in your 'previous life'.

"Adapting was challenging for me at first," explains Hannah, a German student. *"In this unfamiliar environment, ordinary things like grocery shopping or creating a new bank account triggered my anxiety, and I began to withdraw. I skipped classes, struggled to make friends, and didn't eat or sleep well. I was apprehensive about venturing out on my own and embracing student life.*

"On one particularly pleasant day, I decided to join a university travel society. It was through the society that I discovered the city's hidden nooks and found my 'safe haven'. I began to go there every morning. I'd take a seat on my favourite rock, put on my headphones and journal my thoughts. After that, I started to feel better. It helped me to concentrate better on my academic studies."

With the stress of academic workload and finances having an impact on top of homesickness, international students sometimes don't benefit from the inclusionary efforts made by universities (although most institutions could offer further assistance aside from counselling or extended deadlines). Other students can play a positive role here, in making themselves aware of the extra difficulties that international students may face, then reaching out to welcome them and make the transition a little easier.

And for international students whose new life may seem overwhelming, remember: there are no catch-all solutions, so it's important to develop a coping method that suits you. Whatever form that may take, though, looking outwards is often a good place to start.

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