

## **Student Life Centre: Information for Research Students**

The Student Life Centre provides information, advice and guidance to the whole Sussex student community from our accessible location in Bramber House.

Student Life Advisors have training and experience in supporting students with a wide range of concerns. You can bring any issue to discuss, from a general sense of disquiet to a specific problem you wish to talk through or resolve.

We understand that studying for your doctorate can be intellectually inspiring and personally rewarding but also challenging and highly demanding at times. In addition to undertaking advanced academic research there are multiple other pressures such as developing your professional skills, publishing, teaching, and presenting at conferences. There may also be events

in your personal life that have an impact on you as well.

The Student Life Centre is here to support you through whatever you are going through.

If we do not know the answer to your particular question we will always seek out the right information or refer you on appropriately. We will also follow up to ensure your issues get resolved.

### **Issues we assist research students with include:**

- Engagement and motivation
- Relationship difficulties at home or work, including managing the relationship with your supervisor
- Personal direction and setting goals
- Coping with feelings of isolation
- Perfectionism, ‘imposter syndrome’ and confidence
- Caring responsibilities
- Sexuality, race and culture
- Guidance on university rules, regulations and processes

- Unexpected events, crises and upsets and their impact on study, including:
  - Coping with emotional and health issues
  - Suicide intervention
  - Sexual and domestic violence

## **Student Funding Team**

The Funding Team provide administration for sources of funding support for students.

- Some limited Hardship Funds for students who encounter unexpected financial difficulties
- US Federal Direct Loan Scheme for American Students
- 1-1 advice on income maximisation and in-depth budgeting advice
- Small emergency loans for disruption to funds and sudden, unexpected costs

### The Student Life Centre offers:

- An information desk for general enquiries
- Drop-in for urgent concerns (1100-1500)
- Private one-to-one meetings
- Money advice appointments
- Support in-person, telephone, email or Skype
- Signposting and guidance on internal and external specialist support and resources
- LGBTQ drop-in, X-card drop-in and collection point

You can speak to any one of us about whatever is concerning you.

If you would like to speak to the Advisor for your School or the Advisor that specialises in a specific area, please call or email us to book an appointment.

You can also book an appointment with the dedicated advisor for research students, Grace Jones.

### Contact us:

We are based alongside other Student Services in Bramber House (opposite end of the building to the Co-op)

Come to our information desk:

**Monday – Friday 9AM- 5PM**

You can book an appointment in person, by telephone or email, or online through **Sussex Direct – Study tab – Student Life.**

**T: (01273) 876767**

**E: [studentlifecentre@sussex.ac.uk](mailto:studentlifecentre@sussex.ac.uk)**

