



Family and Friends Guide

Welcome to GSM London

With your help, anything is possible

So, one of your loved ones is starting a degree at GSM London? Rest assured, we'll do everything we can to help them achieve their goals. But you've got an important role to play too. You're a vital part of the support network that will help your loved one change their life through learning.



“My family were great. They understood how important my studies were, not just for me but for all of us. I couldn't have done it without them.”

Mohammad Elahi
Business Management graduate

Before we go any further

Even though you want your loved one to succeed, you might be a little anxious about what lies ahead. Will their studies cause disruption to your family life?

It's understandable to feel that way. **But you've got nothing to worry about.** Remember, lots of people just like you have been on exactly the same

journey. With a little planning and a positive attitude, you and your loved one will handle the learning experience just fine.

And the end results – better career prospects, increased household income, and a real sense of achievement – will make it all worthwhile.



How you can help

Every family is different and as your loved one's learning journey unfolds, you'll find your own ways of helping each other. But for now, here are some simple ways you can support their studies and minimise disruption for the rest of the household.

Time management

We all lead busy lives and your loved one's study schedule is going to put added pressure on your family's time. They'll not only be attending classes but they'll also have to set aside time at home for their studies. So be sure to:

- Discuss their schedule, maybe even note down lectures and classes on a shared calendar. Then you know what's coming up – and you can help make sure they don't miss any classes!
- Block out some study time that suits everyone in the household. For instance, you could agree to do the kids' bedtime three nights a week while your partner studies – on condition that they do school drop-off in the morning. The more structure you have, the easier life will be.
- Having said that, be prepared to be flexible too. Your loved one might intend to complete an assignment on Monday but if inspiration doesn't strike till Wednesday, then so be it – try to accommodate them if you can.



Take an interest

Perhaps you're a teenager whose dad is studying at GSM London? Or maybe you're a husband whose wife is taking one of our degree courses? Either way, don't be afraid to ask them about their studies and their day-to-day experiences. Just because this is their adventure doesn't mean they won't want to share it with you.

You could even offer to talk through their ideas or check over their work. They might appreciate your input.

Maybe ask them if you can visit the campus too, or come to one of our open days. They might like the idea of showing you around their new world. And you'll enjoy getting an insight into what they're up to.

“It was difficult at first – balancing my studies with childcare for two young kids – but friends and family helped out and it soon got easier. Now here I am, I'm in my final year already!”

Anita Badoe
Human Resources
student

“During exam time, my kids would ask me questions to help me revise – in the car, in the shops, wherever. It really helped.”

Anita Badoe
Human Resources student



Peace and quiet

Try to put yourself in your loved one's shoes. Studying for a degree is a new experience – it's going to be exciting, daunting, inspiring and challenging. And much of it will be unfamiliar.

It may be years since they had to complete an assignment or read a textbook. They may never have done it before. So they'll need to concentrate – a lot. You can help by minimising distractions around the house.

- Just simple things, like turning down the volume on the TV while they're working in the next room can make a big difference.
- If you have young kids, try to keep them quiet during study time. Explain to them why mummy or daddy needs to study and you'll be surprised how considerate they can

be. Who knows, it might even plant a seed, inspiring them to study in later life.

- Space permitting, set aside a room or area of the house for study. When your loved one is using it, everyone can do their best to be quiet – and when they're not, it's business as usual!

Of course, the reality is that most households are busy, noisy places – so nobody is expecting it to become a library. Just do what you can to make study easier.



“At home, we made sure that we created a calm and positive environment for Mohammad to concentrate on his studies. That way he got his work done faster... so we were able to have some family time too.”

Nazish
Mohammad Elahi's wife

Wellbeing

Some of you might be feeling anxious because your loved one has health concerns or a physical, mental or social disability. Or perhaps they have a specific learning difficulty such as dyslexia.

If so, they're in good hands here at GSM London. Our dedicated Wellbeing team will make sure they're well supported and can fulfill their potential in an inclusive learning environment.

“The wellbeing team helped me to work alongside my dyslexia.”

Afreeca Taiwo
Events Management
(with Foundation Year)
student



*Your loved one
is in good hands
with us.*



Remember the big picture

There may be some challenging periods during this journey. The time and energy your loved one spends on their studies will probably put some strain on all of you at some point.

When it does, take a deep breath and remember why they're doing this. Studying for a degree will not only change their life for the better, it's going to be good for all of you.

It will improve your loved one's career prospects, which should boost the household income. And it will give them an enormous sense of achievement – and give all of you a great sense of pride and satisfaction. Seeing a loved one graduate is a feeling you'll never forget.

“I was the proudest mother when I saw him receiving his degree. It was one of the best moments of my life and seemed like a dream come true.”

Parveen, on seeing her son Mohammad Elahi graduate from GSM London



“Enhancing my career prospects and improving my employability were the main reasons I decided to pursue a degree at GSM London. It's been a wonderful experience. What I enjoyed the most was being able to study alongside my son and many of my friends.”

Cheryl Hall, on graduating alongside her son Germaine (with Foundation Year) student



Give yourself a pat on the back

Behind every successful graduate, there's a huge support network. From the lecturers, tutors and course advisors here at GSM London, to the considerate employers who enable students to fit their work around their studies.

And of course, there's you, the family and friends who provide practical and emotional support on a daily basis. So every now and then, just remind yourself: you're doing a very good job.



“The families of our students, they're the unsung heroes of the whole learning experience. Their enthusiasm, understanding and support play a huge part in our students' success.”

Debi Hayes
Provost and Chief Academic Officer, GSM London



One last thing

Don't forget, there's always someone to talk to at GSM London, whether it's the Wellbeing Team, our Engagement Team, or our personal tutors and course advisors.

Need more information?

So if problems arise that really are hindering your loved one's ability to study, and you're struggling to solve them together, encourage them to speak to someone here. We really will do everything we can to find a workable solution and keep their dreams on track.

Our course advisors are a good first point of contact:

Email: enquiry@gsmlondon.ac.uk

Telephone: 020 8516 7881

Once your loved one becomes a fully registered student at GSM London, they'll receive a Welcome Guide, which has contact details for all the key student support services at GSM London.






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