



# One-to-one Support

## Enjoy one-to-one support at GSM London

At GSM London, we recognise that every student is different: you all have your own unique attributes, skills, motivations and aspirations. So while we offer plenty of shared learning experiences such as lectures, seminars and workshops, we also place a strong emphasis on tailored, one-to-one support. In fact it's a fundamental part of our strengths-based approach to learning.

### What is strengths-based learning?

Put simply, a traditional approach to learning focuses on the things we're not so good at and tries to fix them. But a strengths-based approach identifies the things we already do well and uses them as building blocks for further success.

So, what are our strengths? Strengths are the natural talents, knowledge and skills that every one of us possesses. We use these natural traits and abilities every day to complete our work, to interact with other people and to achieve our goals. But most of us don't actually know what our strengths are or have the opportunity to use them to our advantage.

### Finding your strengths

At GSM London, all our students undertake a strengths consultation to identify their natural talents – for example, you might be adaptable, competitive, analytical or strategic. Once we've identified your top five strengths, we can then nurture, harness and apply them throughout your learning journey.

Don't worry, the strengths consultation isn't as daunting as it sounds – it's actually a really interesting experience, and the results just might surprise you.

### Making excellence achievable

Using the original approach, your teacher or your boss would pick out your weaknesses and encourage you

to work on improving them. But because you're not naturally talented in these areas there's every chance that, no matter how hard you try, you'll only ever do them adequately.

In contrast, if you work on things you're already good at you can start to excel at them. It's a much more positive approach to learning that enables you to truly fulfill your potential.

That's not to say that the strengths-based approach ignores your weaknesses. It just finds ways to address them that play to your strengths.

### Does it work?

Does the strengths-based approach work? We certainly think so – as do a growing number of educational institutions, businesses, and corporate organisations around the world. Students and employees in strengths-based learning environments tend to be more energised and engaged, and have a real sense of inclusion, positivity and self-belief.

### Personal tutoring

As part of our strengths-based approach, every student at GSM London is assigned a personal tutor. Their role is to encourage you to reflect on your strengths and use them to your advantage, helping you develop into

a confident and independent learner. Personal tutors are also a valuable source of general advice and support throughout your learning journey.

The personal tutoring programme at GSM London features:

- **Group sessions**

Overseen by your personal tutor, these scheduled sessions give you a chance to engage with a small group of your peers in a familiar and welcoming environment. The sessions are not only stimulating and engaging but also help to forge a valuable support network for the students involved.

- **Individual sessions**

These optional one-to-one sessions are an ideal opportunity for you and your personal tutor to discuss a range of issues. Perhaps you're struggling with a particular learning module or you've got a timetabling problem? Or maybe you've got a more personal matter on your mind? Whatever it is, your personal tutor will either try to solve it themselves or put you in touch with someone who can.

### One-to-one careers support

Your personal tutor isn't your only source of one-to-one support at GSM London. Our dedicated careers team also offers a range of

personalised services to help you choose a rewarding career and prepare you for success in the job market. These include:

- Careers consultations
- Help with your CV, applications and personal statements
- Practice interviews

### Wellbeing

Our student wellbeing team offers another vital source of support, providing a first point of contact if you have:

- Any specific learning difficulties such as dyslexia
- A physical, mental or social disability
- Health concerns
- A personal issue or circumstance which may be affecting your studies

### Course advisors

Finally, our team of course advisors is always here to help. They'll give you guidance on choosing the right degree programme, answer any questions about the application process, and much more, all in a relaxed, informal setting.

To book your one-to-one consultation with a course advisor, call

**020 3432 5609**