



NANYANG
TECHNOLOGICAL
UNIVERSITY
SINGAPORE

School of Social Sciences
College of Humanities, Arts, and Social Sciences



Student Life

by
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Assistant Chair, Students

www.ntu.edu.sg/sss



Our Identity:

- **Intellectually Curious**
- **Empathetic and Compassionate**
- **Socially Conscious**



Student Life

- Managing Transitions
- Student Code of Conduct
- Leave of Absence
- Overall Wellbeing



Managing Transitions

- To university
- To work
- To self-reliance
- To adulthood



Managing Transitions: Plan and Plan!!!

- Manage your time wisely
- Be self-motivated
- Career planning starts from Year One
 - Career Axis | www.careeraxis.ntu.edu.sg
- Meet with SSS' career coach

Student Code of Conduct



Students must be **aware of and comply with:**

- University Code of Conduct
- Student Code of Conduct
- University statutes, rules, regulations, directives, policies and procedures
- Singapore law
- The **laws of any country that they visit** during their time as an NTU student
- The **rules of any university, institution or organisation they visit, attend or work** during their time as an NTU student

Student Code of Conduct

- Conduct **on campus**
- Conduct **off-campus** in association with any NTU-related activity
- Conduct that affects **NTU's interests or reputation**, or any member of the NTU community
- Use of NTU's **computing or network resources**





Student Code of Conduct

- Remember, students are NOT exempted from the law
- Report suspected misconduct to studentconduct@ntu.edu.sg or to Assistant Chair, Students / Programme Heads



Student Code of Conduct: Anti-Harassment Policy

- Harassment can take different forms, which include without limitation:
 - **Bullying and discrimination;**
 - **Stalking;** and
 - **Sexual harassment**
- Harassment constitutes serious misconduct and **MAY AMOUNT TO A CRIMINAL OFFENCE**



Student Code of Conduct: Social Media

- Are your social media channels 'private'?
- 'Close friends' = trusted friends?
- Be mindful of what you share

Leave of Absence

- Short leave of absence
- Semester leave of absence (LOA)



Short Leave of Absence

If you cannot attend class when you are required to do so, you must either:



Apply for MEDICAL LEAVE if your reason for absence is illness



Apply for SHORT LEAVE, if your reason for absence is not illness

Semester Leave of Absence (LOA)

If you want to take a semester off, you must apply for LOA **before the end of the add-drop period** of the semester you are taking off in order to:



Not use up one of your MOE tuition subsidized semesters
(MOE will only subsidize your tuition fees for 8 semesters)



Avoid paying tuition fees for that semester

Student Ambassador Programme (SSS SAs)

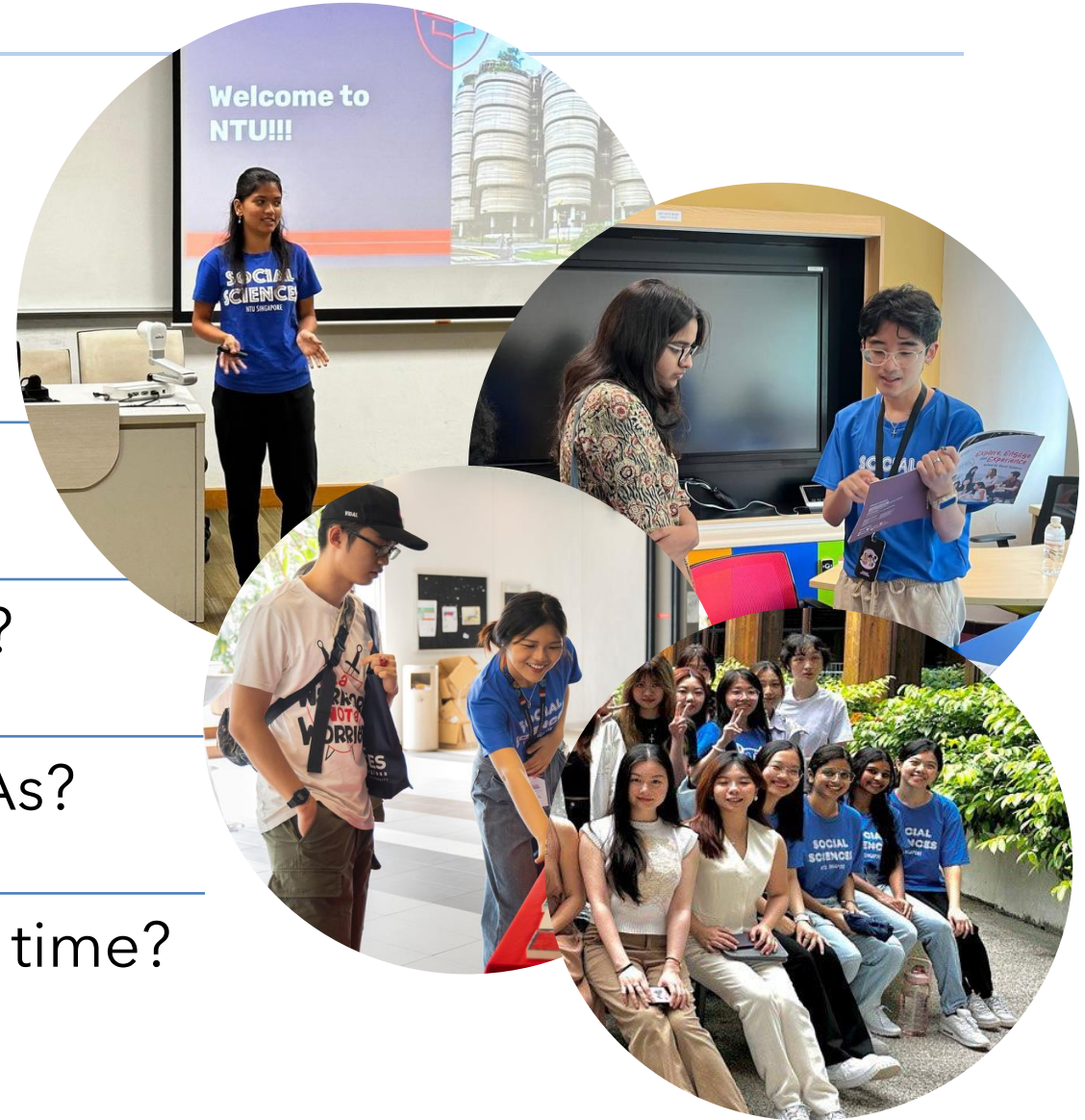
The Questions:

What is a Student Ambassador?

Why would I want to become a SSS SA?

What sort of opportunities await SSS SAs?

Is this going to take up too much of my time?



Student Ambassador Programme (SSS SAs)

The Questions:

Will I be trained?

How do I sign up?

Who do I need to speak to if I have any queries?

Look out for the call for applications on our SSS Instagram.



ntu_sss

NTU School of Social Sciences

1,818 posts 2,582 followers 120 following

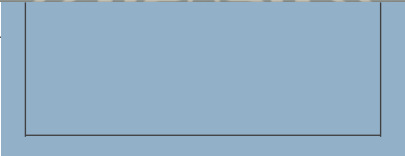
https://linkinprofile.com/ntu_sss
639818

linkinprofile.com/ntu_sss



Overall Wellbeing

- Things you can do for your own mental wellbeing
 - Make friends!
 - Exercise
 - Mindfulness
 - Get off social media (from time to time)



YOUR WELL-BEING MATTERS @ SSS

Support, Resources & Community for Every Student

Student Support at SSS – We're Here for You!

 Prof. Walid Assistant Chair (Students), Associate Professor, PPGA	Provides guidance on navigating academic and personal challenges	Leads student well- being initiatives in SSS	Works closely with faculty & SCM to ensure student support
 Ms. Kayathri Student Care Manager	Provides crisis intervention & regular check-ins	Offers 1-on-1 support for academic, personal, or emotional challenges	Runs wellness workshops & care programs
 Undergraduate (UG) Office	Academic advising & course planning	Help with registration & academic policies	Support for special requests (e.g. LOA, pass/fail)
 Inclusion & Accessible Education (I&AE)	Support for students with Special Educational Needs (SEN)	Exam accommodations (e.g. extra time, quiet venues)	Assistive tech & learning aids (e.g. note- taking, sign language)

What Students Often Struggle With



- Academic Pressure: Deadlines, exam stress, GPA concerns.



- Mental Health: Anxiety, depression, burnout.



- Social Adjustment: Making friends, fitting in.



- Homesickness: Missing home, culture shock for international students.



- Financial Stress: Budgeting, unexpected expenses.



- Time Management: Balancing academics, CCA, and personal time.

Techniques for Managing Challenges



- Time Management: Use planners, prioritize tasks, set realistic goals.



- Mindfulness & Self-care: Practice breathing exercises, get enough sleep, eat well.



- Seek Support: Talk to friends, family, or staff members.



- Limit Overcommitment: Know when to say no and focus on your well-being.



- Engage in Positive Activities: Join clubs, volunteer, explore hobbies.



- Use Campus Resources: Access professional help when needed.

Your Circle of Support at NTU



- Peers & Friends – Your first line of emotional support.



- School Staff – Faculty, Student Care Manager, Associate Chairs.



- University Wellbeing Office (UWO)



- Career & Attachment Office



- Financial Aid Office



- Office of Global Education and Mobility



- Student Clubs & Societies – Interest groups and social communities.

University Wellbeing Office (UWO)



- Counselling Services: Professional, confidential mental health support.



- Preventive Programs: Workshops, talks, wellness campaigns.



- First Responder Support: For urgent psychological crises.

SSS Peer Support Group *By Students, For Students*



- A team of trained student volunteers advocating for well-being.



- Provides peer listening and directs peers to appropriate resources.



- Supports a safe space for sharing and emotional connection.



- Works closely with the Student Care Manager and UWO.



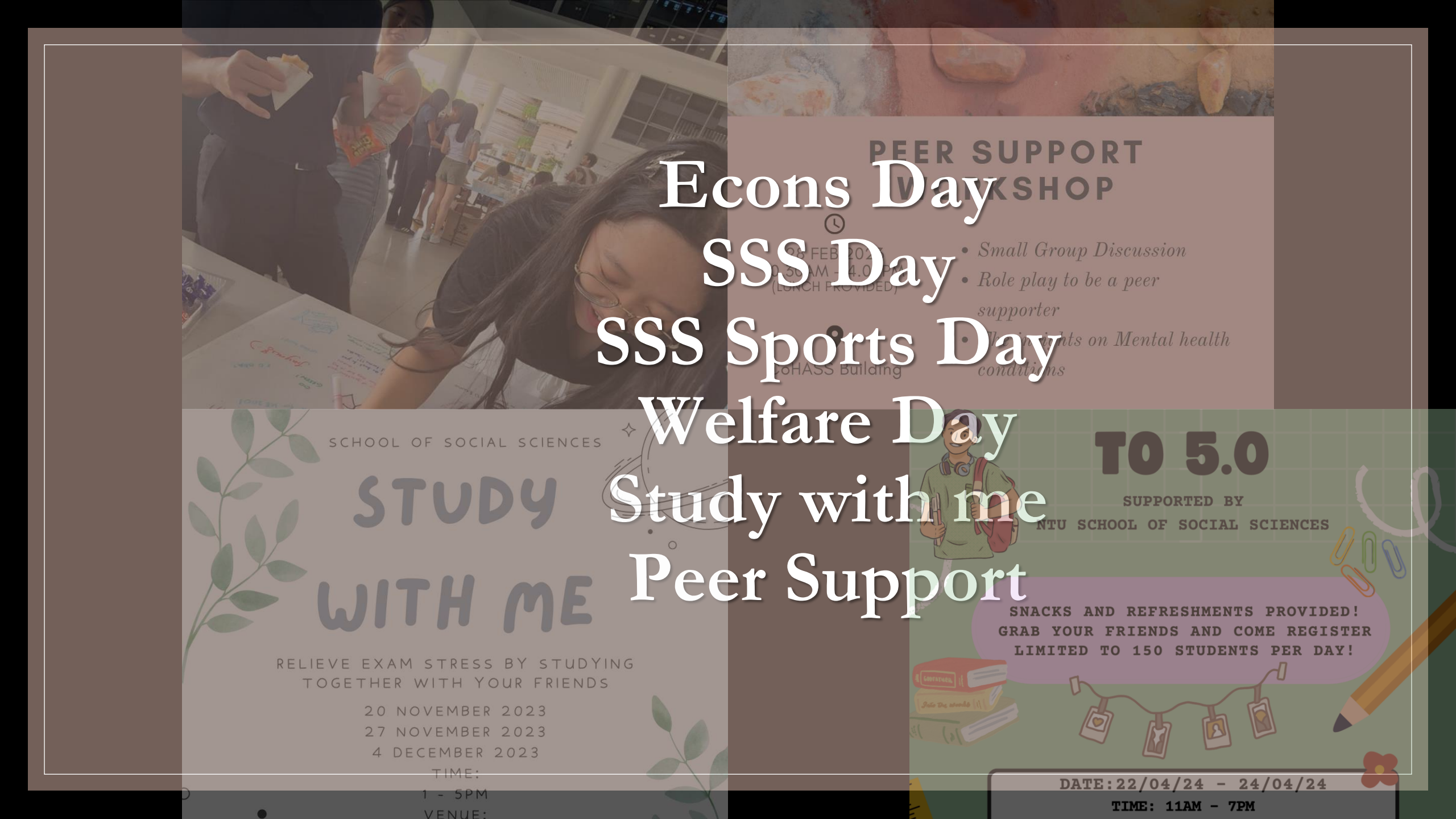
- Reach out to learn more or join our community of care!

An illustration featuring two stylized human figures. On the left, a person with long dark hair is shown from the chest up, wearing a light blue shirt with small dark dots. On the right, a person with short dark hair is shown from the chest up, wearing a purple shirt. Behind them are large, overlapping speech bubbles. The top bubble is white with a yellow question mark and contains the title. The middle bubble is white and contains a descriptive paragraph. The bottom bubble is white and contains a question. The background consists of large, overlapping circles in teal, yellow, and red.

What is **Peer Support Training?**

This program aims to **train**
volunteer students to provide
basic psychosocial assistance
to other students, and **assist**
them in seeking professional
help when needed.

Who can become a **Peer Support?**



Econs Day SSS Day SSS Sports Day Welfare Day Study with me Peer Support

PEER SUPPORT WORKSHOP

28 FEB 2024
10.30 AM - 14.00 PM
(LUNCH PROVIDED)

- Small Group Discussion
- Role play to be a peer supporter
- Insights on Mental health conditions

CoHASS Building

SCHOOL OF SOCIAL SCIENCES

STUDY WITH ME

RELIEVE EXAM STRESS BY STUDYING TOGETHER WITH YOUR FRIENDS

20 NOVEMBER 2023

27 NOVEMBER 2023

4 DECEMBER 2023

TIME:

1 - 5PM

VENUE:

TO 5.0

SUPPORTED BY

NTU SCHOOL OF SOCIAL SCIENCES

SNACKS AND REFRESHMENTS PROVIDED!
GRAB YOUR FRIENDS AND COME REGISTER
LIMITED TO 150 STUDENTS PER DAY!

DATE: 22/04/24 - 24/04/24

TIME: 11AM - 7PM



SCM 🤝 STUDENTS



Kayathri V

Student Care Manager

📍 SHHK Building, 05-34A

☎ +65 65148335

✉ kayathri.v@ntu.edu.sg

"Self-care is strength, not weakness."



University Wellbeing Office	6790 4462 (24hrs) Email: ucc-students@ntu.edu.sg
Campus Security	6790 5200 (24hrs) Email: csdgo@ntu.edu.sg



1. Select "I'm new here" then "With your organisation"
2. Select "Continue with SSO"
3. Sign up using your NTU email address

NTU students will receive up to 6x 30-minute coaching credits every year.

**No concern is too small.
We're here to support your
journey!**

Connect with Us



ntu.edu.sg/sss



sss-sloc@ntu.edu.sg



[@ntu_sss](https://www.instagram.com/ntu_sss)



[@ntusocialsciences](https://www.facebook.com/ntusocialsciences)



[NTU_SocialSciUnleashed](https://www.tiktok.com/NTU_SocialSciUnleashed)



[linkedin.com/company/ntu-sss](https://www.linkedin.com/company/ntu-sss)



bit.ly/NTU-SSS

Thank you.
