

## Contents overview

**P**= Pilot project **R**= Research

Institution	Title		page
<b>STUDENT EXPERIENCE: health and wellbeing</b>			
Bangor University	Mindfulness for international students	<b>P</b>	2
Trinity Laban Conservatoire of Music and Dance	Healthy body, healthy mind. Hands-on nutrition for international students	<b>P</b>	8
University of Reading	The international student food project	<b>P</b>	14
The University of Edinburgh	Mental health and wellbeing of Global Access students	<b>R</b>	18
<b>STUDENT EXPERIENCE: community</b>			
Open University and University of Dundee*	STRIDE: Social Transition Research into International Doctoral Experiences	<b>R</b>	28
The University of Stirling Students' Union	The impact of Brexit on the international student experience at Stirling	<b>R</b>	35
University of Sussex	The lived experiences of international students renting in the private sector in Brighton and Hove: an investigation into student experience to guide future practice	<b>R</b>	43
Bridgend College	This is me	<b>P</b>	52
<b>PATHWAYS</b>			
University of Kent	Pathways to success	<b>R</b>	57
<b>TEACHING AND LEARNING</b>			
University of Strathclyde**	Supporting the engagement and experience of international students in group-work activities	<b>P</b>	70
The University of Bedfordshire	Culturally-Informed Assessments Toolkit (CIAT)	<b>P</b>	77
University of Greenwich	Enriching international students' understanding of critical thinking and problem-solving skills through gamification	<b>P</b>	82
University of Sussex	Supporting international doctoral student writing	<b>P</b>	87
University of Plymouth	Chinese international students' perceptions of personal tutoring – are we hitting the mark?	<b>R</b>	92
<b>EMPLOYABILITY</b>			
Canterbury Christ Church University	Career start Canterbury	<b>P</b>	102
University of Portsmouth	International student talent pool	<b>P</b>	107
University of Sheffield	Preparing for Placement: developing a cultural toolkit to improve the experience of both international students and placement providers	<b>P</b>	114
University of Essex	Using Design Thinking to enhance the international student experience and their understanding of employability	<b>P</b>	120

\* Winner of the Paul Webley Award for Innovation in International Education 2018

\*\* Highly commended for the Paul Webley Award for Innovation in International Education 2018