

MIRC Zephyr

the students feed

11 March, 2019

www.mrcollege.ac.uk

ISSUE 3



Dear Reader

Compliments of the new season!!

Welcome to our 3rd Edition of the Zephyry in the new campus. I hope you are all settled in well. A big welcome to our new students, be assured that you will have a wonderful studying time full of academic support and eventful fun. Since it is still within the first quarter of the new year let`s make it worthwhile.

I urge you to follow your dreams and have the courage to pursue them. While you are on the chase of your dreams I hope you will enjoy reading this edition of MRC Zephyry Newsletter.

Editor

Tsitsi Marima

Meet Editorial Team

Noela Nurokina
MRC Receptionist



Valentina Plugaru
Top-Up Hospitality student



Martin Oluleye
Top-up Hospitality Student



Daniel O.O Abimbola
D.E.T student



MRC HOT NEWS

Big Move and facilities

At the beginning of this year, we moved to our new and bigger campus at Montrose House in Gants Hill. In the building there are seven floors which fitted with top of the range of contemporary facilities.

The location of the new campus is ideal as we are now closer to the central line tube station and there are various bus stop to different locations. The location is superbly as there are lots of restaurants, coffee shop, and supermarkets.

Increase your chances of Employment

The Employability department is now up and running and will be organising recruiting events for students on a regular basis. The department will also be able to help with CV writing and interview skills.

For more information or if you have more questions, please email Valentina on employment@mrcollege.ac.uk

Love is in the air in MRC

On the 14th of February we came together to celebrate love.

The students were greeted on the morning with roses and sweets, which put broad smiles on their faces. At lunch time, the students and college staff came together in the canteen to enjoy drinks, music and multicultural food provided by the college.

We hope you enjoyed the celebration and we would appreciate your feedback on info@mrcollege.ac.uk

New Facilities

As the final touches of decorating the building are nearly complete please bear with us. The college will be worth the wait.

Assignment submission

It is getting close to that time of the semester, "assignment submission time" remember to submit by the given date.

Easter Holiday Looming

As the holiday is creeping up and do not forget to book your holidays, submit referrals (hopefully you will not need to). Enjoy your holidays, we will be back in May.

Writing for Zephyr

The lines are now open for the next Zephyr Edition. Remember to write and email your articles.

Email to

t.marima@mrcollege.ac.uk

employment@mrcollege.ac.uk

Entrepreneur of the
Semester Alina Moga
Hospitality Student

Editor “What is the name of your business?”

Alina ““Kids party entertainer”.

Editor “What is the business about?”

Alina “The business is to organise, and create themed parties according to parents and their kids’ requirements and to create the most beautiful day.

Editor “How did you start?”

Alina “I started because of my daughter, she loves this kind of things.

I also enjoy surprising kids, I get so excited when

I see the reaction of the parents and their children when they see the décor.



Editor “How long have you been running your business”

Alina “. I have been running this business for 3 years.

Editor “At what stage of running the business are you at?”

Alina “I am in the early stages of running the business. So far, I have conducted few parties.

Editor “Where do you operate from?”

Alina “My main base is at home and to the venue of the event

Editor “How many staff do you have?”

Alina “Currently I work alone.

Editor "What inspires you to run the business?"

Alina " I was inspired by my children as I want to give them a better life.

Editor "What challenges have you encountered?"

Alina "Financial aspects, as it restricts me to be very creative. Another challenge is to ensure that I meet customer`s requirements sometimes in a short space of time.

Editor "How have you overcome those challenges?"

Alina "I just keep on going and I can motivate myself by thinking of the end result.

Editor "How has Mont Rose College`s helped you in your business?"

Alina "I have learnt a lot about events management and business management from Mont Rose College. The teachers have been so helpful and encouraging me all the time. All the practical lessons we did during classes have benefited me. Mont Rose College gave me the push and support I need. Without Mont Rose College I would have struggled.

Editor "What skills have you got from Mont Rose College?"

Alina "I have gained business management skills, various functional and practical skills.



*Kids party organiser, for more details please don't hesitate to call me on
07946059225*

*My name is Alina and we can discuss what type of party is, what
theme how many children
Thank you! It's my pleasure to help*

Newbies Corner

A new student looked surprised in class that her classmates were getting stressed about their assignment. In a very relaxed mood, the lecturer asked, have if she had completed the two learning outcomes that are due? Confidently, answered yes. When asked to produce the work, student had only done one learning outcome. Seeing the confidence in student`s statement, the lecturer realised that the student presumed that completing two learning was the whole assignment, the lecturer just smiled and enjoyed the joys of lecturing to a new group.

By Dr Maria Iyекеkpolor

Quote of the Semester

“A champion is defined by not how they win, but how they can recover when they fall”

Serena Williams.



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January Trends

A new year is always an opportunity for people to implement new changes in their lives. It is time for new resolutions, some of which may last longer than others. Some of the common resolutions are

Dry January and
Veganuary.

They are both chosen by people who somehow overdid on consumption during the festive Christmas period.

"Dry January" is where people who have been consuming a lot of alcoholic beverages during the festive season, stop drinking for the whole month of January.

This is to enable the liver to regenerate itself therefore, the trend is considered health however, is one of the shorter-lived trends.

Veganuary is another January trend where people stop eating animal products instead eating plant-based products only. People adopt this trend as it gives their bodies a rest from eating animal products. In some people chose to adopt the trend permanently.

Veganuary is meant to be health as long as the person eats all the vital nutrients. The trend has become so popular that it has resulted in the increase in use of plants such as Jack Fruit which is used as a main ingredient in vegan burgers and burritos. Jack fruit is a plant that when cooked mixed with various spices the plant simulates the taste, flavour and texture of meat.

By The editor

Painting by Lina. Price per request call 07846036003



“Do not be afraid of moving slowly. Be afraid of standing still”

A Chinese proverb that inspired me. Below is my real life experience and sharing it might inspire or help someone.

It was the final year of my mental health nursing degree, I had deadlines to meet including two assignments to write and clinical placement. All these deadlines began to put pressure on me, I became stressed and had anxiety, this affected my sleeping pattern however, I carried on as normal. I managed to submit two assignments within the scheduled time-frame and continued with the placement however lack of sleep, anxiety and stress got worse. I was also under pressure at the placement as my mentor was tasking me with more responsibilities than I could handle. During the meeting one afternoon, I snapped out of frustration at my mentor which was very unprofessional.

MENTAL HEALTH

A few days later, an emergency meeting was scheduled and I was informed that my placement was being terminated meaning that I had failed the placement module. At that particular moment, I felt a rush of hot blood flowing very fast from my toes to my head. I felt like I was choking. I was in shock, somehow I managed to sit down otherwise I would have passed out. A few minutes later I took my bags and left the premises. Up till now, I am not sure how I managed to get home. I was so upset with myself and lost interest in my education for a while. I was encouraged to make an appointment with the doctor who diagnosed me with depression and insomnia.

He put me on sick leave, prescribed medicine and six weeks course of Cognitive Behaviour Talking therapy (CBT). I also made an effort to look after my well-being including sleep seven to eight hours sleeps per night. Eventually, I began to feel better. It took a lot of self-motivation to overcome the feeling of failure and made a decision to repeat the placement module. It was not easy but I was thankful for being given another opportunity. I incorporated various steps in managing my life such as taking time out when I felt overwhelmed, eating health and created a time table which helped me to be more organised and learnt how to prioritise my work. I also learnt to speak up and ask for help where necessary. I persevered, eventually I passed the placement and completed the degree.

Back to the Chinese proverb, I could have given up but I persevered and continued with the course even though it was hard and at a slower pace. The lesson of the proverb is that "Stopping is not an option, it better to go slow than to give up". Being in adult education can be very stressful, look after yourself ask for help if needed.

By Daniel O O Abimbola (DET Student)

The Montrose House

Lower Ground Floor

On this floor you will find Student Hall. Where there is cafeteria, seating area and entertainment facilities (pool table, air hockey, football table, table tennis)



Seating Area



Game area

Ground Floor

On the ground floor, is the entrance to the college, main reception and admission area. There are also some meeting pods which can be booked in advance.



The Meeting Pod



Reception



Second Floor

There is a well equipped library and two computer labs. In this floor, there is a silent Zone for those students who need quietness when they are studying. There is also a multi-faith chaplaincy room.



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First, Third, Fourth and fifth

There are lecture rooms on Ground floor up to fourth floor. On each floor there is seating area. Fifth floor houses managerial, academic and supporting staff. Also in this floor are Student Services, registry, Student finance board room, and Principal's office.



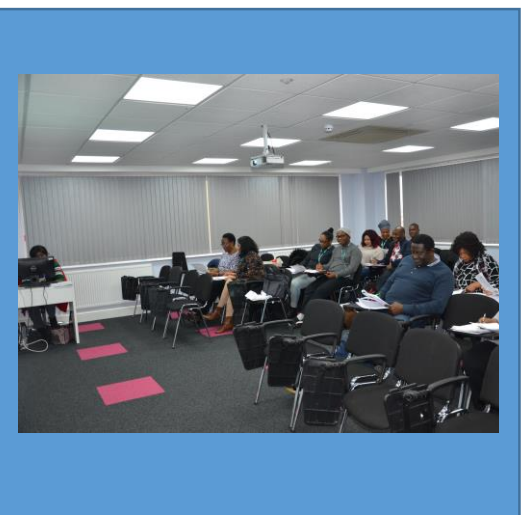
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So this is how it...

I thought it was a good idea to go and work in the local boutique hotel today. You see ... sometimes I work from home and when I am home I tend to be less productive. I will start watching the Jeremy Kyle show and wonder if that's what happens in people's actual real lives.

To avoid the diversion of focus, I normally go to Costa or Starbucks, but I am sure by now they are fed up of me using their free Wi-Fi all day, yet I would have ordered one Grande Americano only. Anyway, it gives me an excuse to chill in a lovely hotel which is my guilty pleasure.

I found a lovely table by the window next to the Christmas tree. It's a rather sunny day for winter, the sun is shining and I can feel it touching my skin through the huge hotel window. With my Americano by the table I set up my MacBook, as I plugged my mac cable on the wall, I felt these eyes piercing me. I turned round to check the person and there was this human being staring at me.

I could not believe it. "Was I dreaming?" I asked myself. I even scratched my hand and it was so painful that I was bleeding then realised that I was very awake and extremely alert. I was so shocked and my mouth was ajar that a family of flies would have happily entered without an interruption. I still could believe that it was

To Be Continued

Short Story By The Editor

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Our Services:

Eminoss catering offers you the best of both worlds with the professionalism and expertise to handle any event. From dinner parties or buffets, and the meal is cooked and delivered straight to your home or your chosen location. Please note: Depending on the event or party, you can also hire empty chaffers from us.

Last modified: 11:50

Thought of the semester

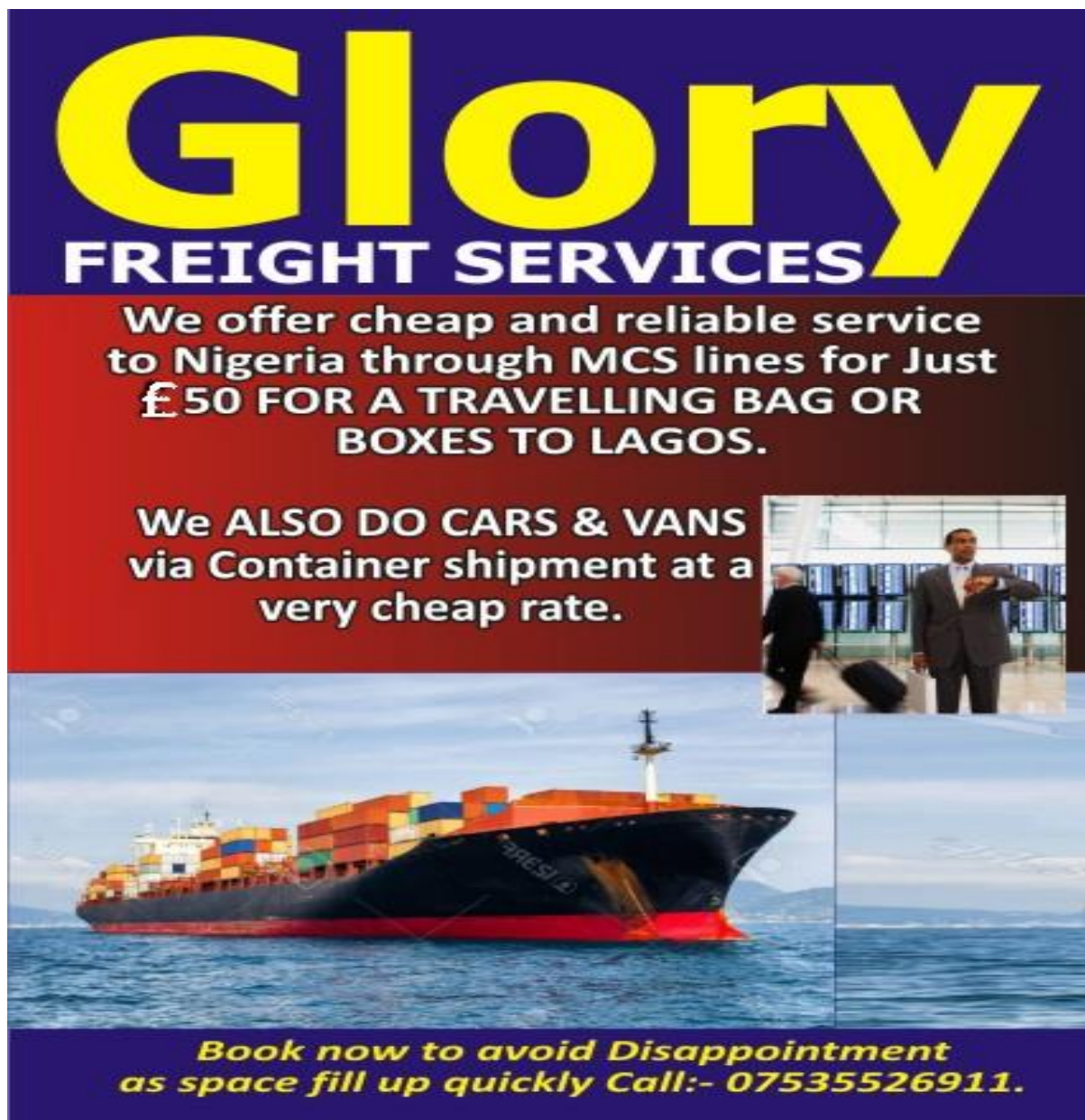
Positive in thoughts
Distant in anger
Relax in nature
Meditate in stress
Cry in silence
Pray in pain
Cosmos in question
& finally Truth in:
"Laws of attraction".

By Joyce Araujo

Jokes

Head lice had been detected on a child in the local school, the teacher then told all the girls in the class to wear their hair in a bun to discourage the lice to transfer.

My grandson, 6-year-old Ryan, asked the teacher, "A hot dog bun or a hamburger bun?"



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Dear Proffy

I am currently studying HND in Hospitality Management after a long time out of education. My confidence is low and I am struggling to make friends. Can you please help me on how to improve my confidence and how to relate in class as this is affecting my learning experience?

From Student

Dear Student

Thank you for your email. I am pleased that you have chosen to get back to formal education and better yourself. Education is difficult and made harder by the fact that you are a mature student meaning that you have other responsibilities.

Improving confidence

Self-confidence is something that you learn to build. The world we live in can be challenging on its own, in addition is the fact that you are now in full time education. You have to learn to stop comparing yourself to other students as this will reduce your confidence. Try to make an effort to participate in class and practice self-compassionate meaning treating yourself with kindness when you have made a mistake. If you experience a setback do not beat yourself up. If you have done well you have to cheer yourself up.

Meeting new people.

Education offers new opportunities to meet new people, be it your classmates or other people within the college. I suggest that you update yourself on the events that are happening in the college and attend them as this is an opportunity to meet new people. Watching news is helpful as you will have current and common topics to talk about when you meet new people. If you have group work use it as an opportunity to interact with your classmates. Also, every time you are in college make an effort to talk to someone new, you can start by greeting them and try to build up the conversation. Be patient with yourself it will take time.

From Proffy.

Quiz

Have you ever struggled with English spelling? Don't worry, you're not the only one. Many professionals, including teachers, writers, journalists and linguists have already tried to address the issue. Here is what Mark Twain, an American writer and the author of *The Adventures of Tom Sawyer* and *Huckleberry Finn* suggested as an English Spelling improvement plan. Read the text and try to write the last, underlined sentence in the modern English, as we still learn today.

For example, in Year 1 that useless letter "c" would be dropped to be replased either by "k" or "s", and likewise "x" would no longer be part of the alphabet. The only kase in which "c" would be retained would be the "ch" formation, which will be dealt with later. Year 2 might reform "w" spelling, so that "which" and "one" would take the same konsonant, wile Year 3 might well abolish "y" replasing it with "i" and iear 4 might fiks the "g/j" anomali wonse and for all.

Jenerally, then, the improvement would kontinue iear bai iear with lear 5 doing awai with useless double konsonants, and lears 6-12 or so modifaing vowlz and the rimeining voist and unvoist konsonants. Bai lear 15 or sou, it wud fainali bi posibl tu meik ius ov thi ridandant letez "c", "y" and "x" -- bai now jast a memori in the maindz ov ould doderez -- tu riplais "ch", "sh", and "th" rispektivli.

Fainali, xen, aafte sam 20 iers ov orxogrefkl riform, wi wud hev a lojikl, kohirnt speling in ius xrewawt xe Ingliy-spiking werld.

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SHOUT OUT!!!!!!



March Baby

Ruth Modupeola Bolaji
Chukwuemeka Echedom
Iyabode Omowale Osindeinde
Nwakaego Edwina Ude
Olawaju Bunmi Duyile
Manuela Dulca
Khurram Shehzad Malik
Syeda Ayesha Akbar Gilani
Diana Camelia Bora
Martin Tsankov Mandev
Alexandra Branzea
Anca Madalina Mos
Florina Alexandra Iurea
Tsvetelina Emilova Lyubenova
Alexandra-Mariana Visan

April Baby

Sunday Ikechukwu Micah
Abraham
Samuel Olanrewaju Abiodun
Olugbemiga Morohunmubo
Olusola
Kathleen May Duggan Whitehorn
Esther Folake Adesunloro
Oluwakayode James Fafowora
Emiliya Kirilova Dzhabirova
Fatmata Kargbo
Victoria Kwofie
Jawaid Hassan
Elena- Loredana Rata
Joanitah Nalwoga
Tahir Naeem
Marian Stirbu
Alina Moga

May Baby

Lidia Niculina Gurzo
Ojiyoma - Joseph
Ededjo
Mary Naddamba
Shinas Ali Abdullah
Maia Ursu



Special
Happy
Birthday to
Noela

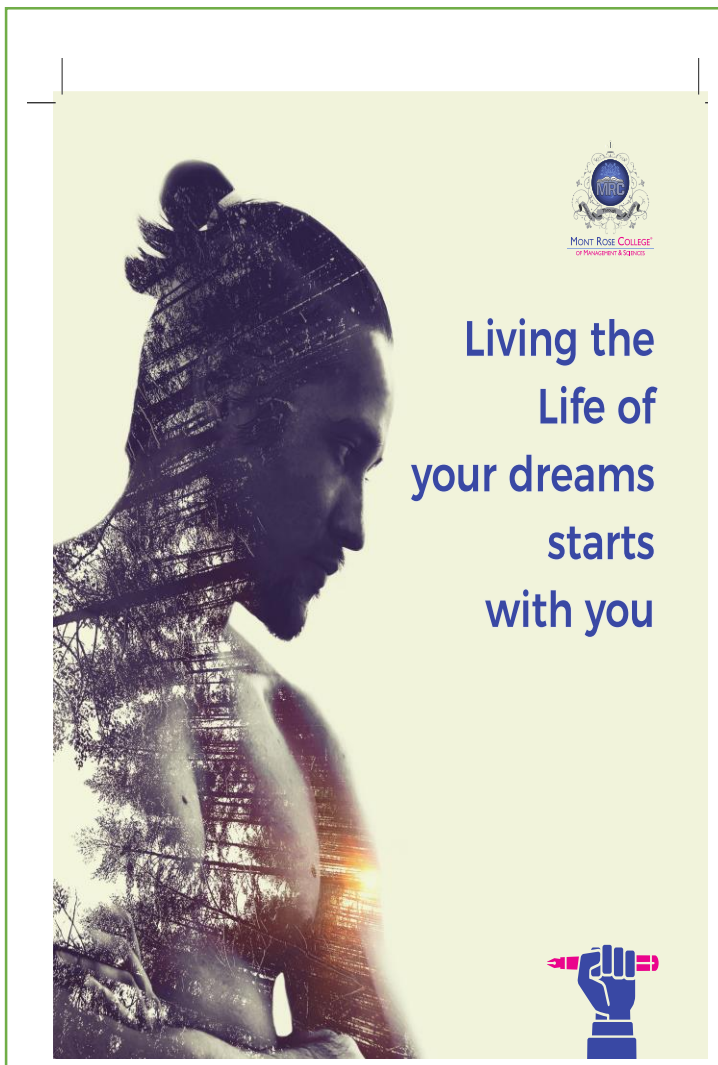


Wassup in MRC

Event address: Novotel London West Hammersmith International Centre, 1 Shortlands, LONDON, W6 8DR (9:30 am - 4:30 pm)

14th May - Digital Skills Training by SUPA. It is an interactive Workshop designed to train students on Cyber Security, Innovation, Web Presence and Social Marketing.

For more information on how to sign up, please contact Valentina on employment@mrcollege.ac.uk.



Quiz Answer:

Finally, then, after some 20 years of orthographical reform, we would have a logical, coherent spelling in use throughout the English-speaking world.

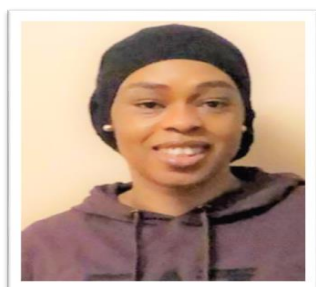
Meet the Student Union Representatives

Dear Fellow students,

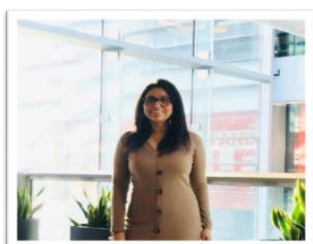
A warm welcome back from half term. We are your student union councillors and we thought it would be nice to make a formal introduction to you on this platform.



Mr James Abiodun Olunisis is your student union president. James is a calm individual with endearing leadership skills to enhance a smooth and enjoyable academic life for all Mont Rose student during his tenure.



Miss ADEBISI ABDUL-RAZAQ is the welfare and academic councillor representing, the Health and Social care department, who will always be happy to assist with all matters of concern within the department.



Mrs Sandy Caldeira is the Event and Employment councillor representing, the Business Marketing department, she is very versatile and friendly, ready to assist in all areas of concern.

We the student union councillors of Monte Rose, are all very keen and committed to working with the Management of Mont Rose College on your behalf to ensuring that the voice of all students are heard and regarded with importance.

We look forward to hearing from you and doing our best to represent you at all times. With the warmest of wishes,

Student Union.

Contact via Email at: mrcsu@mrcollege.ac.uk

MRC in Pictures

Love in MRC "Valentines Day" 14th February 2019



Passion 4 Hospitality 11 March 2019

Hospitality Top Up Students enjoying the meal at the Conference Career Fair held at Novotel Hotel London

by Rhoda Lashindi

