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HIGHER
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STUDENT
CONFERENCE 2021



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HIGHER EDUCATION STUDENT CONFERENCE 2021

WEDNESDAY 21 APRIL, 10AM-5PM

TODAY'S SCHEDULE

10am - 11am

Welcome

Laura Gower, HE Projects and Research Manager

[Newcastle College YouTube Channel](#)

Panel 1: Sport and Uniformed Public Services

[Newcastle College YouTube Channel](#)

- Rochelle Brown - The Impact of Core Strength Training for Elite Para-athletics Athletes
- Lewis Pinchen - TLA: Introduction to MMA Fighting Organisations.

11am - 12pm

Panel 2: Hair and Beauty: Advanced Skin Techniques/Applied Science

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- Ronan Smith - Ultraviolet Radiation: The influence of UVR on the Attitudes and Behaviours Amongst Men and Women.
- Tahnee Bedford - An Evaluation of Sun Safety Awareness in Education and Investigation into the use of an Appearance – Focused Interventions in Adolescent Cohorts
- Tyler McKeown - A Quantitative Analytical Study Applying the Development, Transfer and Validation of Packed to Capillary Column Gas Chromatography Methodology regarding Do***** Stage 1 In-Process and Intermediate Processes at Sterling Pharma Solutions.

12pm - 1pm

Panel 3: Travel and Tourism/Business and E-Learning/Engineering

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- Brooke Johnson - Contemporary Issues in Tourism and Hospitality: A Case Study of Marriott International
- Indira Botto de Castillo - Analysing Different Ways to Foster a Diverse and Inclusive Culture Within an Organisation
- Chloe McCulloch - Barriers to Women Entering Engineering.

1pm - 2pm

Panel 5: Childcare

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- Laura Chiru - Creating a 'Parents as Students' Community
- Clélie Arnaud - Adoptees' Sense of Identity when Transitioning in Adolescence.

2pm - 3pm

Panel 4: Art and Design/Musical Theatre

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- Rosalynd Aranel Byass and Jessica O'Donnell - Developing a post-COVID-19 Fine Art Studio Practice
- Karen Kelly - Can you be a Successful Artist and a Mother?
- Sophie Hamilton - Fæger - a Brand About our Heritage.

Finale: Musical Theatre Student Showcase!

4pm - 5pm

Alumni Keynote

[Teams](#)

Mental Health: Behind the Headlines

Lucy Nichol

A presentation and Q&A exploring mental health portrayals in arts and media, stigma and the power of the headlines.



KEYNOTE BIO

Lucy is a writer, mental health campaigner and PR consultant whose work has appeared in *The Independent*, *the I Paper*, *NME*, *Red Magazine*, *Den of Geek*, *Huff Post* and many more. She is also a former columnist with *Sarah Millican's Standard Issue* magazine and often interviews guests for the *Standard Issue* podcast. She is passionate about challenging mental health and particularly addiction stigma, has worked with the media in PR and marketing for over 18 years and has experienced anxiety for even longer. Lucy has had two books published, a novel, *The Twenty-Seven Club*, a darkly comic tale of mental health, hope and music fandom, and, *A Series of Unfortunate Stereotypes*, a non-fiction work exploring mental health stereotypes. Find out more about Lucy's work at www.lucynichol.com

MEET THE PANELLISTS

Panel 1

Rochelle Brown, BSc (Hons) Sport and Exercise Rehabilitation

Title: The Impact of Core Strength Training for Elite Para-athletics Athletes.

My dissertation is on the effects of core strength training on throwing distance for elite para-athletics throwers. It is quite exciting that I have two Paralympians doing my course! I have started with base line testing and after this, they then do my 8-week core programme, followed by re-testing to see if their strength and throwing distance has increased. My projected hypothesis is that an increase in core strength will allow for a more efficient transfer of power from the hips to the upper extremities and hence increase throwing distance. Currently there is very little research on para-athletics and research focusing on throwers and core strength.

Lewis Pinchen, BA (Hons) Sport and Education (Top-Up)

Title: TLA: Introduction to MMA Fighting Organisations.

This piece of work is part of an assignment called TLA. This assignment allows the learner to teach something that they are passionate about, which gives them confidence to go on to teach outside of university and in a 'real' classroom scenario. The lesson is broken up into different sections so that there are areas to challenge all student abilities. At the start of the lesson, there is three bullet points to get the class thinking straight away. This allows the teacher to get a grasp of the knowledge in the group. It will also show the confident ones in the group who are providing discussion. This will allow the teacher to assess who the stronger and weaker students are.

Panel 2

Ronan Smith, BA (Hons) Advanced Skin Techniques (Top-Up)

Title: Ultraviolet Radiation: The Influence of UVR on the Attitudes and Behaviours Amongst Men and Women.

The sun has been at the centre of the solar system for over four billion years. It is the foundation and start of life for most biological creatures. There is a comprehensive body of research which demonstrates that Ultraviolet Radiation (UVR) emitted by the sun is a necessity for all life on earth to thrive - especially through the process of Vitamin D photosynthesis in humans. At the same time however, UVR also poses potential health risks - such as cutaneous photoaging, erythema and malignancy.

This research project investigates the topic of UVR. Specifically, it reviews the impacts on cutaneous physiology and distinguishes the variants of individual conduct that influence the successful undertaking of photoprotective measures set by health organisations. The most pertinent example of photoprotective measures being the promotion of 'The Five Ss: Slip on protective clothing, slap on a wide-brimmed hat, slop on SPF 30+ sunscreen, slide a pair of sunglasses on, and shade from sunlight'.

Drawing on primary research of a sample (n=316) revealed the prevalence of the problem amongst individuals within the United Kingdom, most specifically, in the North of England. It was found that participants were mostly aware of the potential health impacts UVR has. However, they were still spending long periods of time exposing themselves to UVR, while disregarding the photoprotective measures advised by health organisations.

Results indicated varying statistical difference between genders, with a palpable area of negative significance within the male population.

Tahnee Bedford, BA (Hons) Advanced Skin Techniques (Top-Up)

Title: An Evaluation of Sun Safety Awareness in Education; and Investigation into the Use of an Appearance – Focused Interventions in Adolescent Cohorts

Cancer Research UK, (2015) estimated that there are 15,400 new cases of melanoma in the UK each year. This is supported by Saiyed (2017), who states melanoma is the second leading cause of cancer in adolescents and young adults aged 15–29 years, with an incidence of 10.4 per million in 15- to 19-year-olds. Geller (2003) evaluated the benefit of sun protection education, stating that sun protection habits should be encouraged early in life within school settings and be taught as part of routine preventive health care; and additionally, bolstered again in adolescent years when habits are shown to deteriorate. Internationally, there have been primary school programmes to promote sun awareness and charity led sun awareness schemes available to encourage positive sun protection habits; however, in the UK, Sun Safety Education within primary schools has only very recently been made mandatory as part of the new PHSE curriculum (Skcin, 2020)

The aim of this research is to investigate the potential benefits of appearance; focused interventions in adolescent cohorts, to raise awareness of the long-term risks of UV damage; with the intention of increasing positive sun protection attitudes and

subsequent behaviours. Both primary and secondary research has been conducted to investigate cutaneous UV damage in relation to age groups; the impact of current sun protection habits and attitudes amongst 18- and 19-year olds; and to critically analyse existing educational sun awareness approaches.

Tyler McKeown, BSc (Hons) Applied Science (Analytical Chemistry)

Title: A Quantitative Analytical Study Applying the Development, Transfer and Validation of Packed to Capillary Column Gas Chromatography Methodology regarding Do*** Stage 1 In-Process and Intermediate Processes at Sterling Pharma Solutions.**

What is the aim of this project? To develop analytical gas chromatographic methodology that is compatible and will successfully as well as effectively, analyse samples submitted for stage one in-process and intermediate stages. A desirable aim for this project is for the successful development of one analytical gas chromatographic method that has the capability to analyse both DI/DO***/100 and DI/DO***/110 process samples, (identical column conditions, GC parameters and temperatures etc.) How do I plan to achieve this? By accomplishing complete resolution of chromatographic analyte peaks of interest must be achieved. All peaks must also be identified correctly and have individual and consistent retention times. As well as the GC oven ramped/gradient temperature method coinciding with sample component's boiling point, be achievable to hit method success criteria, before being considered for method validation and further steps. This workplace project is significant to Sterling Pharma Solutions as the improvement/development of specific methodology will increase efficiency of laboratory operations whilst

decreasing sample result turnover time from the QC laboratory to the production facilities. The approach taken to tackle this outlying workplace issue consisted of compliance with Sterling and regulatory governing body (e.g. FDA/MHRA) standard operating procedures and guidance. All development of chromatographic parameters were tested fairly by only changing one parameter at one certain time. In conclusion, the development of the methods in question from packed to capillary column was successful. The negotiations between Sterling and the customer to progress these methods into validation is ongoing and progressing well.

Panel 3

Brooke Johnson, BA (Hons) Tourism and Hospitality Management (Top-Up)

Title: Contemporary Issues in Tourism and Hospitality: A Case Study of Marriott International.

Contemporary Issues in the Tourism and Hospitality industry create a selection of challenges within the current world which applicable organisations face and need to react, respond and change in appropriate but different ways to survive in the competitive environment. Due to the industry being a continuously changing setting, with markets emerging and new trends developing across the sector, a scope of connected organisations experience and overcome issues that arise in their respective paths. From human trafficking, terrorism or environmental controversy its crucial companies evaluate the situation in order to highlight the impacts and coordinate their response to protect their reputation and future.

The chosen case study is the Marriott International brand as the "American multinational diversified hospitality company" is well established and their

"footprint covers more of the world than that of any other travel company". Their positioning within the industry is strong with earnings of around \$252 million recorded in 2019 whilst holding operations and an image across 132 countries. Marriott International claimed the spot of the 2nd most popular hotel brand and is 8th most famous in 2020. As they were founded in 1927, they have experienced plenty of issues and challenges which can be examined and analysed.

Indira Botto de Castillo, BA (Hons) Business Management (Human Resources) (Top-Up)

Title: Analysing Different Ways to Foster a Diverse and Inclusive Culture Within an Organisation.

Diversity in the workplace represents more than fulfilling gender and race quotas for employees: "Quotas and other affirmative action policies aim to improve equality of opportunity and increase diversity by addressing the underrepresentation of minority groups in a range of different domains, such as politics, higher education and management" (CIPD, 2015).

While undertaking this research, the main problem that can be encountered is that some employees, with the purpose of avoiding stigmatisation, will not disclose their own disability, sexual orientation or any other information that is relevant in order to recognize if diversity is fully addressed in their workplace. On the other hand, sometimes company directors are fixated on getting recognition as a "top 100 best workplaces for Diversity". This is instead of having an innovative mindset and being able to provide with transparency real statistics, in order to demonstrate if the diversity concept is efficiently applied within their organisation. Over the last few decades, an increase of diversity within

different industries has become more compelling, but there is still a long way to go regarding this matter. At this present time, diversity in organisations is not simply considering race, age and gender but to ensure recruitment of a wide range of people in order to add value to companies, as according to Estlund (2003, P.148), "diversity within work groups tends to produce some benefits – a diverse group may generate more ideas."

Chloe McCulloch, BSc (Hons) Engineering Management (Top-Up)

Title: Barriers to Women Entering Engineering.

This project has been undertaken as part of my dissertation to attain my degree in engineering management. This topic is incredibly important as it is designed to address the issues surrounding why more women are not choosing to enter the field of engineering. Diversity (as ever) is a highly important topic and I also believe that the lack of extra potential entering the field of engineering is causing an ever-changing and growing field of work and study to be at a deficit in terms of skill and talent.

I took a few approaches to this topic. Firstly, I did a full review of literature already available surrounding this issue. I then built up a questionnaire to delve further into the highlighted areas of issue. Once the research had been completed, I began looking for ways to separate out the themes and issues and develop a solid plan to improve outreach moving forward.

The apparent conclusion for the work that has been done is that for the most part there needs to be a bigger push to reverse more old mindsets within the field of Engineering. From the information collected from adults for this report, there is not anything that has been done to reverse

the stigmatism of Engineering being a field for men.

This project is significant because engineering is always going to need more people to fuel its expansion and diversity is something every company should aspire to attain.

Panel 4

Laura Chiru, BA (Hons) Children and Young People (Top-Up)

Title: Creating a 'Parents as Students' Community.

Being a parent is one of the most challenging yet rewarding things a person can do in their lives. Doing a degree can also be described as one of the most challenging yet rewarding things a person can do with their lives – what happens when you combine the two? Lots of juggling!

In the spring of 2020, right in the middle of the global pandemic, quarantining, assignment deadlines looming and home schooling two young children, the gravity of being a student parent really hit home. I brought an idea to the student fellowship team about starting a project to look at other people in the same situation as myself. I believe that being able to juggle all the things student parents do is challenging, but a huge testament to our dedication and perseverance. Upon researching the experiences of students at Newcastle College University Centre, I have found a community of parents all facing similar struggles. By working together and drawing attention to this group of students, we can create a safety net so that if any time we do “drop a ball”, there are ways to help us get back on track.

Clélie Arnaud, BA (Hons) Children and Young People (Top-Up)

Title: Adoptees' Sense of Identity when Transitioning in Adolescence

Adolescence is often separated within two periods of time; early adolescence and late adolescence. During this period individuals are in search of a sense of identity. Erikson explains that this stage of psychosocial development is based on ones' questioning of their own identity (1968). Questions arising may include 'Who am I?' or 'Where do I come from?' This questioning of identity during adolescence is particularly evident in children who have been adopted. Each year in the UK, approximately 3,000 to 4,000 children are adopted. When a child is adopted, this results in birth parents ceasing all parental rights which are to the adoptive parents' only. Despite of this great number of adoptions, thousands of children waiting to be adopted by a new safe and loving family (Consortium of Voluntary Adoption Agencies, 2019).

By the means of research in earlier literature, this paper seeks to investigate adoptees' sense of identity when transitioning into adolescence. Firstly, laws and policies concerning the rights of adoptees will be discussed. Following this, the current document aims to provide readers with a better insight of sense of identity during adolescence which will mainly focus on adoptees' search for identity. The process of the search of identity of adolescent adoptees will be further explored throughout the perspectives of adoptees with same-sex parents, as well as transracial adoptees. The issue of contact with birth families will then be examined.

Panel 5

Rosalynd Aranel Byass and Jessica O'Donnell BA (Hons) Fine Art

Title: Fine Art Fellowship Programme: Developing a post-COVID-19 Fine Art Studio Practice.

For the presentation, we will be doing an overview of the research and conclusions we have come to so far in the Fine Art Fellowship and outlining what we are yet to do as we are now at the midway point. We will firstly begin by introducing the aims of our work and explaining the importance of Fine Art and its vital purpose for anyone viewing the presentation who is not in the Art world as we are. Our basic aim for the Fellowship is to research how artists have been coping in lockdown, how it has affected their artistic practice, what problems they have faced making art remotely, and what strategies they may have employed to adapt to making art in lockdown. This is to inspire confidence for the future of Fine Arts practice post-Covid and to ensure that every artist is making the best art they can do despite the circumstances. We will also be discussing how we have been coping making art in lockdown personally and touching upon the successes and challenges we have had, including the success of two of us being featured in gallery shows outside of the college course. In addition, we led a peer assessment week on the Fine Art course, and so there will be a slide discussing the success of that in the context of lockdown and the course. Finally, we will touch upon plans for what we will do for the rest of the Fellowship.

Karen Kelly, BA (Hons) Fine Art

Title: Can you be a Successful Artist and a Mother?

It is now an accepted fact that women have been absent from the world of Fine Art until this was highlighted by Linda Nochlin in her 1971 essay.

Second wave feminism sought to address this inequality and changes have occurred that have helped to address this situation. Consequently, the work of female artists has been more evident within galleries, and greater opportunity and acceptance of female artists has occurred in recent years.

However, the role of mothering remained a difficult subject within feminist discussion, and it was not until around the late 1990s that this started to be addressed.

This dissertation looks beyond the figures of female representation in galleries to consider whether enough has changed to offer full equality of opportunity to those who mother, and what problems remain to be addressed.

The research has reviewed the historical context of opportunities for artist mothers from the late 19th century to date and has engaged with contemporary artist-mothers to consider their lived experience. This involved the completion of a survey and interaction with groups who are currently supporting artist-mothers.

The outcome of this research has shown that while changes have been brought about there remains a need for further significant change, particularly by art institutions and galleries who are often inflexible in their requirements. This leads to a reduction of opportunity for mother-artists. Financial constraints are also an issue.

These findings highlight the need for more direct dialogue between mother-artists by institutions and curators if further change is to occur.

Sophie Hamilton, FdA Fashion Retail and Enterprise

Title: Fæger - a Brand About our Heritage.

One of the main projects I've focused on for this academic year was creating a brand. As someone who has always had a passion for Newcastle's heritage and loves photographing local architecture, I saw this as a great opportunity to create a brand I could put my heart into. The brand's USP and philosophy is: "Fæger is inspired by Newcastle's rich history of architecture, the many inspiring generations of people who have lived in the city, and the water that flows from the Tyne and into the oceans. We want our customers to be inspired by the bravery and nobility of our ancestors and draw on their experiences to become strong and independent women. Heritage, family and our homes are close to the heart of Fæger and we want to draw on the life lessons of our ancestors and reflecting on these, perhaps create new traditions for our families as well as celebrating the best existing traditions. We hope to be influential for a new generation of girls and women. We're proud of our beautiful and comfortable designs that are also kind to the environment. We want to keep the environment beautiful for many more generations of Geordies to come! Fæger is unique in the sense of being a brand inspired by local women and the local area and then this information being translated into stunning lingerie and garments that can be worn to relax in the home."

For the Student Conference, I hope to share my brand, it's message and the designs I have created.

Musical Theatre Students Showcase

Our Musical Theatre Showcase will include two vocal numbers, one by a small group of Level 5 students and one ensemble number with the Level 4 and 5 students. The first will be a number called "Feel It Still", featuring three Level 5 students. It is a positive representation of our degree course as it is a number that was sourced, rehearsed and edited by the students alone. The second number would be a piece from our upcoming show, "The Theory of Relativity". The number features all of the cast consisting of Level 4 and 5 students and is an ensemble number that shows off the course to the best of its abilities!

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