

A very special thank you to

Adelina Gschwandtner

for going above and beyond
for our students



Our Students Said

Adelina is by far one of the best lecturers I have had at University. Not only is she amazing as a teacher with exceptional teaching skills and willingness to teach beyond what is normally expected of lecturers, she's also gone above and beyond to help students in other areas. She singlehandedly introduced mindfulness to our school and launched a mindfulness course to help students. This was even more important in the current climate as students have had extra struggles due to covid - anxiety, loneliness, pressure, proneness to depression etc. Hence Adelina launched a successful initiative. I was really struggling with my mental health and this initiative definitely helped me - it's incredibly important for students to hear about others especially school staff (not just other students) to open up about their mental health as not only it creates more awareness but it also normalises the concept of mental health rather it being a taboo topic. Furthermore, our school doesn't necessarily have the most open/comfortable students in this area so this particular initiative is even more important.

A handwritten signature in black ink, appearing to be 'J. G.', is enclosed in a black rectangular box.

VP Academic Experience

A handwritten signature in black ink, appearing to be 'Avery Harrison', is enclosed in a black rectangular box.

Kent Union Representative