



BUCKINGHAMSHIRE
NEW UNIVERSITY

EST. 1891



YOUR JOINING INSTRUCTIONS



BUCKINGHAMSHIRE
NEW UNIVERSITY
EST. 1891



Welcome to Buckinghamshire New University!

We are looking forward to you joining our **MA Spirituality, Ecology and Mental Health** course.

At BNU we pride ourselves on the support we offer our students to succeed in their academic learning and creating graduates ready for employment. This information pack has been created by the BNU Welcome Team and your course leader, Lee Newitt, to provide you with information that you will need for a successful start at BNU. Please read it carefully before you join us.

STARTING AT BNU

Our Induction programme will take place in-person at our High Wycombe campus on the 3rd, 4th and 5th January 2024. Please plan to be on-campus for each of these days from 9am until 5pm.

ENROLMENT

You need to enrol online with BNU before you join us. You will receive an email giving you all the information you need, so don't worry. More information can be found on our [website](#) and we have included a [handy checklist](#) to make sure you cover everything.

ID / Qualifications Check

You will be required to show proof of ID when you start with us. This can be:

- Current passport
- EU / EEA National Identity Card
- Birth / Adoption certificate

You will also require proof of your qualifications. Please make sure you have these documents available prior to joining us.

Photograph

You will need to email us a head and shoulders photograph of yourself before you start at BNU. This photo should be in a JPEG format and sent to students@bnu.ac.uk with the subject line "Student ID." Please include the following information in your email:

- Your student ID (if you know it)
- Your full name (include all forenames and surname)
- Your date of birth
- The name of the course you will be starting



ABOUT YOUR COURSE

The MA Spirituality, Ecology & Mental Health is a first, in that it marries spirituality and ecology with their impact on our wellness and mental health. You are starting a journey of self-exploration, where individually and together as a group we will seek to uncover deeper truths of who we are, life's purpose, our place in the cosmos and what makes a meaningful and healthy life. In the mythic sense of the word, this will be an 'adventure,' an exciting journey of discovery where you will:

- Examine your own spirituality by contrasting research with your own experiences, stories and theories.
- Create our own evidence-based understanding of spirituality.
- Develop your own spiritual practices and community.
- Learn to apply your knowledge to work and life.
- Explore your own calling or way of serving something bigger.

On behalf of the Team, we look forward to sharing this journey with you.

In the spirit of the Taoist proverb by Lao Tzu 'A journey of a thousand miles begins with a single step,' so take the opportunity before the course starts to fire up your interest with this introductory reading list which is offered as a 'taster,' so feel free to choose what intrigues you and enjoy!

Spirituality

- Atkinson, R. (2022). *A New Story of Wholeness: An Experiential Guide for Connecting the Human Family*. United States: Light on Light Press.
- Bloom, W. (2011). *The Power of Modern Spirituality: How to Live a Life of Compassion and Personal Fulfilment*. United Kingdom: Little, Brown Book Group.
- Collins, M. (2014). *The Unselfish Spirit: Human Evolution in a Time of Global Crisis*. United Kingdom: Permanent Publications.

Ecology

- Hanh, T. N. (2021). *Zen and the Art of Saving the Planet*. United Kingdom: Ebury Publishing.
- Kumar, S. (2023). *Radical Love: From Separation to Connection with the Earth, Each Other, and Ourselves*. United Kingdom: Parallax Press.
- Macy, J., Johnstone, C. (2022). *Active Hope (revised): How to Face the Mess We're in with Unexpected Resilience and Creative Power*. New World Library.

Mental Health

- Blackie, S. (2018). *The Enchanted Life: Reclaiming the Magic and Wisdom of the Natural World*. United Kingdom: September Publishing.
- Caplan, M. (2009). *Eyes Wide Open: Cultivating Discernment on the Spiritual Path*. United States: Sounds True.
- Sol, M., Luna, A. (2019). *The Spiritual Awakening Process*. Amazon Digital Services LLC - KDP Print US.



IT SERVICES

When you receive your enrolment email it will include all the information you need to access the digital services at BNU, including setting up your IT account and accessing MyBNU to access all university systems and information. To find out more about the IT services available to you, visit our [web pages](#) and see our [quick start guide](#).

ACCOMMODATION

At BNU we have a range of accommodation options available to both undergraduate and postgraduate students. Please email accommodation@bnu.ac.uk for further details.

DISABILITY AND INCLUSION SERVICE

The Disability and Inclusion service can help you to get the most from your experience at university in an inclusive learning environment. We provide a range of services to support disabled students including:

- Screening for specific learning difficulties, mental health issues and autism
- Discussing reasonable adjustment recommendations for teaching and exams
- Help accessing external support funding such as the [Disabled Student's Allowances](#) (where eligible)

If you think that you have a disability and might need some support, please contact us to find out what help is available. You can use the links below to book an appointment:

- [Online appointments](#)
- [Appointments at our High Wycombe campus](#)
- [Appointments at our Uxbridge campus](#)
- [Appointments at our Aylesbury campus](#)

Alternatively, please contact the Disability and Inclusion service via inclusion@bnu.ac.uk with any questions.

YOUR STUDENTS' UNION

When you enrol at BNU you will automatically become a member of [Bucks Students' Union](#) and will have the opportunity to enrich your student experience by taking part in a diverse and exciting range of free activities, opportunities and events thanks to our unique [Big Deal](#) offer. Your Union will represent your views and support you every step of the way - explore our website at <https://www.bucksstudentsunion.org/> to find out more about what's on offer?

FOLLOW US!

Before you arrive to start your course at BNU, why not check out our social media feeds to see what we are doing. You can keep up with what is happening on our [Facebook Group](#).



BUCKINGHAMSHIRE
NEW UNIVERSITY
EST. 1891



If you have any general questions before you start please contact welcome@bnu.ac.uk or for course specific questions please get in touch with Lee Newitt via lee.newitt@bnu.ac.uk.

We look forward to welcoming you soon!

The BNU Welcome Team

We will consider any request for accessible formats that may be required. Please send your request to welcome@bnu.ac.uk.

HIGH WYCOMBE CAMPUS



BUCKINGHAMSHIRE
NEW UNIVERSITY
EST. 1891



Queen Alexandra Road
High Wycombe
Buckinghamshire HP11 2JZ

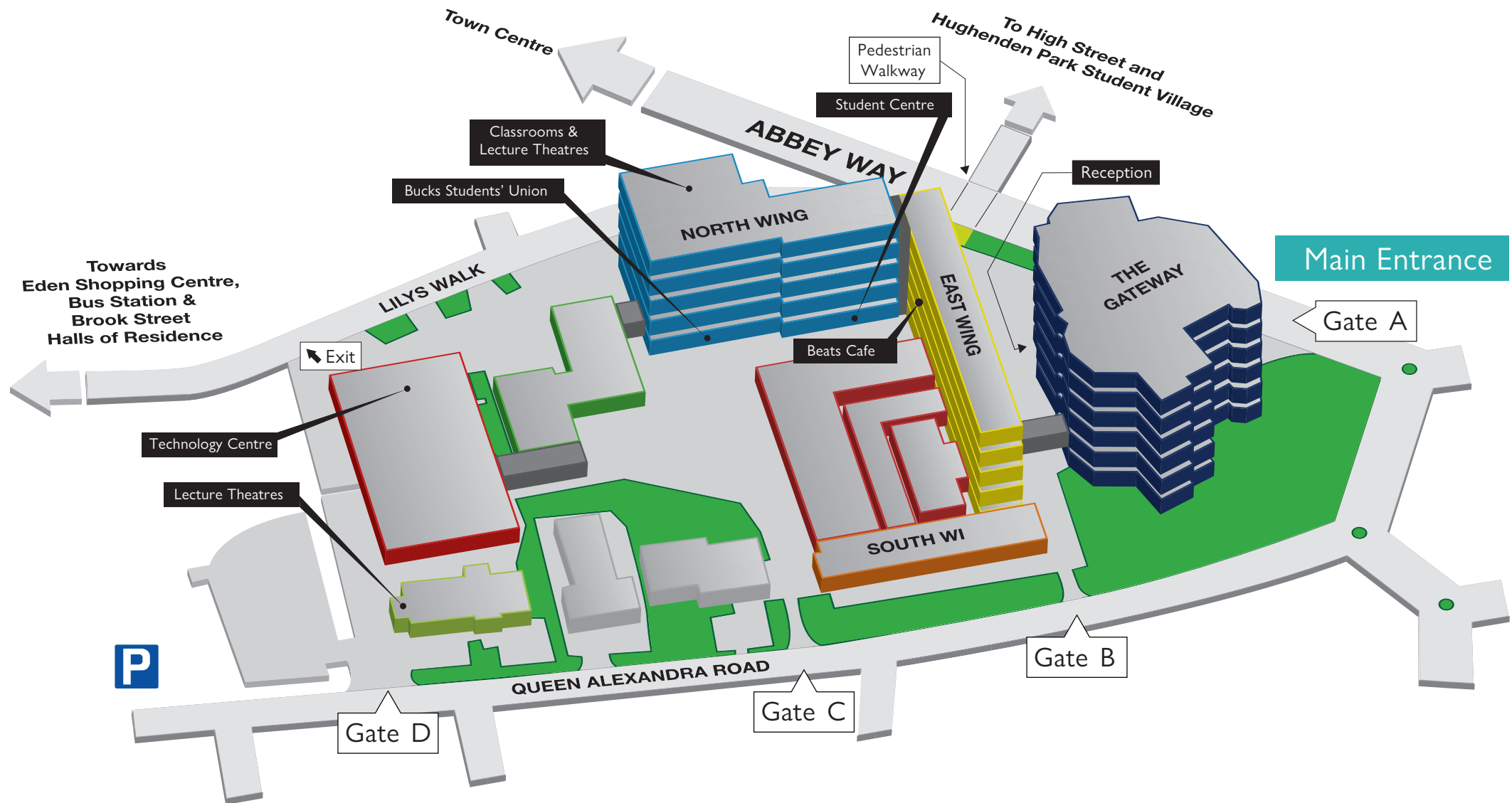
By rail
Chiltern Railways from Marylebone
to High Wycombe. The campus is
approximately a quarter of a mile
from the station.

By bus
The campus is a few minutes'
walk from the bus station.

More information can be obtained
from Traveline on 0871 200 2233



HIGH WYCOMBE CAMPUS





SUPERMARKETS

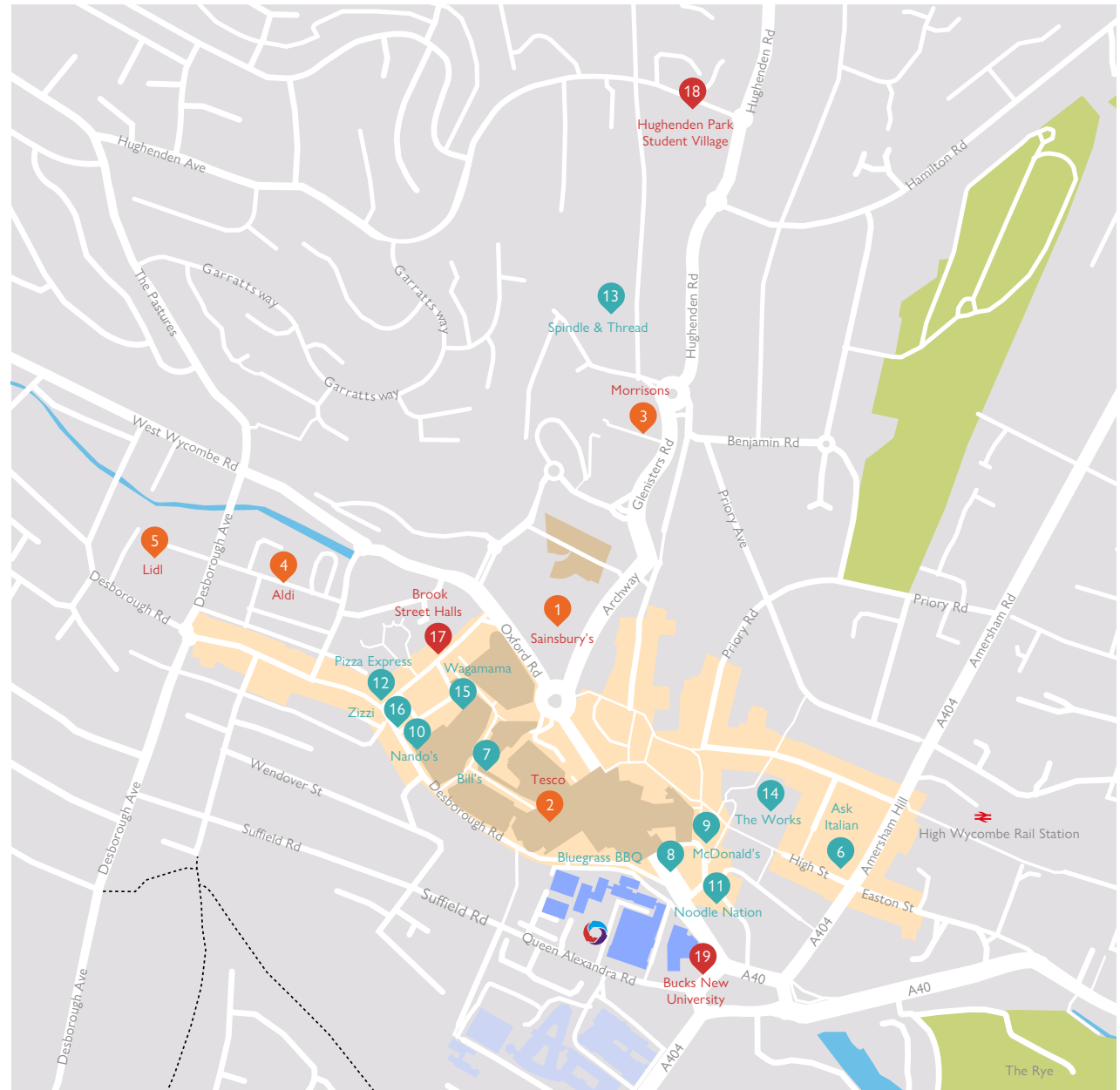
- 1 Sainsbury's Superstore
- 2 Tesco Superstore
- 3 Morrisons
- 4 Aldi
- 5 Lidl

RESTAURANTS

- 6 Ask Italian
- 7 Bill's
- 8 Bluegrass BBQ
- 9 McDonald's
- 10 Nando's
- 11 Noodle Nation
- 12 Pizza Express
- 13 Spindle & Thread
- 14 The Works
- 15 Wagamama
- 16 Zizzi

UNIVERSITY LOCATIONS

- 17 Brook Street Halls
- 18 Hughenden Park Student Village
- 19 Bucks New University Main Campus



**High Wycombe Campus**

Queen Alexandra Road
High Wycombe
Buckinghamshire HP11 2JZ

Aylesbury Campus

Walton Street
Aylesbury
Buckinghamshire HP21 7QG

Uxbridge Campus

106 Oxford Road
Uxbridge
Middlesex UB8 1NA

**BNU based at
Pinewood Studios**

Pinewood Studios
Pinewood Road
Iver Heath
Buckinghamshire
SL0 0NH

Missenden Abbey

London Road
Great Missenden
Buckinghamshire
HP16 0BD

Telephone: 0330 123 2023
Fax: 01494 524 392
International: +44 1494 605 259
Email: advice@bnu.ac.uk



[BuckinghamshireNewUniversity](https://www.facebook.com/BuckinghamshireNewUniversity)



[@BNUni](https://twitter.com/BNUni)



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



[_BNUNi](https://www.youtube.com/_BNUNi)