



RGU Alumni Bulletin

Welcome to the Alumni Bulletin, a monthly catch up on alumni news, opportunities and events

Supporting Our Community

We know many of you have been profoundly affected by the Covid-19 which has presented new challenges to our lives. We are committed to continuing to support you during this period and we have a range of tools and resources available to help you with your personal and professional development. You can develop your career using employability tools such as CV Builder, Interview Simulator and Job Search, or access a wealth of knowledge and expertise from the eHub Skills section. We also offer virtual events, further study, online discussions and much more to keep you occupied during this time and support your development journey.

Develop your expertise with postgraduate study

Are you looking to upskill and develop your career, or change career direction completely?

Our postgraduate courses offer the opportunity to further develop skills, knowledge and expertise. We welcome our alumni back to study with us with a 20% loyalty discount on postgraduate course fees. We are hosting virtual events where you can find out more about postgraduate study, the application process, scholarships and flexible study modes.

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eHub tutorial - enhance your business and IT skills

With many of us remote working and spending more time inside, it's a great opportunity to hone your skills. Helen Scott from our Employability team talks to us about the Skills section of eHub in this tutorial. She looks at the business and IT skills sections which offer a host of support and advice to further your career prospects.

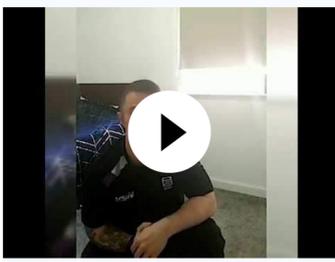
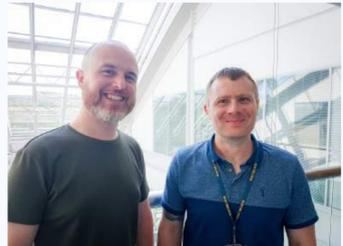
Whatever stage of your career you are at, RGU eHub can support you in the next step of your journey.



Look after your mental wellbeing during self-isolation

Lecturers in Mental Health Nursing, Dan and Scott talk to us about the impact of self-isolation. They discuss the importance of maintaining our mental health at this time, and what we can do to support both ourselves and those around us.

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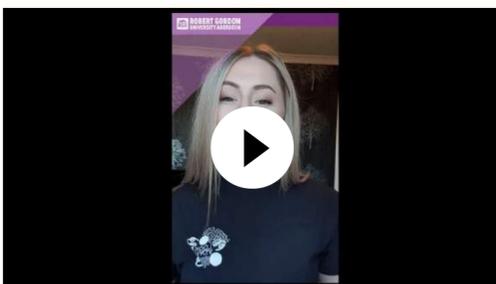


RGU Sport home exercise tips

John from RGU Sport has provided some home workout exercises for the alumni community to help us all keep fit during this time. With the current restrictions it has never been a better time to start a home work out programme.

Alumni in Focus

Many of you have been adjusting to remote working during this time. Our alumni community have been sending in messages about how they are adapting to this new way of working and sharing tips on what they are doing to stay positive and keep their spirits high.



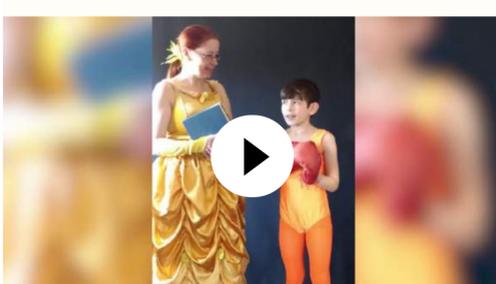
Converting the bedroom to an art studio

Find out how Gray's School of Art alumna Jade Gilbert has been adapting to remote working and keeping positive by converting her bedroom into an art studio. Jade takes us through her day as she works on one of her current projects for craft beer company Fierce Beer.

Working to protect rights of children and young people

RGU alumna Louise Herd is hoping to make a difference to children and young people in Scotland through her fellowship with specialist outreach legal representation service Clan Childlaw.

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Fundraising as a family

Covid-19 has had a big impact on fundraising events, however it is still important to support charities during this time. RGU alumni Maria and Bryan and their son Owen have been coming up with new and innovative ways of fundraising during lockdown for their favourite children's charity, The Archie Foundation.

Taking a career from London to Shanghai

Visiting Professor and RGU alumnus Chris Hardie talks to us about his remarkable career which has taken him across the globe, from London to Shanghai. His portfolio includes projects such as Royal College of Art Dyson Building in London, Sir Duncan Rice Library in Aberdeen and Central Library in Halifax, Canada.

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RGU News



Turning negative oil positive - Prof Paul de Leeuw

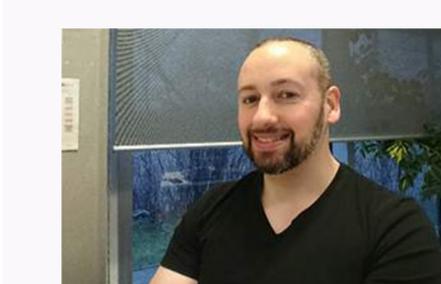
In his article for Energy Voice, Professor Paul de Leeuw discusses the implication of the negative oil prices which hit the headlines and sent shockwaves across the industry.

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Creativity and positivity abound in challenging times

RGU's Look Again's Hilary Nicoll and EIG's Sally Charles share their thoughts on the university's new Creative Entrepreneurship course, which had to very quickly move to online delivery in light of the Covid-19 pandemic.

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Creating an office away from the office

Clinton Grant, RGU's Head of Occupational Health and Environmental Safety, shares advice on creating an office away from the office, that is still comfortable and healthy.

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Adapting research to a post-COVID-19 world

Dr. Nadimul Faisal, from the School of Engineering provides advice to researchers on how they can contribute to the fight against COVID-19.

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Keep in touch

To help us keep you informed about all the latest news from the University as well as ways to continue your involvement, please remember to let us know when you move home, change jobs or change your email address. You can easily update your details online [here](#).

You can also find out about the range of benefits and services that are available to you [here](#).

www.rgu.ac.uk/alumni

Email: service@alumni.rgu.ac.uk