



MAY NEWSLETTER

www.micomputersolutions.co.uk

Welcome to our May newsletter!

In this newsletter, you will learn tips to overcome exam anxiety, read about our tutor Sonya's journey, learn more about our Principles of Dementia course and much more.

Read below!

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Overcome Exam Anxiety

Practical techniques for test success

As adult learners, there will be times when you will have to complete exams to receive your certificate. This is where exam anxiety may take over and it is completely normal! This is your body's way of responding to stress, but when it feels overwhelming, it can affect your performance.

Thankfully, with the right techniques, you can manage anxiety and perform your best.

Here are some practical techniques to overcome exam anxiety:

1. Prepare thoroughly:

- Study smart: Break your revision into small, manageable chunks. Use tools such as mock tests, flashcards, or mind maps.
- Plan in advance: Create a revision timetable to avoid last-minute stress.

2. Practise relaxation techniques

- Deep breathing: Try the 4-7-8 method (Inhale for 4 seconds, hold for 7, exhale for 8. Repeat 3 times).

- Visualisation: Close your eyes and imagine yourself calm and confident during the exam.
- Muscle relaxation: Tense and release each muscle group to reduce physical tension.

3. Stay healthy

- Sleep well: Aim for 7-9 hours of sleep before the exam.
- Eat balanced meals: Foods like bananas, nuts and oats boost brainpower.
- Stay hydrated: Dehydration can make you feel tired or anxious.

4. Develop a positive mindset

- Reframe negative thoughts: Instead of *"I'll fail,"* think *"I've prepared and I'll do my best."*
- Focus on progress: Remind yourself how far you've come. Every bit of revision counts!
- Celebrate small wins: Reward yourself after study sessions (e.g., a short walk or a favourite snack).

5. Exam day strategies

- Arrive early: Give yourself time to settle in and avoid rushing.
- Read instructions carefully: Take a deep breath before starting.
- Skip and return: If you're stuck on a question, move on and come back later.
- Use all your time: Review your answers before submitting.

Exam anxiety is common, but it doesn't have to hold you back. Remember, your Tutors are here to help with study tips and mock exams.

Meet Your Tutor - *Sonya Khan*

ESOL Curriculum Lead

For the month of May, we sat down with our tutor Sonya Khan. Sonya, who's originally from Texas, USA, came to the UK in 2000 and worked in the IT industry as a Software and Systems Tester and a DBA (Database Administrator).

Fortunately for us at MI, after having children, Sonya decided to follow her longtime dream of being an EFL (English as a Foreign Language) teacher. She completed the CELTA (Certificate in Teaching English to Speakers of Other Languages) course in 2013, finding a job straight away. Throughout the years, she furthered her career and now teaches ESOL (English for Speakers of Other Languages) and Functional Skills English and is also the ESOL Curriculum Lead at MI.

Read more about her journey below:

Q1: First of all, Sonya, thank you so much for agreeing to this interview. It's great to have you here. Can you take us back to the beginning of your teaching journey and tell us what made you decide to be a tutor?

S: I became a tutor because I wanted to support adults to improve their English and help them open up more opportunities for themselves.

I enjoy helping learners develop skills they can use in everyday life and work. What I find most rewarding is seeing their progress, especially when their confidence grows and they achieve something they didn't think they could.

Q2: You sound so passionate, Sonya, that I have to ask



Many need Level 2 for further study, university or to improve their job prospects.

Recently, two of my learners completed the course and returned to share their updates since leaving. One learner completed the course and is now working in a nursery and another is doing a post-graduate degree at Southbank University. What works well is that everyone

you what you enjoy the most about teaching adults?

S: I enjoy working with adults, especially in ESOL, because we are able to support them during the beginning of their journey learning English and you can see the small steps that they make.

I always aim to create a safe and comfortable environment for the learners. It's also nice seeing them celebrate each other's achievements, however big or small.

Q3: You are one of our most cherished tutors, so I know our learners feel truly comfortable in your classes. For those of us who are not aware, how long have you worked for MI?

S: It will be 3 years in July.

Q4: And in your experience working with us, how do our courses change our learners' lives or even improve their job prospects?

S: As an example, when learners come into an FS English L2 class, they come with a plan of what they want to do.

Thank you for sharing your journey with us, Sonya. We can all see how dedicated you are to the learners and supporting them in their learning journey towards their goals.

You can also find more about Sonya's Crochet Club at MI in this newsletter.

from admin, tutors, management and outreach work well to help our learners achieve their goals. It's rewarding seeing people build their confidence as they progress through their courses.

Q5: And what advice would you give to a new learner?

S: I would say to come with an open mind and enjoy your learning. Come with a positive outlook and you will be fine.

Q6: That is excellent advice, Sonya. I am curious: What is a fun fact about you that learners may not know?

S: I host a crochet club at MI every other Friday from 4 pm to 6 pm. It is open to staff and learners.

Q7: The Crochet Club sounds so exciting! I really want to join. I have one final question for you, Sonya: What is your favourite quote?

S: "The best way out is always through," by Robert Frost, from the poem "A Servant to Servants".

Dementia Action Week

Making a Difference



Led by the Alzheimer's Society, Dementia Action Week 2026 (18th – 24th May) is a national campaign to raise awareness, encourage action and improve the lives of people affected by dementia.

Dementia is not just about losing your memory; it can affect how people think, speak and do everyday tasks. For many families in our community, dementia is a part of daily life.

This week is about showing empathy and learning how we can all help.

How can you make an impact?

For people living with dementia, the world can sometimes feel confusing or unfriendly. Small actions from us can make a huge difference:

- **Friendly communication:** Using clear, simple English helps someone with dementia feel included in the conversation. Even if a person cannot speak back, they can often still hear and feel your tone. Using a calm voice helps reduce their stress and confusion
- **Reducing loneliness:** A simple "hello" or even spending time with someone can reduce the fear and isolation many people feel. For example, you can listen to music or look at photos together.
- **Comfort and dignity:** Being patient and explaining what you are doing shows respect for the person. For example: "I am going to move your pillow now to make you comfortable."
- **Building awareness:** The more we understand the condition, the better we can support our neighbours, friends and family.



Professional skills

Over 1 million people in the UK are expected to be living with dementia by the end of 2026 and this number continues to rise. If you want to do more than just raise awareness, you can gain the professional skills needed to provide expert support.

This is where your education becomes a powerful tool for society because trained professionals ensure that people with dementia can live with independence and dignity for as long as possible. In addition, your expert knowledge will give families peace of mind, knowing their loved ones are in safe and capable hands.

At MI we offer two free and specialised Principles of Dementia Care courses for jobs that are designed to turn your kindness into a professional career:

- **Level 2 Certificate:** This is the perfect starting point. You will learn the basics of how dementia affects the brain and how to communicate with dignity and respect.
- **Level 3 Certificate:** This qualification usually builds on basic knowledge and may support progression into more senior roles. It

includes person-centred care, which involves planning and delivering support based on an individual's needs, wishes and preferences.

When you complete these courses, you aren't just getting a certificate; you are becoming a vital part of the UK's healthcare solution, and you will create a positive impact on our society.

[Learn More!](#)





Crochet Club

Our Crochet Club, which started on 7th February 2025, was set up by Sonya Khan (Foundation Learning Tutor) and Kristal Remigio (CMDA Apprentice & Admin), along with support from other staff, Madonna Kodwiw (Finance Officer) and James Bramwell (Foundation Learning Tutor).

The sessions are led by Sonya, who created the group to share her skills and passion for crochet. She first started by teaching staff members and now also supports ESOL learners, including Kim Thi Nguyen, Helen Aman Astbaha, Tetiana Sergiivna Krainieva, Iryna Kudrich and Nahaoua Sylla.

Due to the club, the learners also improve their speaking skills while learning a new skill, even if some already have experience in crochet or knitting.

So far, they've learned to make crochet hearts and will soon be making tote bags and other useful items.

Upcoming Courses

Ready to transform your life?

Check the list of our upcoming courses and register below:

Upcoming Courses

05
MAY

ESOL WRITING E3/L1

07
MAY

WOMEN'S HAIRDRESSING L3

11
MAY

AWARD IN SUPPORT WORK IN
SCHOOLS AND COLLEGES L2

11
MAY

WOMEN'S HAIRDRESSING L3

21
MAY

INTRO TO NUMBERS

01
JUNE

BUSINESS IT FOR OFFICE L2

03
JUNE

GREEN SKILLS FOR ESOL

04
JUNE

ESOL E2/E3

15
JUNE

ESSENTIAL DIGITAL SKILLS E3

[Enrol Now!](#)

Refer a Friend

And get a £30 bonus



If you have a friend that would benefit from doing a course with us, you can easily refer them using the form below.

As a reward, you will get a £30 voucher when they successfully complete a course with us.

Referral Form

May Diversity & Inclusion Calendar

National Walking Month



May is National Walking Month 2026, a campaign to encourage people across all ages and backgrounds to get outside and embrace the simple, yet profound health benefits of walking. This month-long event is the perfect opportunity to explore the great outdoors, improve fitness, and connect with others in a healthy, enjoyable way.

National Walking Month is an annual initiative that promotes walking as a free, easy, and accessible form of exercise and transportation. The event encourages individuals, communities, and organisations to host walking challenges, share walking routes, and raise awareness about the health benefits associated with regular walking.

<https://www.active-together.org/news/2026/04/get-ready-for-national-walking-month-2026>



Mental Health Awareness Week 11 - 17 May



Mental Health Awareness Week is run by the Mental Health Foundation. In 2026 it takes place from 11 May – 17 May. The theme is 'Action', and it asks people to take action to support good mental health.

<https://www.mentalhealth.org.uk/>



National Numeracy Day Wednesday 20 May



National Numeracy Day is the UK's only campaign dedicated to improving everyday maths. Each May, individuals, schools and organisations across the country come together to help children and adults feel more confident with numbers at work, at home and at school. The campaign raises awareness of the

importance of numeracy and signposts free tools and resources that help people take practical steps to improve.

The theme for National Numeracy Day this year is 'Count on Your Community'. Millions of people across the UK lack confidence when it comes to numbers. But that can change and a bit of mutual encouragement and support from your community can make a world of difference.

<https://www.nationalnumeracy.org.uk/numeracyday>



International day of families 15 May



International Day of Families is observed globally each year on May 15. It's a day to reflect on the role families play in building strong, connected communities. Whether chosen or biological, families are the foundation of care, belonging, and resilience. This day is a chance to celebrate those bonds, and also to highlight the social and economic pressures that many families face in a changing world.

<https://www.awarenessdays.com/awareness-days-calendar/international-day-of-families/>



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