



## Avoiding Academic Integrity Problems Whilst Studying Online

All aspects of our lives have been changed by Coronavirus, including your studies.

It can be easy to lose focus on what stays the same when we experience unexpected change.

For example:

- Feelings of stress, isolation or vulnerability may result in behaviour that is out of character
- It may now feel that some of the rules no longer apply
- New ways of learning and assessment may become a distraction from good study habits

### The continuing importance of Academic Integrity

No matter what format your future learning takes, the rules regarding Academic Integrity will remain.

Sources of help, support and guidance also remain open and accessible for you and for your friends.

There may be some changes in how you can access that support, and you may need to allow extra time to get the right help.

It is important that you continue to engage with the regulation and available guidance and seek support where necessary. Any concerns can also still be raised with your Personal Academic Tutor.

### Useful links regarding Academic Integrity

We advise that you:

- Remind yourself of the Academic Integrity (AI) regulations that still apply: [AI](#)
- Engage with the University's online guidance : [resources](#)
- Know where to get support if invited to discuss a suspected breach of the AI regulations: [The Advice Centre](#)



## Dos & Don'ts

### Take care of your wellbeing

#### Do

Reach out to trusted sources of good advice & guidance relating to the health crisis such as [here](#) & [here](#)

#### Don't

Think you are alone or unsupported

### Inform the right people if your studies are impacted

*When you experience the ups and downs that come with any change it can affect all aspects of your life. This may include a negative impact on your academic work.*

#### Do

- Contact your Personal Academic Tutor or the Senior Tutor in your Faculty for advice and guidance: [Personal Academic Tutor](#)
- Contact Enabling services to find out about available support: [here](#)
- Look at the **Special Considerations** process (and criteria) for letting the university know if your academic performance is impaired for a taught course (there are different arrangements for PGR students): [Special Considerations](#)

#### Don't

- Use 'essay mills' (see below)
- Ask peers to share their work with you (see below)
- Look for a 'quick fix' such as 'cutting and pasting' rather than proper note-taking

### Missing friends and course mates

*Working together in 'collaboration' with other students can enrich your academic work and build transferrable skills. With potentially fewer opportunities for face to face discussion, casual chats and the chance to 'simply let off steam'; it can be tempting to move to online interactions.*



# Support Advice Centre

*Don't turn these interactions into 'collusion'.*

## Do

- Remember the importance of friends in tough times and maintain relationships
- Set time aside for regular catch ups
- Direct friends to trusted sources of help & guidance

## Don't

- Show your work to others (even if 'just' for help with the structure)
- Give specialist advice to friends
- Send an e-mail to a friend you would not happily hear read out in a University meeting

## When you want help

*Previously, you may have been able to drop-in to see your PAT or other academic to ask for help, talk about issues affecting your work or simply clear up how to reference a particular source. However, staff and services are still there to support you.*

## Do

- Familiarise yourself with trustworthy sources of help & support:  
[Academic Skills Hub](#)  
[The Advice Centre](#)  
[Personal Academic Tutor](#)
- Factor in adequate time to access help and support into your workplan
- Keep a record of the e-mails you have sent, and steps taken to access help

## Don't

- Pretend you can deal with everything alone and unsupported
- Rely on friends or family to provide specialist advice
- Trust the often unreliable promises of help the internet offers

## Essay mills – a warning

Companies selling essays and assignments have sophisticated ways of marketing to students. Often, these companies will exploit feelings of isolation and vulnerability with promises that *sound too good to be true* and probably are. (cont. on next page)



## Support Advice Centre

Acknowledge that in difficult times you may feel greater pressure to perform and deliver your usual standard of work as though nothing in the learning environment has changed.

Rather than reach out to those wishing to financially exploit you and undermine the value of your degree – reach out for the support offered by tried and tested University services and SUSU.

Further information on essay mills and contract cheating can be found in the University's guidance. Please see under Section 5 *Essay or dissertation writing services*: [here](#)