

Advice for University Students

Settling in:

University is a unique experience, and while many people find it enjoyable, others may find it difficult. Wherever you sit on that spectrum, these tips can help to improve your university experience.

Get to know the area: If you've moved to a new city or area, be sure to explore it. The new area could have plenty of interesting facilities that you can use. Keep an eye out for some of the following:

- Markets and supermarkets (try and keep the essential shopping cheap, but don't be afraid to buy something nice on occasions!)
- Activities (bars and clubs are typically popular amongst students, but don't forget other places that you can enjoy; bowling alleys or cinemas can make for a fun day out with friends)
- Hotels and hospitality (If a friend or family member wished to come and visit for a few days, consider where they could stay, also consider restaurants and other hospitality places.)

Once you've fully explored your new environment, you may feel more comfortable in your new location.

Socially speaking, societies are a great way to meet people at university, and they provide a pathway to trying new things. Consider joining a society for something you enjoy, and meet likeminded people; alternatively, you could join a society for something new, and allow new people to help you develop a new skill.

Things to note: Once you've settled in; either by joining societies, getting to know the area, getting to know your housemates, course, or whatever else makes you comfortable at university, there are some things that are worth knowing:

- Keep up to date with your course; when you start, it may feel like the exams are miles away. But unlike school or sixth-form, there is no guarantee of revision sessions just before the exam, so keeping notes and reviewing the work from time to time is beneficial. Consider making a personal timetable to help stay on top of it, and be honest with yourself about what needs doing.



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- For coursework, consider setting objectives for each part of the task. For example, if you are tasked with writing a 2000-word essay, and you have a week to do it, dedicate a day to research, then the first day to introduction, next day to the first paragraph, day after for the second, etc. Don't feel like you have to do all of it at once. If you complete your objective for the day, and still have some energy, you could do more research or attempt to start the next day's task.
- Keep an eye on your budget. Students are typically on a tight budget, but whatever your situation is, it is important to consider keeping track of your expenses. One method of budgeting could be to take a note of what a weekly food shop costs, and the cost of your rent for the term. Multiply the cost per weekly shop by the number of weeks in that term that you will be at university for, add the cost of the rent, then take that away from the money available to you from your loan or whatever other income you have. What's left can be split into spending money, and safety net. Try to avoid going into the safety net, if possible, but use the spending money amount to treat yourself from time to time.

Issues which may arise during university:

Life at university will always have ups and downs, and knowing how to handle those difficult moments is important.

Your university should always be able to offer some support, whatever the situation. You will have been assigned a tutor who you can contact, who will either be able to provide relevant help themselves, or can refer you to the correct people within the university, dependent on the situation at hand.

Remember, you can always one of our Teenage Helpline mentors, or use the resources provided by us and other support services. Sites like 'Save The Student' and charities like 'Mind' provide advice if needed, websites are linked below.

Useful websites and extra information:

General student advice:

Save The Student: <https://www.savethestudent.org/freshers/13-skills-to-help-you-survive-university.html>

BBC News <https://www.bbc.co.uk/news/education-45549235>

Student Mental Health advice:

Mind:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/student-life/>



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