

Pre-Interruption Check List

Please read prior to your interruption

Who do I need to speak to?

Before you submit your request for an interruption you should discuss it with your supervisor. You may also benefit from speaking with your [PGR Support Team](#) and/or [Education Welfare Advisor](#) (ESAW). We recommend that you:

1. Agree arrangements for any keeping-in-touch days with your supervisor (noting that you will not be able to receive formal supervision during your interruption)
2. Discuss whether any previous targets or research plan should be adjusted noting the period of interruption and possibility of a phased return with your supervisor.
3. Speak to a member of the [PGR Support Team](#) if you have any questions about finances.
4. If you have questions about visa implications, please speak to the [International Student Support team](#).
5. If you are working with a Wellbeing practitioner, discuss your plan for accessing support while you are on interruption, including any transfer of care requirements.

What happens to my accommodation?

If you are living in University owned, managed or approved accommodation you may have to vacate your accommodation for the duration of your interruption. Please contact the Accommodation Team who will be able to assist with any enquiries.

Exeter

[Accommodation | Accommodation | University of Exeter](#)

Penryn

[Contact | Accommodation | University of Exeter](#)

Will I still have access to my University email account?

During your interruption, you will retain access to your University IT account, including email, E-library and ELE resources for the duration of the interruption unless otherwise specified.

Exeter

[Help | Exeter IT | University of Exeter](#)

Penryn

[Service Information – FX Plus](#)

Can I still access Library facilities?

During your period of interruption, you will retain access to all Library facilities. There is a wide range of Wellbeing support material available.

Exeter

[Library | Library | University of Exeter](#)

Penryn

[Library \(fxplus.ac.uk\)](#)

How can I access support while I am away?

During your interruption, you would seek local support outside of the University. In the UK, your GP is the best starting point for this as they can make referrals to other services if needed. Many students will return home for their period of interruption or to a place that is safe and supportive. If you are an international student and therefore returning to your home country, you would need to think about how the support you need can be accessed locally.

[Local and national services | Student Wellbeing | University of Exeter](#)

In addition to accessing professional support, it is always important to remember self-care and self-compassion. If you have been having a difficult time, it is even more important to take the time to look after yourself. If you are being supported by the Wellbeing team, you can continue to receive support for up to four weeks after you have interrupted. You may wish to discuss your support plans with your mentor/practitioner ahead of your interruption.

Please remember that you can access support and counselling from our University partner Spectrum Life, free of charge. Spectrum Life provide a confidential telephone, video, and live chat counselling service to help with things like stress, anxiety, depression, relationship issues, bereavement and more. It's easy to access through the online portal, is flexible and provides you with choice and clinically approved resources to help you to manage your health and wellbeing at work and at home. You can contact Spectrum Life by freephone UK: 0808 196 2016 / International: 00353 1 518 0277. You can also go through the [Spectrum Life online portal](#) using the code **EAPSPECTRUMLIFE**

You can also access advice about your studies from your Education Welfare Advisor (ESAW) while you are interrupted.

There are a number of self-help guides that you may find helpful:

[Health and Wellbeing | Doctoral College | University of Exeter](#)

Exeter

[Wellbeing Services | Student Wellbeing | University of Exeter](#)

[Chaplaincy | Chaplaincy in Exeter | University of Exeter](#)

Penryn

[Support & Wellbeing – FX Plus](#)

[Chaplaincy – FX Plus](#)

Who do I talk to if I have questions about my Tier 4 Student Visa, or need International Student advice?

Taking a period of interruption may have implications for your Tier 4 visa. The International Advisors can provide advice on any immigration and visa matters that may impact on your studies, you may wish to contact them ahead of your interruption

Exeter

[Visa Conditions | International Student Support | University of Exeter](#)
[Interrupting, withdrawing, completing early | International Student Support | University of Exeter](#)

Penryn

[Contact the International Team | Falmouth University](#)

What about my stipend payments and other Finance/UKRI questions?

Whilst you are interrupted there may be financial implications.

[Universities Student Finance Regulations](#)

If you are funded by a Research Council, you should be aware that the approval of the Research Council should be sought before seeking the approval of the University.
ESRC: Please note that interruptions can only be considered during the funded period of the studentship. Please contact your College PGR Administrator for advice and more information and refer to the [Guidance and information for ESRC-funded students](#). NOTE: If you interrupt your registration after your ESRC funding has finished, an interruption cannot be considered. In those instances, the DTC must submit a submission date extension request to ESRC for approval.

If you are on a studentship, you may wish to talk to your PGR Support Team who will be able to let you know any implications to your funding whilst interrupted

[Enquiries | Doctoral College | University of Exeter](#)

If you are in receipt of a PG or Doctoral student loan it will be suspended until you return to your studies.

What if I have some more general questions about interruption?

Student Guild/SU

The Student Guild/Union can offer a lot of general advice and guidance

Exeter

[Exeter's Students' Union - Students' Guild \(exeterguild.org\)](#)

Penryn

[Your Union \(thesu.org.uk\)](#)