

# Settling into University life



# Content

- Identifying any potential difficulties when starting at University
- Loneliness
- Homesickness
- Building resilience
- Looking after your wellbeing
- Helpful support and services



# Concerns about starting University

What are some of your concerns/worries/fears about coming here to study at Exeter University?



# Common difficulties when first starting University

- New surroundings
- New challenges, such as further academic studies
- New social circles
- Change in routine, less structure
- More responsibilities, taking care of yourself



# Loneliness

Has anyone experienced loneliness at any time in their lives?



# Homesickness

More than half of students feel homesick in the first few weeks at University.

[http://studentmindsorg.blogspot.com/2013/10/settling-into-university-part-two-how\\_2.html](http://studentmindsorg.blogspot.com/2013/10/settling-into-university-part-two-how_2.html)



# Academic expectations

Doing poorly on a paper or exam doesn't mean you're a failure as a person.



# Mind chatter

- Do you beat yourself up when things aren't going as expected or planned?
- Do you have self-limiting beliefs?
- Do you fear failure?
- Do you tell yourself, 'you're not capable' or 'not good enough' or 'I can't do this'?





# We evolved to think negatively.

Is it a **bear** or a **blueberry bush**?



*Result:*  
We're far more  
aware of our  
**weaknesses** than our  
**strengths.**



# Building resilience

Adapting to difficult situations is what we mean by building our resilience.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/managing-stress-and-building-resilience/>



# Learning to be kind to ourselves

Stop the blame game.

Much of what goes on in our minds is not our fault;  
we didn't choose to build them like this.



# From Self-Criticism to Self-Compassion

## Self-criticism

Punishing past errors and often backward-looking  
Given with anger, frustration, contempt and disappointment  
Focus on deficits and fear of exposure  
Focus on high fear of failure  
Increases chances of avoidance and withdrawal

## Self-compassion

Desire to learn and develop  
Growth and enhancement  
Forward-looking  
Given with encouragement, support and kindness  
Building on positives  
Focus on attributes and specific qualities of self  
Focus and hope for future

# Managing our own mental health and wellbeing



# Wellbeing resources

[University home](#) [Study](#) [Research](#) [Business](#) [Alumni and supporters](#) [Our departments](#) [Visiting us](#) [About us](#)



Search website



## STUDENT WELLBEING

[Home](#) [About our service](#) [Exeter Access Centre](#) [Policies](#) [Student Wellbeing \(Cornwall\)](#) [A-Z index](#) [Wellbeing Blog](#) [Contact](#)

Current students > [Wellbeing Services](#)

[Urgent support](#)

[Wellbeing Events](#)

Upcoming free events and activities will be shared on our [Term 1 schedule](#)

[Prospective Students](#)

[Student Wellbeing \(Cornwall\)](#)

This chat is live every weekday, 2pm-4pm.

Wellbeing Services are also available on [wellbeing@exeter.ac.uk](mailto:wellbeing@exeter.ac.uk), and 01392 724381 (9am-5pm, weekdays). You can also book an appointment that suits your timetable.

## Wellbeing Services



Watch on YouTube

Welcome to your Wellbeing and Welfare Services. We provide free advice, guidance and support.

If you are based on our Cornwall campuses, please visit the [Cornwall wellbeing pages](#).



# Wellbeing resources

<https://www.exeter.ac.uk/students/wellbeing/>

<https://www.exeter.ac.uk/students/wellbeing/resources-and-services/takingcareofyourwellbeing/>

- Togetherall
- Silvercloud
- Sleepio
- Workbooks
- Relaxation and mindfulness apps
- Living life to the Full: <https://littf.com/>





# Wellbeing resources

## **My Wellbeing toolkit:**

<https://vle.exeter.ac.uk/course/view.php?id=7295>

## **Student Minds Transition Pack:**

<https://www.studentminds.org.uk/resources.html>

## **Wellbeing workshops and courses:**

- Stress Busting
- Feeling anxious about presentations and speaking up
- Managing perfectionism
- and many others



# AccessAbility

- If you have a long term health condition (of any kind), disability or learning difficulty that is likely to affect your studies or day to day life at university you are eligible for support with your studies.
- Please contact wellbeing services if this support would be relevant to you or find out more here:
- <https://www.exeter.ac.uk/students/wellbeing/bookanappointment/>



# Wellbeing Services and making contact

Wellbeing Website:

<https://www.exeter.ac.uk/students/wellbeing/>

Drop in sessions: 20 minute advice, support and onward referral

<https://www.exeter.ac.uk/students/wellbeing/resources-and-services/appointments/>



# Connecting with others

The screenshot shows the 'WELCOME TO EXETER FRESHERS' 2022' page. At the top, there's a navigation bar with 'Freshers', 'Activities', 'Voice', 'Advice', 'Events', and 'My Guild'. A large banner features the text 'WELCOME TO EXETER FRESHERS' 2022' and 'YOU ARE EXETER STUDENTS' GUILD. WE ARE HERE TO HELP YOU LOVE EXETER!'. Below the banner are six circular icons representing different services: 'Upcoming Events', 'Your Officers', 'Our Strategy', 'Your Societies', 'Use your Voice', and 'Advice & Support'. The 'MEET YOUR OFFICERS' section displays four photos of staff members: Lily Margaroli, Izzie Dyer, Jack Liversedge, and Emma de Saram. The 'NEWS AND UPDATES' section includes articles on 'Cost of Living', 'DIY Daytrips', and '10 fun things to do at Exeter'. An 'Accessibility Tools' button is visible in the bottom left corner.

The screenshot shows the 'living' website's accommodation page. The top navigation bar includes 'University home', 'Studying', 'Research', 'Business', 'Working here', 'Alumni and supporters', 'Our departments', 'Visiting us', and 'About us'. The main header features the 'EXETER living' logo and social media icons for Facebook, Twitter, YouTube, WordPress, and Instagram. A search bar for 'Accommodation search' is present. Below the header is a menu with categories like 'Students', 'Applying', 'Residences', 'Maps', 'Prices', 'Parents', 'Private housing', 'Legal', 'Contact', and 'Cornwall'. The main content area shows a breadcrumb trail: 'Accommodation > Students > Current students > Residence Life Team'. The 'Residence Life Team' section features a group photo of the team and a welcome message: 'Welcome to Exeter! We understand that living in student accommodation is a unique experience and can bring new challenges. The Residence Life Team is part of the Welfare Team at the University and are here to provide support...'. A right-hand sidebar contains a list of links under 'Current students', including 'Residents information', 'About catered halls', 'Room moves', 'Moving out', 'Returning students', 'Residence Life Team', 'Cleaning and inspections', 'Kitchen Equipment Guide', 'Maintenance and damages', 'Terms and conditions', 'Summer accommodation', 'International students', 'Residence feedback', and 'Meal requests and suggestions'.

# Remember

Be patient and kind to yourself.  
There is a lot of pressure to find your feet  
straight away, but it's not a race!

