

Settling in at University

and Accessing Support



What Concerns Do You Have About Starting University?



Go to menti.com and enter code 7867 9069

Common Concerns and Difficulties when Starting at University:

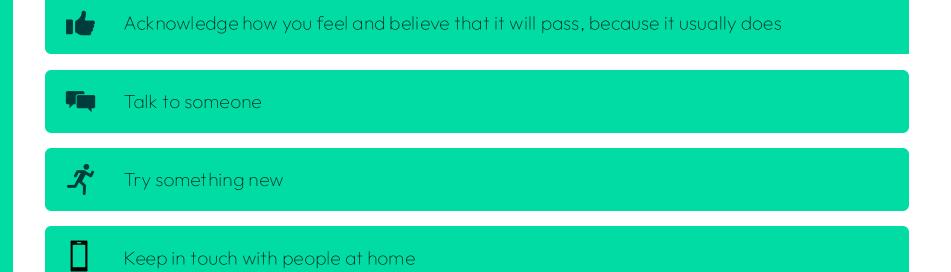
- Loneliness
- Managing academic workload
- Homesickness
- Looking after your wellbeing and mental health
- New surroundings
- New challenges and responsibilities

- Peer pressure
- New friendships and relationships
- Change in routine, less structure
- Cultural differences
- Taking care of yourself
- Managing finances



How Can You Manage These Feelings?







Access University support



Settling In

- Residence Life:
 o @exeterreslife on Instagram
 oemail: residencelife@exeter.ac.uk
- Students' Guild:o@exeterguild on InstagramoQR code to events hub





Study Support

- Personal Tutors
- Study Zone
- Library
- Pastoral Mentors
- Education Welfare Team



Physical Health

- Use the QR code to register at the Student Health Centre to have a local GP
- Devon Sexual Health: 0300 303 3989





Wellbeing Services

- <u>Initial consultations</u> are initial appointments for students who may need one-off appointments or may need to explore onward support options.
- Students can <u>declare a disability</u> through Wellbeing and be connected with advisors to create an Individual Learning Plan and review necessary, entitled supports.
- Students in University accommodation can also be in touched with their hall's assigned Residence Life mentor.



Looking After Yourself



- Your first year is about settling into your new surroundings and working independently.
- •It's common to have lower grades than you're used to as you settle into a new way of learning and managing things independently.
- Go easy on yourself.

Who Would You Talk to if You Needed Support?

Go to menti.com and enter code 6417 1069





Any questions?

