

Settling in at University

and Accessing Support



What Concerns Do You Have About Starting University?



Go to [menti.com](https://www.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?



Acknowledge how you feel and believe that it will pass, because it usually does



Talk to someone



Try something new



Keep in touch with people at home



Access University support

Settling In

- Residence Life:
 - o @exeterreslife on Instagram
 - o email: residencelife@exeter.ac.uk
- Students' Guild:
 - o @exeterguild on Instagram
 - o QR 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

- [Initial consultations](#) are initial appointments for students who may need one-off appointments or may need to explore onward support options.
- Students can [declare a disability](#) 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 touch 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](https://www.menti.com) and enter code 64171069

Any questions?

