

Five tips for fitting in at university

Tip 1

Connect with other students

Are there first year students you can connect with?

They might offer valuable insights and advice

Tip 2

Feedback to the university

Be clear from the start about what support you need

They are there to help you!

Tip 3

Look for role models

Are there students or people in your sector that you look up to?

What can you learn from them?

Tip 4

What support is available?

A range of support is there for you including study skills

Don't struggle – make the most of your support services

Tip 5

Complete a 'values reflection'

Do this to identify what is important to you

And check you are spending time to support your values