

BHASVIC

UCAS

STUDENT FINANCE

UCAS EXTRA

CAREERS ADVICE

REFERENCES

APPLYING AFTER YOU'VE LEFT

BHASVIC

FREE ONLINE COURSES

USEFUL LINKS

**UCAS GUIDE FOR CURRENT / EX-
STUDENTS**

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Summer Term 2023 Update

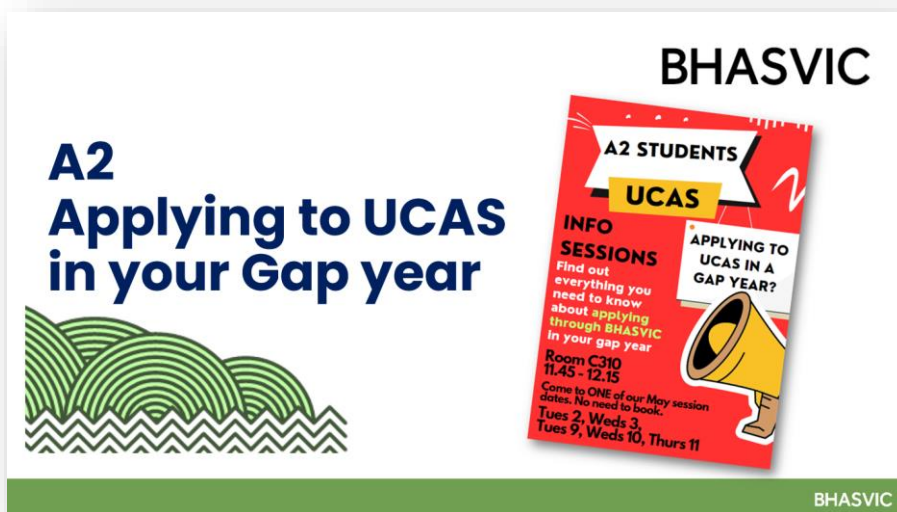
This booklet has been updated with additional information to help you as you leave BHASVIC.

This is useful for:

- A2 students who are going to university this year
- A2 students who are still considering employment/apprenticeships
- A2 students applying to uni next year as ex-students
- If you have time on your hands then the short/free course info may well be useful

Don't forget:

- There are lots of **online resources** to help you research what might be the **best course and career** for you
- The Bitesize PowerPoints with audio are a good place to start**
- Check out the Gap year PowerPoint which has LOTS of helpful information**



Part 1: General / UCAS info

If you have applied to uni then you should be **considering your firm choice**.

You have until 9th June to decide your choices

<https://www.ucas.com/ucas/events/find/scheme/undergraduate/type/key-date>

Things that might be helpful to know:

- You will be accepted automatically to your firm choice on results day if you meet the offer
- If you don't meet the grades you will revert to your insurance choice
- You can change your mind and apply elsewhere/accept your insurance, but you will need to ask your firm/insurance offer to release you first. This means contacting them and can take some time depending on the uni.

The UCAS website is the most useful 'one stop shop' for up to date information.

Part 2: Late Applications & Deferring

Changed your mind – want to make a late application? Yes, you can still do it!

We need:

1. **To know you are applying – please contact your tutor.**
2. **To check your reference is ready to go.**
3. **Check your UCAS form is correct and ready.**
4. **We can also check your personal statement.**

If you are thinking of making a late application, we would also suggest you use the search on UCAS Extra or contact universities to check they still have spaces on the courses you wish to apply for.

To defer or not to defer?

And ask unis if you can defer... don't tell them!

If you have already received an offer for start in Autumn 2024 (deferred) you will need to write to your university choices asking if you can now switch to a deferred offer.

Unis can say 'no' as the initial offer was based on a 2023 start.

Of course, in the end, if unis say 'no' and you really want a 'gap year' then you can just decline offers and re-apply. Think carefully what you might do in your gap year though.

Part 3: Student Finance

Student Finance

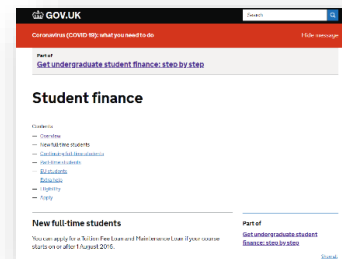
Going to uni in September? – you really need to have registered an account by now.

The process can take a little while and **the deadline is in May.**

Register [here](#)

More information on the SFE PowerPoint which is always updated around March.

Bursaries: Check the share information box to make sure your local authority can let your uni know you might be entitled to a bursary. To find out more google your uni choice + bursary – they will have page of information and be aware that all uni bursary criteria is different.



Part 4: UCAS Extra

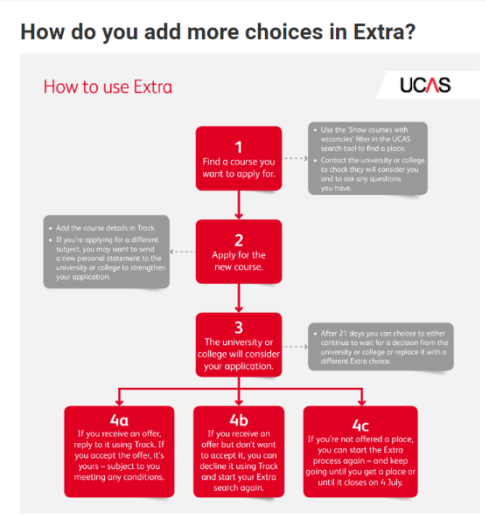
UCAS Extra - available from 25/02/23

UCAS Extra gives the option to access 1000s of courses still available at Universities

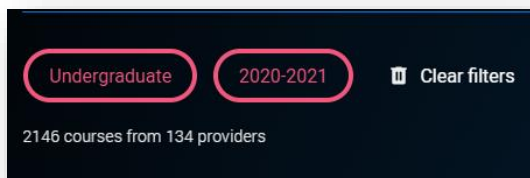
You're eligible for Extra if you've used all five choices in your application and you're not holding any offers.

This means that all your choices must be either:

- unsuccessful,
- you've declined any offers
- or cancelled any choices you have not received decisions for.



Go to [UCAS Extra](#) and use the search tool & filters

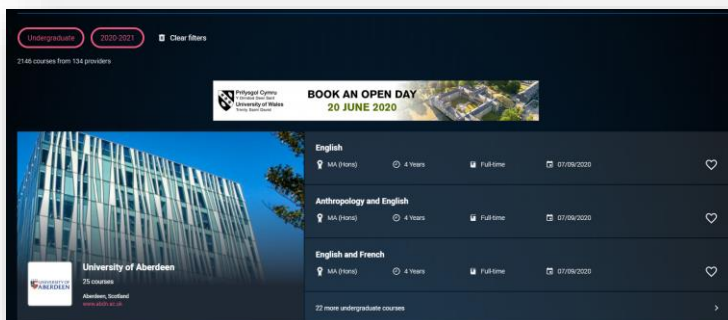


Adding another choice using Extra is easy – here's how to do it in three simple steps:

- 1 Search for courses with vacancies using the search tool.
- 2 Get in touch with the university or college to check they are able to consider you.
- 3 Add the details in Track.

For more details, [take a look at our FAQs](#).

► **Tips when considering a choice**



A Search for 'English' brought up 2351 courses

How will I know if I am eligible to use Extra? In the 'Your choices' section of Track the option to 'Add an Extra choice' will become available.

Do I have to pay an additional fee to use Extra? No – providing you are definitely eligible for Extra, i.e. you've already used all five choices, you would have paid all you needed to when you submitted your application.

How do I add a course in Extra? 'Add an Extra choice' option in the 'Your choices' section. Click on the link and enter details of the university and course – UCAS will then make your application available to them.

What if I'm still waiting for decisions from some of my choices when Extra opens? UCAS Extra opened on 25 February. At whatever point you become eligible – up until early July – the 'Add an Extra choice' option will become available in Track.

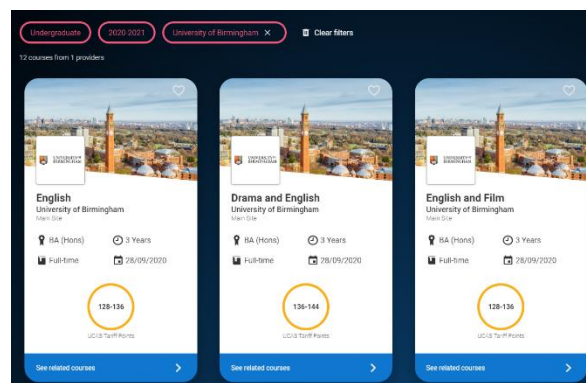
How many Extra choices can I make? There's no limit to the number of times you can add an Extra choice to your application while Extra is running, but you can only ever have one being considered at a time. Universities will decide what courses are available for Extra. They can open courses for Extra so you can apply. Universities should decide within 21 days whether to offer you a place through Extra. After this you can decide to wait or reapply for a course elsewhere.

You must reply to any offers by the date given in Track otherwise you are automatically declined.

You cannot change your personal statement if changing subject choice.

In addition... Don't be afraid to ring universities and ask them about their entry requirements if you are interested in a course they are offering.

Also bear in mind that your A level subjects might well 'fit' even if you think they might not. Falmouth University will consider applications to creative degrees such as photography and media without a visual arts / media /film A level. Other universities will do the same. **If in doubt – ask them.**



Got a different question? Get an answer online...



Watch UCAS videos on You Tube
www.youtube.com/ucasonline



Twitter
www.twitter.com/ucasonline



Facebook
www.facebook.com/ucasonline

Part 5: Careers Advice & References

Is careers advice available over the summer?

On results day we have specialist staff in college to help. Our summer helpdesk is available from results day through to the end of August. We can help with advice, information and guidance.

Email: careers@bhasvic.ac.uk

Employment References

Don't forget to use the college reference system for references. These are picked up efficiently and distributed mostly to guidance Managers WHO ARE AROUND full year. **Don't use your tutor or teachers – they might not be around!**

Email: generalreferences@bhasvic.ac.uk

Part 6: Applying after you've left BHASVIC

So, you are applying after a year (or two) out or perhaps considering other options. Maybe your grades did not meet the original requirements of your first choice.

I hope this might be some useful information as you will re-apply through BHASVIC.

Contacts & Help:

We can support you:

- Checking your **UCAS Apply form**
- Checking your **personal statement**
- Updating your **reference** (although we will use the one we have on file)
- With any **guidance or information** if needed. This booklet is a useful first point of call so please take a read through first.

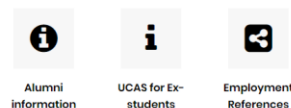
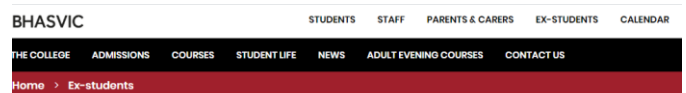
I am happy to meet if needed or liaise through email.

General Office will normally put students in touch with me.

Nikki Fabry

Guidance manager / HE lead

n.fabry@bhasvic.ac.uk / 01273 859820 (direct dial)



1. Holding Deferred offers:

If you are holding a deferred offer you have accepted a place at university. If you change your mind and have accepted the place for a course or university, you will essentially need to withdraw from that place during your gap year and re-apply. Please see other information in this booklet for more details.

2. UCAS timeframe and Early Applications:

The UCAS timeframe for University applications in Autumn 2023 will be the same to the usual pattern. **If you wish to apply to Oxbridge, Medicine, Music Conservatories** – then the early deadline of 16th October still exists. You **MUST** link up with BHASVIC in September! And do not forget to book any relevant Admissions Test with BHASVIC Exams.

All other Uni applications must reach the Unis by Jan'24 – but it is pretty silly to leave it late! – so definitely by end of November.

If you are applying/re-applying to Oxbridge – do link up with us earlier than October as we can share ex-tutee contacts with you. Oxbridge post A Level applications / re-application can be successful And quite interesting! A student this year did not get an offer for English and then reapplied securing BHASVIC's first ever Fine Art offer. We have had students shift from PPE to Physics in a reapplication for example too. (Do remember that for Oxbridge and Medicine – you may need to be available for interviews in your gap year). Don't forget to put WP – Widening Participation – if this applies to you under each university choice.

3. Re-applications:

If you applied to Uni this year and wish to re-apply next year – the process remains straightforward. Uniquely, during Covid, UCAS allowed students in the year above you to hold a deferred offer, and also re-apply to universities. NB Uniquely! Unclear what the approach will be for this year as yet. Universities are not at all fussed by reapplications (although I advise applying to a different College if reapplying to Oxbridge). NB some Medical Schools do not allow reapplications.

If you are applying for the same degree subject – then you can submit essentially the same Personal Statement – the plagiarism controls do not arise. I'd tweak it a bit. Of course, if a different subject – then you'll need to rewrite. It may be worth investigating the Reading Lists which are commonly published by Universities – for first year undergraduate courses – to inspire some 'super-curricular study.

4. Re-sits:

Remember to link up with BHASVIC Exams exams@bhasvic.ac.uk should you wish to book an A Level resit – do this early autumn so as not to miss any key dates.

5. Contextual Information and Predicted Grades:

You will apply with actual grades rather than predicted. However, if retaking any exams we can predict you your original predicted grades, or one above what you achieved in your actual exams – whatever is higher.

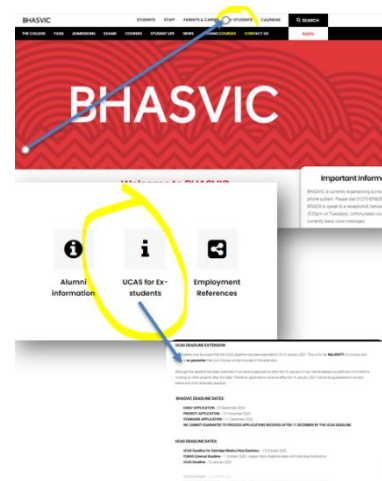
College references have changed for the 24 entry cycle – please see the PowerPoint Applying in your gap year for more information.

6. The application process as an ex-student:

This is VERY straightforward at BHASVIC – please see clear guide and instructions under the Ex-Student tab of Webpage. But please follow the guidance given there! Jane is the member of Staff who oversees Ex-Student UCAS – she’s brilliantly helpful j.cooley@bhasvic.ac.uk. We strongly urge you to message Jane if you are applying post A-Level before starting the process.

You will need to:

- **Complete a UCAS Apply form.** Follow the instructions on our college website here <https://www.bhasvic.ac.uk/ex-students/advice-for-bhasvic-ex-students-on-completing-their-ucas-applications>
- **Use the UCAS Apply helpsheet** which will appear in the summer. This will link it to the college, and we can add your reference.
- **You will need your ULN (Unique Learner Number) from Advantage**, take a screenshot of it now from your Advantage Personal Details or email Nikki or Jane who will send it through to you.
- **Your college reference is checked** and put into the past tense. If there is anything helpful we can add (extenuating circumstances etc. please tell us).
- **Complete a personal statement.** If you need support you will find them on the ex-student section above.
- When you have sent the application, **check your emails.**
- **You will be aiming to complete any application by around mid-November.**



The **Completing UCAS Apply helpsheet** is a step by step guide for filling in your UCAS form (correctly) if you are stuck!

7. Help researching options:

There is a plethora of online resources to assist you in your choice of 5 universities. Just a few here:

- A range of useful research tools – UCAS Course Search/What Uni/ HEAP/SACU
- Much of this may well not apply, but it is designed to give you the **most useful links to any research** that you are undertaking for potential courses.
- **Useful website links are also listed on the UCAS for ex-students page**

8. Useful things to know:

- **Universities may accept on lower grades than advertised** – it all depends on how competitive the courses are. **RING THEM** and ask. You hold actual grades, not predicted. It is just the time and cost of a phone call to admissions to ask whether they are likely to make you an offer.
- There is actually no point **adding choices to your UCAS form that are unlikely to result in an offer** – phone and check!

A2 STUDENT UCAS REFERENCE GUIDE 23-24

- Clicking on the course on [TheUniGuide](#) will give you much useful information

Queen Margaret University, Edinburgh | Edinburgh

Nursing >

BSC (HONS) 4.0 YEARS FULL-TIME 2020

UCAS Points: 104-108

B,C,C

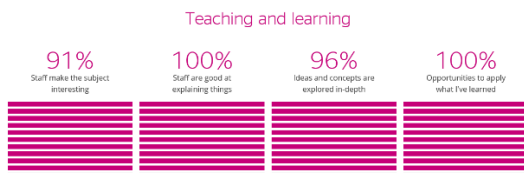
Must include Biology or Human Biology at A Level (Chemistry, Physics may also be considered) AND either English, or a suitably discursive subject such as Philosophy, History, Modern Studies or Religious and Moral Education. Maths and English at GCSE minimum.

21% Applicants receiving offers

- Check out requirements and number of students receiving offers

- But look further – student satisfaction is

important and this is up to date info



- This information here is gold-dust – very useful on what grades were accepted.
- Draw up a shortlist
- Phone them

info

What students say

SOURCE: NATIONAL STUDENT SURVEY

We've crunched the numbers to see if overall student satisfaction here is high, medium or low compared to students studying this subject(s) at other universities.

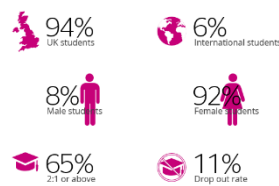
90% HIGH Adult nursing

Student voice



Who studies this subject and how do they get on?

SOURCE: HESA



Most popular A-Levels studied (and grade achieved)

Biology	C
Psychology	B
Home Economics	B

9. Foundation years:

- Foundation years are excellent for getting into universities of your choice.
- Yep it's an extra year's study, but may be better for you than retakes, and really ups your study skills to enable you to get onto the degree of your choice. Stats show students who begin a foundation year are more successful in their final degree result, and more go on to study a Masters or PhD. Around 60% will change degree choice through their foundation year as well!
- Yes it's funded with a student loan but you only pay this when you are earning a decent wage.
- This is important – depending on the course and you're a-levels, you may well still get onto the full degree (e.g. a Business degree if you have a Business A-level) so again **PHONE THEM**.
- The tariff points vary considerably and are often very achievable.

The screenshot shows two search results on the UCAS website. The top result is for 'nursing foundation' with 86 results. It lists two courses: 'Nursing Studies (Registered Nurse Mental Health Nursing) with Foundation Year' at the University of Surrey (UCAS Points: 96-120) and 'Adult Nursing (September) with Foundation Year' at Birmingham City University (UCAS Points: 88). The bottom result is for 'business foundation' with 125 results. It lists two courses: 'Foundation in Business' at Oxford Brookes University (UCAS Points: 88) and 'Business Foundation Course' at London South Bank University (UCAS Points: 48-64). Red circles highlight the UCAS Points for each course.

10. Universities to try:

Contextual offers exist for BHASVIC students at Bristol, Exeter and Plymouth.

This is by no means at all an exhaustive list but some universities that have been way down on the list for some of our students but they have ended up very happy at (and may have reduced offers) are:

Sheffield Hallam, Nottingham Trent, Liverpool John Moores, Manchester Met, Chichester (great and just down the road), Leeds Beckett, Canterbury Christchurch, Huddersfield (yep!), Solent, Bournemouth, Portsmouth, Surrey, UAE, UWE..... Salford has come up on our radar as being very pro-active

Northbrook is a great Creative Arts uni (again down the road) And there are plenty of other options.

11. Open days:

- **Please go if you can post-pandemic in the autumn!**
- You would not buy a house without viewing it first so why pay a uni over £30K and spend 3 years of your life somewhere without visiting it first.
- <https://www.opendays.com/> is a great one stop shop!
- If you can't go in person make good use of virtual tours

IMPORTANT: Don't feel you have to put down **all** your 5 choices by mid-November – add two or three then any more on UCAS Track in your pyjamas at home once we have processed and sent you UCAS form off, and you have made your final decisions.

You can make one choice if you like by the way – that's fine.

12. A complete change of path:

- Talk to unis to see if they will consider you (see foundation courses above)
- Consider **Access courses at local FE**
- These are **one year courses** that will give you everything you need to get into uni.
- They are funded by an **Advanced Learner Loan** that is absorbed by your student loan when you start uni so a great way to make a complete U-turn.

- Check out East Sussex College <http://www.escg.ac.uk/study/access-to-he/> and GB Met <https://www.gbmc.ac.uk/access-to-higher-education> for more info.
- You usually have to be 19 to start but phone them – they may take you from 18.

13. Last words:

- **Be creative.** Into Sport? - <https://www.ucfb.ac.uk/> always looks fun.
- **Think of what you might do as a job after uni.** Specialist degrees such as HR, Accounting and Mental Health Nursing might be more useful than Business or Psychology.
- **Use the time off to think wisely.**
- **Don't despair** – plenty of great opportunities out there – just might be a slightly longer path.
- **Get in touch** if you need to,
- **Contact unis** for information.

14. And very last word...if it feels wrong and the course you have started isn't for you.

Every year we have a small number of students who change courses, and universities from first year to the second.

Wrong course, right uni - contact the uni, see if you can make a switch.

Right course, wrong uni - might well be too late to change for first year study but re-apply same course different uni.

Wrong course, wrong uni – re-apply. Use BHASVIC.

Note of advice re Student Finance. You can study for a year and then change courses. It in affect gives you a year's grace. If you are thinking of leaving your uni/course once you have made the firm decision contact your uni. You will owe some student loan after certain dates. University student services teams will help you.

And we can help you re-apply.

Good luck!

Nikki Fabry

Guidance manager / HE lead

n.fabry@bhasvic.ac.uk / 01273 859820 (direct dial)

Part 7: Free Online Courses

Now is an excellent time to access any free courses and during lockdown many are being offered. These will sometimes be courses offered at a cost but during the COVID crisis they are free. You can add these courses as super-curricular learning onto any CV or Personal statement.

Organisations such as the Environment Agency may well offer courses. Check out organisations in your area of interest.

Short Courses

As an alternative you may want to explore the ranges of short courses and distance learning available.

Free Online courses	Free online courses from Universities and a variety of providers. https://www.futurelearn.com In particular: https://www.futurelearn.com/courses/preparing-for-uni But there are lots of other courses. You can set up an account and pay for certificates but taking the course will be enough to note on any CV/PS.
Leeds University free courses	Great range of free courses here
Online study prep from UCL	This course is free and open to all students in Year 13 regardless of where you go to school/college or which universities you have applied to study at. It is recommended that you take 4-5 hours to complete UCL Study Prep but this does not have to be done all at once. https://www.ucl.ac.uk/widening-participation/learners/year-12-and-13/ucl-study-prep
More free Online courses	https://www.khanacademy.org/
Free learning from the open University	http://www.open.edu/openlearn/free-courses
Harvard University	Free online courses https://online-learning.harvard.edu/catalog
Oxford University	Free online courses http://www.ox.ac.uk/admissions/undergraduate/increasing-access/explore
Learn coding for free	Into computing and coding? https://www.codecademy.com/
Open University	Get a degree and work - distance learning higher education courses http://www.open.ac.uk/
Barclays Life Skills	There are websites that can help you can work skills. Sign up for a Barclays Work Skills account and have a browse. https://www.barclayslifeskills.com/i-want-to-gain-experience-and-build-my-network/sixth-form/ Barclays Life Skills have put together a virtual work experience module https://www.barclayslifeskills.com/i-want-virtual-work-experience/university/virtual-work-experience/

Part 8: Useful Links

Options & Careers

Career and Subject Explorer: https://sacu-student.com/?page_id=2850
Great careers advice: <https://www.prospects.ac.uk/postgraduate-study/professional-courses>
Choosing a career path: <http://www.careersadviceforparents.org/p/choosing-career-paths.html>
Real stories to inspire careers: <http://icould.com/>
Career Planner Questionnaire: <https://www.prospects.ac.uk/planner>
Careers and Uni advice for school leavers: <https://targetcareers.co.uk/>
Useful Careers Guidance: <http://www.plotr.co.uk/>
Lots of useful advice on life in HE: <https://www.brightknowledge.org/>
Careers advice: <https://www.careerpilot.org.uk/>

University Research

Essential resource: <https://www.ucas.com/what-are-my-options/create-your-ucas-hub-today>
Another essential website: <https://www.theuniguide.co.uk/>
UCAS City Guides: <https://www.ucas.com/city-guides>
UCAS points calculator: <http://www.universityfinder.org.uk/ucas-points-calculator.html>
Free student account: <https://www.whatuni.com/>
Download Uni PDF Prospectuses: <http://www.prospectusfinder.co.uk>
Scottish Universities: <http://www.studyinscotland.org/find-a-university/>
Comments from students: https://www.thestudentroom.co.uk/wiki/Choosing_a_University
Complete University Tables: <https://www.thecompleteuniversityguide.co.uk/league-tables/>
Guardian league tables: <https://www.theguardian.com/education/universityguide>
Compare courses & stats: <https://www.officeforstudents.org.uk/advice-and-guidance/student-information-and-data/discover-uni-and-unistats/>

Finance / Scholarships

Student Loans Company www.slc.co.uk
UCAS www.ucas.com/ucas/undergraduate/finance-and-support
Student Finance England www.sfenland.slc.co.uk
Student Finance www.direct.gov.uk/studentfinance
Money Saving Expert <http://www.moneysavingexpert.com/students/student-loans-tuition-fees-changes>
Scholarships available <http://www.thescholarshipclub.org.uk/>
Which Consumer Advice: https://www.which.co.uk/money/university-and-student-finance/student-finance?utm_source=whichcouk&utm_medium=email&utm_campaign=teachers050220

Open days / Taster Days / Summer Schools / Events

Open Day details <http://www.opendays.com/> or <https://www.ucas.com/events/>
Useful open day questions: <https://www.theuniguide.co.uk/advice/open-days>
London taster days: <http://www.london.ac.uk/5197.html>
Uni taster days: <https://www.unitasterdays.com/>
Student events: <http://mystudentevents.com/>

Work Placements

Why a work placement:

http://www.thebigchoice.com/Placements/Advice/Benefits_of_a_Work_Placement.html

Opportunities: <http://www.studentladder.co.uk/work-placements.html>

Info about placements: <https://www.prospects.ac.uk/jobs-and-work-experience/work-experience-and-internships/work-placements>

Professional Development: <http://www.etrust.org.uk/the-year-in-industry>

Study Abroad

Information & Advice: <http://thestudentworld.edufindme.com/>

Europe: <http://www.eunicas.co.uk/>

Holland: <http://astarfuture.co.uk/>

Information & Advice: <https://www.studyabroad.com/>

Information & Advice: <https://www.topuniversities.com/>

Holland: <http://studyinholland.co.uk/>

USA: <http://www.fulbright.org.uk/>

Information & Advice: <http://www.studyoptions.com/>

Canada: <http://www.educanada.ca/>

Benefits of studying abroad: <https://www.topuniversities.com/student-info/studying-abroad/studying-abroad-benefits>

Gap year

Information & Advice: <https://www.prospects.ac.uk/jobs-and-work-experience/gap-year>

Information & Advice: <https://www.studential.com/gap-year-guide>

Information & Advice: <https://successatschool.org/advice/gap-years>

Safe travel abroad: <https://travelaware.campaign.gov.uk/>

Ideas and thoughts: <https://www.ucas.com/ucas/undergraduate/getting-started/alternatives-higher-education/gap-years>

Volunteering

Worldwide gap Volunteering: [BUNAC](#)

UK Volunteering: [Volunteering England](#)

Part 9: Extra funding at uni: DSA

Are YOU eligible for extra funding?



You don't have to think of yourself as disabled to be eligible for Disabled Students' Allowances (DSAs).

If you are a UK student and have a disability, long term health condition or specific learning difference you may be eligible for Government funding, which can pay towards the cost of software, hardware and study support.

ADHD • ANOREXIA • ANXIETY • AUTISM

BI-POLAR • CANCER • CHRONIC FATIGUE

CROHN'S DISEASE • DEPRESSION • DIABETES

DYSLEXIA • EATING DISORDER • EPILEPSY

FIBROMYALGIA • IBS • MIGRAINES

MULTIPLE SCLEROSIS • SPINA BIFIDA

SPECIFIC LEARNING DIFFERENCE • TINNITUS

VISUAL AND HEARING IMPAIRMENT and more

To apply for DSAs, go to <https://www.gov.uk/disabled-students-allowances-dsas>

To find out more about DSAs, or for support completing an application, contact the **Sussex Regional Access Centre** in Lancaster House, or come along to our Wednesday drop-in sessions between 2-4pm.

Phone 01273 678497

Email srac@sussex.ac.uk **Website** www.sussex.ac.uk

The DSA Claim It Campaign is supported by:



Part 10: Top Tips

Top Tips for going off to university

- 1. Cooking: Teach yourself how to cook.** Start with 2-3 simple recipes you can cook for yourself and others, which can help you make new friends.
- 2. Laundry:** Learn how to do your laundry. It's a simple and essential life-skill – and it saves time!
- 3. Healthcare:** Know where where to get over-the-counter medicines and prescriptions, how to register and book a GP appointment and how to navigate NHS your unwell.
- 4. Budget:** Plan a budget for food shopping and other essentials. Instead of organising food delivery, learn how to shop sensibly. Useful financial tips for students are available at www.blackbullion.com.
- 5. First aid:** Learn basic first aid and make with a small kit containing essentials like plasters, bandage/dressings, paper stitches and painkillers (make sure you know how to take them!).
- 6. Security:** Learn basic security measures, such as avoiding to use cashpoints at night, protecting drinks so they don't get spiked and how to keep belongings safe. Download a mobile security app such as Companion.
- 7. Parental contacts:** Agree and plan in advance how often you'll contact each other, and which medium you'll use, such as weekly phone calls or WhatsApp every other day. Allow flexibility with contacts.
- 8. Coming home:** Give yourself time to settle in and don't miss out on early events that help you build connections that are key to feeling settled and part of the wider university community.

Tips provided by Dr Dom Thompson, <https://buzzconsulting.co.uk/about>



10 top transition and wellbeing tips for new students starting Uni

- 1. Prepare:** Sit down with someone you trust and write a list of all your worries and concerns, so that you can start to address them together.
- 2. Create an action plan:** Put all your worries or concerns into different categories, such as making friends, your studies, budgeting, living away from home and make an action plan for each one, containing solutions for each worry.
- 3. Organise your medical care:** If you need support for any health condition or disability, plan how you can get the care and support you need. A good starting point is to search your university's website for 'student support' to look for information about available services.
- 4. Register with a new GP:** Check out your university's website to see if they have a surgery on campus or whether they recommend a particular GP practice. Phone the new GP practice and see if they have anyone who specialises in student health. If you have mental or physical health issues, make the call yourself if you can. If you find it hard, ask your next of kin to call and sit next to them so you can listen and join in if needed.
- 5. Medication:** If you take regular medicines or need medical devices or equipment, plan what you need and get an appropriate supply of prescriptions in advance (to be agreed with your GP) so you don't run out!
- 6. Contact Student Support:** If you have ongoing mental health issues, get in touch with Student Support before you go to Uni. They're there to support you and will do what they can to help. Phone or email them for advice and don't be shy in asking for help if you need it.
- 7. Sort out ongoing care:** If you're under specialist care for conditions like asthma, diabetes or a mental health problem, register with a new GP as soon as possible so that you can discuss ongoing care and possible referral to local services.
- 8. Get comfortable:** Take a few things with you that remind you of home, like a dressing gown or your usual duvet and bedsheets instead of buying new ones. You could also make a playlist of your favourite songs and photos of family and friends for times when you need a boost.
- 9. Look after your wellbeing:** Make a 'Personal Wellbeing Plan' of 5 things you can do every day and to help build your wellbeing. Include things in your plan like sleep, exercise, activities that you enjoy, something relaxing, socialising with friends, small treats, Uni clubs, support from home, and so on.
- 10. Make a Safety Plan:** Sit down with someone you trust and make a plan of things you can do for yourself. Write down how you can get in touch with people you can ask for support if you ever feel low, get stressed or you are struggling. Check out the leaflet 'Feeling Overwhelmed and Staying Safe' for ideas. If you're worried or stressed after reading our tips please talk to someone about how you are feeling as you may need extra support.

Tips provided by Dr Dom Thompson,
<https://buzzconsulting.co.uk/about>

