



University of
Nottingham

UK | CHINA | MALAYSIA

The
Wellbeing
Team

University life



**What to expect
in your first term**

Brought to you by HealthyU

Congratulations and welcome to the University of Nottingham

Starting university is often seen as an exciting and positive experience for most students. However, it can also present various difficulties and challenges that may affect your overall wellbeing.

This booklet aims to help you address some of the common issues you may face during your first term at university. It highlights the potential challenges associated with adjusting to living away from home, understanding independent learning, coping with financial pressures, meeting people and socialising and balancing work and university life.

Acknowledging these challenges and following helpful advice can be instrumental in managing the transition effectively.







Independent learning

At university, you are seen as an independent adult who is responsible for your behaviour, learning and looking after your health and wellbeing.

Independent learning involves good self discipline and managing your own time effectively. Establishing a study routine that suits your needs and preferences is important.

Make the most of learning resources and support available to you through the university.

The Student Academic Skills team can help you develop the skills you need to be more confident in your studies.

nottingham.ac.uk/library/sas

Feeling **isolated** and lonely?

Trying to find your place in a new social environment can be challenging and it's natural to feel anxious about making new friends and fitting in. The chances are that everyone is likely to be experiencing similar emotions and looking to make connections.

What can help?

- Remember that feeling lonely is very common in the first few weeks of starting university.
- Be proactive, make the effort to talk to people first. Remember building new relationships takes time and effort.
- Social media is great for keeping in touch but it is also a source of peer pressure. Try not to compare yourself with what you see on social media. If you find you are, remind yourself that social media also gives people the chance to only post the fun things they are doing and presents their life as more popular and successful than it really is.
- Join clubs, societies, university sports centre, or volunteer.
- Don't feel ashamed if you are struggling – the most important thing is that you seek help and support.



Feeling homesick?

It's okay to feel homesick and given that university is such a significant life-changing event, it's understandable. Going to university – often in a new city, with new people and starting a new course – is a huge transition and it takes time to adjust. Be kind to yourself; don't expect to get everything right straight away.

What can help?

- Stay in touch with family and friends to share updates about your life and wellbeing. It can help your loved ones feel connected even if you're physically distant.
- If you are a UK home student, plan a trip home (but not too soon) as something to look forward to.
- Keep busy. Try to establish routines quickly. This can make your surroundings feel more stable and will help you feel more settled. Scheduling social activities will give you things to look forward to.
- Volunteer for something.
- Treat yourself to a good film or food you enjoy.
- Explore your surroundings; walk around your campus and find out where you can eat, shop, meet up and relax.
- Decorate your room to make it feel personal to you; add posters, photos, plants and cushions to make it feel like your space.
- Talk to someone, if you haven't made any friends yet. You can talk to your Students' Union, course tutors, Residential Experience Team, Support and Wellbeing Service and Chaplaincy.
- If your homesickness is making it difficult to cope, wellbeing support can be accessed via the Support and Wellbeing Service.



Tips for **international** students

Studying abroad can be an amazing experience, yet it comes with its challenges. It might be very different to what you expected. On top of that, you might be missing home.

Here are some tips to help you settle in:

- With our diverse international and EU student community, Nottingham has a great range of student societies representing the many countries, cultures and religions of the world. Joining will be a way to meet like-minded people in a similar position.
- Talking about feelings of unhappiness with people who are sharing your experiences can be helpful.
- Bring something special from home with you; it's often a great way to introduce others to your culture and background.
- Look after yourself; eating healthily, getting plenty of sleep and exercise all contribute to a positive state of mind.
- Cooking your favourite meal can remind you of home. Most supermarkets have aisles for "international" foods.
- Stay in touch with family and friends back home, schedule specific times for video calls.
- Make friends with home students too; having a broad circle of friends will make you feel supported. Try Global Buddies and Chaplaincy.

Whether you are a UK or international student remember, give yourself time to settle in and talk to someone if you are struggling. If you are concerned about yourself or someone else, please see overleaf for services that can help.

There is also a University of Nottingham international student welcome kit which contains useful information to help you settle into the UK. You can find it on the HealthyU web pages: nottingham.ac.uk/go/healthyu





Wellbeing Support

If you are unsure about getting help and don't know where to go, these services can help.

Support and Wellbeing Service

Based in academic schools and departments, we are the first point of contact for students seeking wellbeing support. We offer practical advice and guidance and help you to find the right wellbeing support service. We can refer you on to our wider wellbeing team of support and wellbeing practitioners, counsellors and mental health advisors who can offer you more specialist advice and support if needed, or provide information about other local wellbeing services you can access.

nottingham.ac.uk/go/support-wellbeing

The Residential Experience Team (ResX)

We provide support to students in University of Nottingham halls of residence and partnership accommodation sites. We also run an events and activities programme.

resx@nottingham.ac.uk
0115 748 7600 (option 2)
nottingham.ac.uk/go/resx



University Security services

If you are concerned for yourself or a friend.

Call 0115 951 3013, or – in an emergency – 0115 951 8888.

GP/doctor

The GP will decide what kind of support may be required and can make a referral onto a specialist service.

**Cripps Health Centre:
0115 846 8888**

**Orchard Practice, Kegworth:
01509 672 419**

Chaplaincy and Faith support

Our university chaplains offer spiritual and pastoral support.

nottingham.ac.uk/chaplaincy

Disability Support services

We provide support to enable disabled students to flourish as independent learners.

nottingham.ac.uk/go/disability-support

Report and Support

If you or someone you know has experienced or witnessed an incident, you can tell us anonymously or ask to speak an advisor.

**[reportandsupport.
nottingham.ac.uk](https://reportandsupport.nottingham.ac.uk)**

Students' Union Advice

We provide information, advice, and representation around all aspects of student welfare and education, such as money, housing, and course issues.

su.nottingham.ac.uk/advice

Nightline

A student-run service providing confidential listening and information.

**0115 9514 985
nottinghamnightline.co.uk**

For information about health and wellbeing, visit
nottingham.ac.uk/go/healthy



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