

Some Tips for Freshers

Don't Panic

You will probably spend the next 3 years at university so you do not need to decide / sort / experience everything in the first week

Talk to those around you

It may look as if everyone else has made lots of friends and are enjoying themselves, this is not the case, Try talking to students living near you or in your department

Routine helps

At school much of your work was timetabled, whereas at university you will need to allocate your time to self-directed learning, it will help if you plan your study time

Keep a balance

This may be the first time you have had to look after yourself, as well as making time for fun and socialising make sure you rest, exercise and eat healthily

You may feel homesick

Many students will experience homesickness during the transition from home to university, even those who really looked forward to it and had previously felt confident. For most it is an uncomfortable phase but if you are very distressed talk to a Student Counsellor

Take the help that is available

As well as Student Counsellors who you can talk to about any concerns in a confidential, friendly setting; the college provides a range of support on issues of health, finance, and educational support. Check the Support and Advisory Services website www.rhul.ac.uk/for-students/student-support/

Sooner rather than later

Most students try to manage by themselves and only seek help when they have got into a muddle. No matter how small you think your difficulty is it is better to seek help early