

Frequently asked questions

Below you'll find answers to the questions we get asked most about Wellbeing & Resilience

Question... What kind of health and wellbeing support will be available at University?

Answer... All Universities and Further Education providers will have a team who are responsible for their student's wellbeing, but what is on offer will differ at each institution. Some universities and colleges have free counselling services, GP surgeries exclusively for students and 24 hour support teams available. Have a look at the wellbeing pages on university websites to see the range of provision at the institutions you are considering applying too.

Question... Will I have time to take part in sport at University?

Answer... Yes! Obviously this depends on a few factors, such as the course you choose, the university you attend and your time management skills. But generally Higher Education Institutions encourage involvement in physical activities. Most have gyms on site, their own sports teams and allow students Wednesday afternoons off timetable to participate in sports and clubs. You can find out more about the sports on offer at universities on their webpages.

Question... I've heard University work is really hard, I'm worried how I'll cope. What support will there be?

Answer... It's true that the workload at degree level is a step up from school and college. However, you will have developed plenty of skills to help you study, deal with stress and manage your time to help you cope with this. There is a lot on offer at university too, which should allow you to adjust. For example, most university libraries have a study support team who can assist you with learning new skills for learning, writing and tackling exams! You can also approach the lecturers on your course for additional support - some universities even have mentoring schemes so you can learn from an older student who has been in your shoes! The main takeaway message is don't suffer in silence - the support will be there if you ask for it!

Question... I am a shy and introverted person. How will I make friends?

Answer... The important thing here is: you are not the only one. University is one of the best places to find likeminded people. If you choose to move away for university you might meet people in your accommodation. You'll also meet lots of new people on your course, in lectures and in smaller seminar groups which usually involve group work and discussions. Outside of the academic stuff, most universities and colleges have societies, which are kind of like extra-curricular clubs. Some uni's have hundreds of weird and wonderful societies to join, from Philosophy to Extreme Ironing - there really is something for everyone! Societies are great places to meet people with similar interests to you. If you decided to take up some a part-time job or volunteering then there's even more chances of making friends. Really the possibilities are endless!