

# Top Tips FROM AN EX-FRESHER



Starting Uni can be a bit daunting. Even the run-up to it can be a bit nerve wracking. It's change, possibly the first time you will be away from your family for any length of time, you might be heading off to somewhere without the comfort of old friends around you. Saying all of that, it is an exciting time and don't let the fear of the unknown put you off. Going to University can be a hugely rewarding experience. You'll learn to be independent, gain confidence, probably learn that you are more resilient than you thought, meet new people and make a new home (at least for a few years anyway). I have been there, only a few short years ago and here are just a few tips to help calm your nerves in the run up to leaving home and to help you settle in when there. I hope you have an amazing time.

Amy Harris, 21



- 1 **Find your bearings before you go.** Take a look at the area of your halls and the campus online on Google Maps so that when you arrive it won't look completely unfamiliar.
- 2 **Get in touch with your new housemates.** See if you can get in contact with your future house/flatmates to get to know them a little better before you arrive.
- 3 **Learn how to cook a few basic meals** so that you're not surviving just on pot noodle and toast.
- 4 **Open a student bank account to secure your loan.** Different banks offer certain perks such as Amazon vouchers and railcards so shop around to find a good deal.
- 5 The first few weeks away from home can be tough so remember to **pack some home comforts.** This can be anything from photos of family and friends at home to your favourite mug.
- 6 **Try and make yourself a budget** for each week so that you don't spend all of your loan straight away. You can do this using an app or just pen and paper!
- 7 **Sign up at the local doctor's surgery** (most Uni's will have one on campus). Hopefully, you won't need to visit but it gives peace of mind and usually there's only a short form to fill out.
- 8 **Remember to sign up to Unidays and Student Beans** to get your student discount on items ranging from clothing to electricals.
- 9 **Have a look at what societies and clubs your Uni' has on offer.** Joining one is a good way to make friends with similar interests and they usually run fun events throughout the year.
- 10 **Try your best to be open to new people,** experiences and challenges as you'll be faced with a whole new life when you start Uni', it's up to you to make the most of it.