



# HE Toolkit

Transitioning into  
Higher Education

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# Feeling nervous about going to university?



- It is very important to be reassured that nerves are expected when heading off to university, or starting a HE course at a college. Loads of people will be feeling exactly the same (I know I did), but it's all part of the experience!
- Depending on what it is you are nervous about, there are some things you could do to help yourself feel more prepared.

If it's about your course, do some more research about what to expect, and you could even try and 'get ahead' by using our getting ahead guides which looks at referencing, note taking, and reading lists.

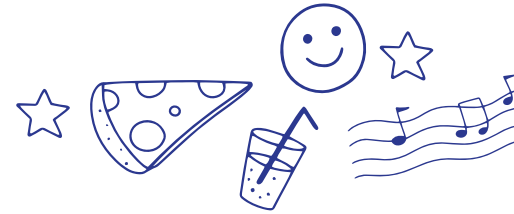
If you're nervous about leaving home, do some research on the city you are going to. It can feel reassuring to know where all of the typical home comforts are – this could be a gym, a cinema, or your favourite fast food restaurant!

# Tips for settling into university?

- If it is actually meeting new people that you are concerned about, then there are often Facebook ‘freshers’ groups, where you can find the people you are going to be on a course, or in accommodation with.
- Most importantly though – speak to people! You haven’t been in school for some time, so haven’t had the chance to chat to your teachers, and/or your friends about everything, and you’ll be surprised how many people feel the same!
- We work with the excellent ‘Transition and Wellbeing’ Team, who have great guides about transitioning into Higher Education, so it may be worth having a look there (and if you are heading to the university, they may even be able to support you now)!



# Intro to Freshers' Week



The famous freshers' week is often regarded as the best part of a students' university experience, particularly in your first year.

At the same time though, it can feel really scary and daunting, particularly if you are in a new city trying to find your feet.

Institutions will be advertising their freshers' plans from now – but these could all change with the coronavirus situation, so just keep in touch with your institution on social media to see what their plans are.





# Tips for Freshers' Week

- The best things to do is to really embrace the experience, so keep your door open, and try to introduce yourself to as many people as possible, particularly on your course, or in your accommodation!

After a few weeks, you'll be sick of being asked where you are living, where you are from, and what course you are studying, but they are all great ice breaker questions!

- Freshers isn't all about partying and socialising – you may also get the chance to take part in taster sessions within subjects, and to try out loads of new societies that you had never even thought of.

Make sure you do what you are interested in, and don't feel pressured to do anything you aren't comfortable with!



# The first semester

- Your first semester will take you all the way until the Christmas break – so no October half term like you may be used to if you went to a school for sixth form.

You may get a ‘reading week’ at some point – which is where there is no academic teaching but is an opportunity for you to read around your subject!

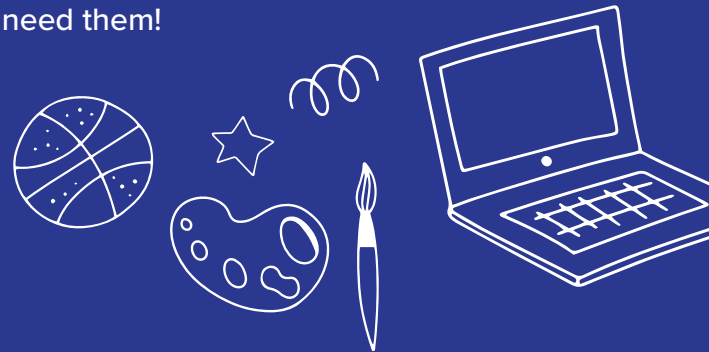
- By that point, you will be stuck into your studies, and may even have completed, or be thinking about starting, your first assignments/ assessments. These could be tests, written essays, or practical experiments – it will vary by course.



# Tips for the first semester

• Some of the tips that we suggest for you in your first semester are: to have joined a society! Societies are a great way to make friends, and possibly explore sports or activities you have never had the chance to do! For all you know, there is a budding lacrosse player in you, or an expert quizzer! Another thing to do is to have familiarised yourself to your new home, if you have moved away for university/college. This could be your home for up to three years, and even more, so explore your new surroundings and all that your new home has to offer!

Also familiarise yourself with the university or college's offering! What have the students' union been up to and do they have any activities or events? Also check out what additional courses you could do by checking in with the library teams, and also be aware of all of the student support services, should you ever need them!





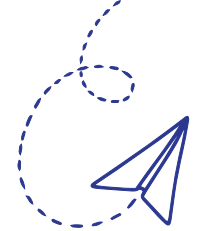
# COVID 19 Impact

- In the current circumstances, this is a really easy question to answer – no one knows!

Keep checking in with your institution to see if they publish anything about what their plans may or may not be, and how that will affect you!



# What if I don't enjoy it?



- Speak to someone! There are loads of people you can speak to at the university, including student support teams, your tutors, the chaplaincy, or you could get in touch with your local GP, or online support services. Also chat things through with your friends, at university or from home. It can take a little bit of time to feel truly 'settled' at university or at College, so sometimes you just need a bit of time. Joining societies can be a great way of building a supportive friendship network with people you may otherwise not get the chance to meet – they could also be students in their second, third, fourth or even fifth year of study, so may have had similar feelings that they can help you with!

- It is important you let your university know, so that they can support you. Maybe you don't like your flatmate, in which case the university might help you move flats. Maybe it is your course you don't like, in which case you may change course, or get some extra support. It could be financial problems, in which case the university can try and support you! Keep people in the loop with how you are feeling, and it will help the situation.



# Additional Resources

Some examples of student support services

[University of Lincoln](#)

[Bishop Grosseteste University](#)

[University of Lincoln Students Union](#)

[Bishop Grosseteste University  
Students Union](#)

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