



TIPS ON COPING WITH UNIVERSITY

1. Make friends

Although it might be hard at first, forming good friendships at uni makes a big difference, so try to take opportunities to meet new people from all walks of life. Even if you've found an amazing friendship group, don't put all your eggs in one friendship basket, it's great to have other friends to turn to.

2. Build resilience

Failure is an inevitable, and necessary, part of life. It teaches you important lessons about how to improve and succeed. If you don't do as well as you hoped, don't beat yourself up - look for the lessons you can learn and try again.

3. Maintain relationships

Keep in touch with family and friends back home. Write letters, or arrange weekly Skype/FaceTime sessions or a group messenger chat. Keep them in the loop with how you are and what you've been up to.



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4. Know your limits

Knowing what your limits are when it comes to alcohol will be easier on your wallet, easier on your social life, easier on your ability to keep up with course work and easier to make it to lectures. Don't feel pressured by others., Do what you feel comfortable with and remember that not all social events have to involve alcohol..

5. Don't splash the cash

Worrying about overdrafts, rent and food shopping isn't fun. Learning to budget is really useful and can save you money as it encourages you to plan ahead. You should have a good idea of what is available to you and a budget for what you are going to spend.

6. Work-life balance

Trying to maintain a healthy work/life balance is not always easy and university can sometimes feel like you are juggling lots of different things. Staying on top of your work is important as you want to do well and get the most out of your degree. Set yourself incentives - having something to look forward to when you've finished your assignment may help keep you motivated. Plan your time effectively, ensuring you have time to relax too.

7. Reach out for help

Don't struggle in silence. Reaching out to family and friends is much better than dealing with problems alone, so try to avoid bottling things up. Make the most of the resources that are available to you and remember, you're not alone as you can talk to the following people:

- Student Services are always here for you. Student Advisers can help if you're experiencing stress or worry about your studies for whatever reason. Email student.advice@winchester.ac.uk.
- Chaplaincy, exists for everyone in the University, of all faiths and none. The Chaplaincy team are here to offer support and a confidential listening ear. Email chaplaincy@winchester.ac.uk
- Winchester Student Union are available to offer support and advice, academically or personally. Email student.union@winchester.ac.u
- Nightline, which is run by students for students, offers confidential listening, support and practical information. Contact them between 6pm-8am term time by calling 0207 631 0101, text 07717 989 900, email listening@nightline.org.uk, or use instant messaging: [nightline.org.uk](https://www.nightline.org.uk).
- Outside of normal office hours you can contact: Security/Site Stewards on 01962 827666 or the Wardens on 01962 826404.