

Next steps after UWE

Leaving university and working out your next steps can be a very stressful transition to make whether you have been successful with your course or whether you have decided to leave for personal / other reasons. If you are also job hunting and finding it difficult to get a job then it's natural that you might begin to feel negative and start to lose your confidence.

Why might this be?

- Coping with practical issues such as finding accommodation
- Lack of money and debts from student loans
- Living back home again and lack of independence
- Isolation from friends and support groups
- Lack of identity – your status as a student now finished
- Job hunting can be very stressful
- Pressure from others to take any job
- Having less structure to your day can be an issue for some people
- Anxious that you haven't got a job and comparing yourself to others

Things you can do to help yourself

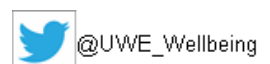
Be Active: What physical activities could you do each day? Sometimes it's as basic as a simple walk – activity helps with increasing your energy and motivation and also helps with sleep. Try and create a routine or structure to your week.

Connect: See if you can get back in contact with old friends and develop a new positive support network – As well as offloading, discussing fears and worries are often better when shared with another person in a safe environment. Stay connected with [UWE Bristol Alumni](#). Remember it's good to talk.

Keep Learning: This could be a part time course or it could be learning a new skill or developing your interests. Research shows that being mentally active keeps you happy and can help boost your self-confidence.

Give: Get involved in your local community, maybe do some voluntary work – this can help in developing skills and in networking – it can help in increasing your own feelings of incompetence, improve your mood and reduce stress

Take Notice: Learn some relaxation techniques to help come back into yourself when you are tense and stressed. Mindfulness practice, taking a gentle walk in 'nature' or doing something absorbing like sport or music can help you be 'here and now', instead of caught in past or future thoughts. Notice your breathing and try to slow it down.



Other advice / support available

- **Budget carefully**- work out what you can spend and see if you can get any job in the short term to bring in some cash. A budget planner is available at the Money Advice Service website:
<https://www.moneyadviceservice.org.uk/en/tools/budget-planner>
- **Money Matters** – for general help and advice whilst you are still studying at UWE:
<http://www1.uwe.ac.uk/students/feesandfunding/managingyourmoney/finalyearstudents.aspx>
- **UWE Careers Service:** Keep in contact with your university careers service, you can visit them for up to 3 years after you graduate:
<http://www1.uwe.ac.uk/students/careersandemployability/careersservices.aspx>
- **Volunteering opportunities** – help and support for recent graduates to find volunteering:
<http://www1.uwe.ac.uk/students/careersandemployability/volunteering/volunteeringopportunities.aspx>
- **Mental Health /Employment support** - If you feel you need more support in looking for work then see if there is an employment support service close to you which can help:
 - <http://www.richmondfellowship.org.uk/our-range-of-support/employment/>
 - <http://www.pluss.org.uk/locations/bristol-employment-services>
 - <https://www.gov.uk/access-to-work>
- **General mental health support** – contact your local GP surgery for information about local services and check out the following websites if you would like more support.
 - <https://www.mind.org.uk/about-us/local-minds/>
 - <http://www.itsgoodtotalk.org.uk/therapists>

“You may not control all the events that happen to you, but you can decide not to be reduced by them” – *Maya Angelou*