September edition

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Parents page

Support

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### Ready, steady, go!

University is a big deal for everyone involved. Our guess is you've probably felt a mix of emotions as 'your student' started their journey here a couple of weeks ago.

You've supported them to get to this point and whilst that support didn't stop when you set them on their way or perhaps dropped them off, you can be assured there's plenty of support here.

We're rooting for our students as much as you are.

### What's happened so far?

The first few weeks will have been busy – and hopefully fun too!

Students moved into their accommodation from 10 September and were invited to complete their registration and meet staff from across our support services at <u>Welcome and Registration</u> at the Exhibition and Conference Centre on the Friday and Saturday.

Last Friday new students had the chance to grab a load of freebies and hear all about the student-run <u>sports clubs</u> and <u>societies</u> at Freshers' Fair. There's a huge range – from rugby to yoga to debating – with the option for students to set up their own if they don't see the one they're looking for.

### Settling in to uni life

Starting university means getting used to a new way of life – some of which is fun and some daunting. And that's perfectly normal.

If you find your student is finding it tough

### Settling in to study

This week is the first week of teaching. The style may take a bit of adjusting to but there's plenty of <u>academic support</u> <u>available</u> as students transition to a new way of learning.

being away from home, you can reassure them that homesickness is totally normal and it will pass. Perhaps encourage them to try a home-cooked classic or video call them so they can see you rather than just hear you!

For every situation a student may face, we have <u>someone to talk it through</u>. Whether it's a bout of homesickness or overspending when the student loan drops into their accounts, help is at hand.

As well as face-to-face advisers, we offer a number of online resources including <u>free</u>, <u>anonymous counselling</u> and <u>budgeting and</u> <u>money advice</u>.

We provide online self-service resources, study skills workshops and 1:1 support.

Plus all undergraduates have an <u>Academic</u> <u>Personal Tutor</u> to support them with their development, both academic and personal.

If your student has a disability and hasn't let us know, or thinks they may have a Specific Learning Disability that hasn't been diagnosed, they can have a chat with our <u>Disability Services team</u>.

And if they have any questions about anything at all, they can speak to a member of staff at any of our <u>Information</u> <u>Points</u>.

### Student newspaper

Our student newspaper covers topics particularly relevant to starting out at university. Copies are dotted around all our campuses and were handed out during Welcome and Registration.

Take a peek

## Thinking ahead...

Our Meet the Employers Fair is a great opportunity for students to get in the headspace of thinking about career options and to speak to representatives from over 170 organisations from a variety of sectors.

We know - if they're first years - they've only just got here but it's never too early to think about the future!

This year the Fair is on Wednesday 17 October in the Exhibition and Conference Centre.

More about the Fair

### General information and reminders

#### How to use this information

These emails will give you a general overview of some of the key activities taking place for students at this time of year. Use the information to start a conversation and support them - but don't be pushy! Let them take the lead - part of university life is learning to make it on your own.

# If you have urgent concerns about a student's welfare

Please call **+44 (0)7788 725507** (Monday -Thursday 08:30-17:00, Friday 08:30-16:30). During weekends and evenings please call **+44 (0)7814 791212**.

#### For general queries

If you or your student have any general queries about support services, events or anything else at UWE Bristol, call our <u>Information Points on +44 (0)117 32</u> **85678** or email <u>infopoint@uwe.ac.uk</u>. There's a range of information available on our <u>students' webpage</u>.

#### Sharing a student's information

Unless a student has given their consent for us to share their personal information, we can't disclose any specific information about their circumstances. Your data is not linked to a specific student.

### Next edition

You'll next hear from us on Wednesday 12 December. If you have any questions before then, hit reply!

### Quick links

- » Parents and supporters
- » Support services
- » Academic advice
- » Wellbeing support

### Contact us

**Information Points** 

Email: infopoint@uwe.ac.uk

Tel: +44 (0)117 32 85678

More contact options

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