



Student Support

NEW STUDENTS

As a new student at university it can make you feel nervous and anxious. Perhaps its your first time leaving home or being away from your family and friendship group.

You might think that uni life is about the student nights and cheap drinks(its a bonus) but we do offer a range of support to help you get the best out of uni life, flourish as a student and help you stay in control. Anything you may need help or support with we have got you covered. Inside this leaflet is some useful information, websites and groups in the area to help you achieve what you set out to.

What is self care?

To look after yourself first to be able to give your best.
To give yourself the best in order to be able to give good vibes to others.

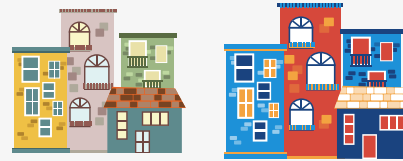


Randstad claims that over a quarter of uk students(37%) are experiencing their state of mental wellbeing changing for the worse since starting higher education.

Student accommodation

Trinity Saint David offer on site halls and student accommodation, giving you a safe and secure "home away from home" while your at university. To find out more information on how to book, prices or to look around you can phone 01267 676819 Lines are open 24hrs or you can email accommodation@uwtsd.ac.uk.

You can also choose to live within a local housing association.
(Bro Myrddin 01267 232714) (Family housing 01267 266500)



Student finance

All students can apply for finance to help with living costs while at university, they can even cover the cost of your course. They offer disabled student allowance to help meet your needs while studying. There is a large range of bursaries available. To find out more go to the finance Wales online or contact them on (0300 200 4050)



Difficult situations

At some point you may find yourself in a difficult situation, Maybe you find it hard to say no. Remember that there are ways of dealing with this and you will not be alone.

According to "study.com" you need to -

- put the situation into perspective
- Discuss matters in private
- Keep your cool
- Keep your thoughts balanced and truthful
- Focus less on the problem and more on solving the problem
- Remember, you are more than one situation
- Communicate with family, friends and or counsellors



University support

The university offer alot of other support too. Friendship support they offer **YOU - TO** which is a group that can help you meet new people and make new friends within the university.

STUDENT SUPPORT - Carmarthen campus 01267 676830 or studentservices@uwtsd.ac.uk

STUDENT UNION is another way of getting involved, representing your class and being able to discuss any issues that you may have, be able to join other groups like sport groups or art groups, you can even help out by volunteering.

STUDY SKILLS SESSIONS where you and your peers can go to do work or revise for any exams you may have.

SPECIALIST SUPPORT where you can get extra support, additional time if you need it and one to one to help you with your studies.

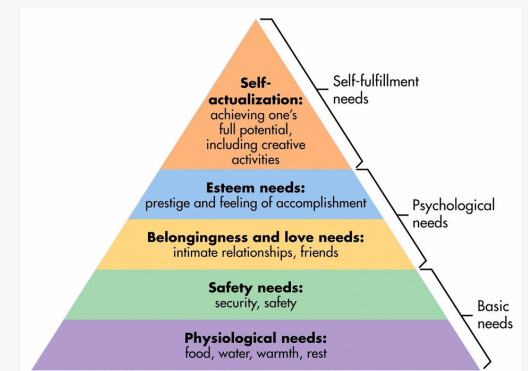
UWTSd is the university website where you will find everything you need and more. Its beneficial to download the app so you have it with you all the time and can access it whenever you need.

Student finance - University have a little pot of money that is available to students that are in need, this is the hardship fund. this money is to help you get back on your feet if you have over spent. Not good with money managing? the uni offer assistance with this to help you budget and make your money last. For more information and advice you can visit savethestudent.org or moneysavirnexpert.com

For more information and support you can contact us at info@uwtsd.ac.uk

Maslows Hierarchy Of Needs

This table shows you that if you take care of your basic needs and they are met, it will ensure that the higher tiers are reached. Being at university, you will not have to do any of this alone. there is support for everything and everyone.



Wellbeing & resilience

While at university you may feel under pressure or that you may need some support with your mental health, the uni offer counselling (six sessions free) and mental health and well being drop ins. This is a chance to explore and understand the issues you may raise in a safe place, confidential and non judgemental environment. Advice services are free and confidential where students can get information and advice on personal and academic issues. They are accessible to all students and can be beneficial.

Come back from your difficulties!!



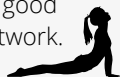
Be active - walk, cycle, find something you enjoy, exercise and keeping fit is a key factor in combatting stress and helps you maintain your wellbeing.

Keep learning - new skills, create opportunities and be open to change, explore the unknown, challenge yourself, establish goals, believe in your abilities.

Give - your time, patience, words, a smile, the smallest act can count, it can make someones day and yours knowing you have made a difference.

Take notice - of your feelings, be mindful of your thoughts, nurture yourself.

Connect - with family, friends, develop good relationships, develop a strong social network.



Wellbeing and resilience according to "schools reach out "are vital to developing efficient problem solving skills, building and maintaining relationships and realistic goal setting. Wellbeing involves having a positive self image and esteem where resilience which is directly related to wellbeing, is about having the ability to cope with and adapt to new situations which you will at university, however there is guidance, advice and support at every step of the way.



(Image from internet)

The best way out is always through.

(Quote by Robert Frost)

Wider support

There is wider support for students studying at university.
Health - there are many GP surgeries near the campus that you can sign up to.

Morfa Lane surgery 01267 234774

St Peters Surgery 01267 236241

Furnace House Surgery 01267 236616

Sexual health - pond street clinic 01267 248674

Employment - there are a few ways to look for a job.

Searching online, or asking in person. here are a few websites to help you search with up to date job availability.

online: www.gov.uk

uk.indeed.com

www.totaljobs.com



Debt - we all struggle with money at least once in our life but there is help available. Don't struggle in silence, seek help, do not be afraid to access the support.

Citizens advice Carmarthen 01267 234488

Stepchange debt charity 0800 138 1111 or

www.stepchange.org

Universal credit essentials facebook group

Foodbanks - available for people in a crisis. Emergency food supply. Contact details 01267 232101 or 01267 225996

carmarthenfoodbank@towychurch.co.uk

Bills - search around for the cheapest offers and suppliers, you could save yourself £££ by swapping suppliers. You can search for the best deals online at

www.gocompare.com

www.uswitch.com

www.comparethemarket.com



Mental health - support for students who are experiencing low mood, depression or eating difficulties.

www.mind.org.uk

Samaritans 0800116123

Hafal 01267 223365

West Wales action for mental health 01267 245572 or wham.org.uk



Fitness - keeping fit is important to all of us and at university you can access the sports facilities which have a sports hall, Gym and swimming pool. Off campus there are football clubs, golf clubs, athletics, rugby clubs and a lot more.



(Image off uwtsd website)

Anything is possible when you have the right people there to support you.

(Quote by Misty Copeland)

You are not alone!



(Image off uwtsd website)

Being a new student at university can seem scary but you are not alone. There will be many new students feeling exactly the same as you. Join groups, access what is on offer, do not be afraid to ask for help or support. It is vital that you as students ask questions, communicate with others, access the support you need and don't be afraid to do so, look after yourself and your mental health. A good way to start off is freshers week, this is a great opportunity to meet other students who have the same interests as you and is a good way to build friendships giving you a solid foundation for friendship support. Familiarise yourself with the campus, the library, the resources. Use them, get to know them, it will make your learning easier.

"Address your problems before they turn in to emergencies"
(Cottrell page 153)

Don't ignore your feelings, if you feel like you need a bit of a boost, ask for help, everyone needs it from time to time. Make use of all the support on offer, it will help you flourish as a student, tackle any struggles you may face but being at university you will not face these struggles alone. Download the HWB app and have all the resources at your fingertips.



(Image from internet)

Top Tips To Help You!

- Accept who you are
- Keep in touch with family/ friends
- Get active
- Eat healthy
- Drink responsibly
- Sleep well
- Don't ignore your feelings
- Don't be afraid to access help
- Manage your time wisely
- Budget your money
- ENJOY!!!

(NHS)

BELIEVE IN YOURSELF AND ALL THAT YOU ARE. KNOW THAT THERE IS SOMETHING INSIDE YOU THAT IS GREATER THAN ANY OBSTACLE.

(Quote by Christian D Larson)

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