

## The telephone numbers for Student Services on each campus are:

### Carmarthen

Campus 01267 676830

### Lampeter

Campus 01570 424876

### Swansea

Campuses 01792 481206

### London

Campus 0207 5667600

## FRESHERS' GUIDE

### A Time of Change

Coming to university is almost always a time of great change. Perhaps you felt a mixture of excitement and anxiety, wondering what it would be like. Now you are here, the differences between any expectations you may have had and the reality of life at Trinity Saint David are becoming clearer. Some aspects of university life may not have been what you hoped, and others may be better – or simply different. Change can be both stimulating and disorientating. Some tasks may seem daunting because you are away from familiar surroundings and support.

### Some Common Feelings

- uncertain whether you are here because it is what you want or because someone else (e.g. a parent, or teachers) wanted it;
- burdened by other people's expectations (e.g. to be doing well, or having a wonderful time);
- unsure that you have chosen the right course or subject;
- homesickness – and finding this more difficult than you had anticipated;
- imagining that everyone else is really confident, making friends, and doing fine;
- doubting your academic abilities and/or fearing that you will not understand the work;
- experiencing culture shock – the environment here may be very different from what you know at home.

### Some General Strategies:

- **look after yourself** – it is easier to cope with new challenges when you are fit and healthy, with a good diet and adequate sleep. Take time for leisure, physical and social activity, and time to relax;
- **maintain a balance** between work and rest, and between time alone and time with others;
- **create a routine** or pattern. This may sound boring, but having some structure to your time can be helpful. We each work effectively in different ways, so devise a pattern that works for *you*;
- **know yourself**, and what you can handle. This is a period in your life when you can experiment, and find ways of living that suit *you*. This can take time. You may need to resist pressure from others to do things that do not feel right for you, or that you are not ready to tackle. Don't live a lie – be yourself!
- **confront difficulties**. When so much is new, we can waste time worrying about things we do not understand. Don't be afraid to ask. Others will be feeling similarly, so your questions are unlikely to cause any embarrassment;
- **seek support** – preferably sooner rather than later – from one or more of the following:

Friends or Family / Personal Tutor / Chaplain / Careers Service / Head of School / International Officer / Students' Union / Counselling Service / Additional Needs Administrator / Mental Health Adviser.