

# FIRST WEEK

## Step by Step Guide

University

The first week can be super scary and you may be feeling a little nervous on what exactly you might need to do so read through the suggestions below of things you may need to consider before getting in to the swing of things!



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## What to bring

So you're commuting in to uni or you've moved in. Whatever you decide, for your first week, you'll need similar things.

### A bag

When going to collect your keys if moving in, or you're getting ready for a Welcome or Fresher's fair, there will be lots of stuff to carry! Make sure you have a bag to fill with fun freebies and important information.

## **Personal Essentials - planner or diary is essential!**

Bringing some money, a bag (see above) and your phone are a major necessity! You may want to try out the university coffee shops while out and about. Plus, your phone is great for exchanging social media or phone numbers with potential new friends and course mates!

A planner or diary is super useful when trying to keep track of what you're up to from fresher fairs, society try-outs, course inductions and socials with new friends. Keep it with you as much as you can for a stress-free start!

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## What to expect

**A little disclaimer:** with Covid-19, some of the things below may be taking place in a virtual capacity or on a smaller scale. Please check in with your institution to find out how they will be running everything.

### Registration

Registration is very important. Before hand, make sure you have copies of Student Finance letters, acceptance letters and ID. I recommend a plastic folder with all the information you need, including where you need to go to register. Bring a lanyard or make sure your wallet/purse is on you to keep that student card safe!

### Fresher's Fairs

Fresher Fairs are a great way to get freebies, sign up for the local doctors surgery, find out more about what support is available from the university and the local area. There are lots of stalls and they can be fairly busy. With Covid, these may be taking place virtually or you may have a small slot to explore the fair physically. Check with your university to find out how.

If they are taking place physically, bring a bag with you to grab freebies and useful information leaflets about what's on offer.

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## Course Inductions

Course Inductions are tasters of the things on offer in the subject or course you're studying. These are great ways to meet your lecturers, course mates and have a taster of the types of modules on offer during your first year and beyond. Be prepared to take away any course handbooks or leaflets and make notes!

## Society and Sports Fairs

Joining a sport or society is a great way to make friends outside your course. These are extra-curricular activities that you can join, sometimes for a small annual fee. They range from general interest (think Harry Potter, your love of food or film), academic support (such as Psychology, Midwifery etc) to sports clubs like Table Tennis, Rowing and Football. Each university will advertise what they have on offer so check your institution or their Student's Union.

## Job Fairs

Job fairs will have local employers, voluntary organisations and careers services in one place to help you get work experience while studying. While this may not be the most exciting thing, getting this experience during studying will stand you in good stead with Graduate employers. Bring a copy of your CV or LinkedIn account to show employers.