

SUPPORT TOP TIPS

Here are some top tips on who to chat to if you need support!

Top Tip 1:

If you're looking to talk to someone, the best place to start is with your peers. Not only will they be your friends, they will also have similar interests to you, therefore making their advice more worthwhile. You may even know mature students who can give you advice based on their experiences.

Top Tip 2:

If you feel you can't talk to your peers, there is always the option of your lecturers and teachers! They aren't just there to teach. They are also there to ensure that you're enjoying your time at college and university. So if you do have an issue, and you would feel comfortable doing so, please talk to your teachers and lecturers!

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Top Tip 3:

Some issues may be more sensitive than others, so you may want to talk more confidentially. Whilst at college and university, you will always have the tools available to have these conversations. Every institution will have specialist teams that are designed to help with any issue; all you have to do is ask! Your teachers and lecturers will be able to point you in the right direction!

Top Tip 4:

This last one may be more applicable to university, but colleges may well have something similar! However, every university will have a students union. Within the students union there will be lead members. These lead members will keep everything confidential, so if you feel comfortable talking to them be sure to do so!