



# FRESH STARTS at University

## Top tips for students and parents

A move to university can be an exciting, life-changing, and sometimes nerve-wracking time. For everyone involved.

It's a big change. But it's also a great adventure. Filled with new beginnings, new places, new friends and a new 'everyday'.

Whether it's getting used to a loved one moving away or adjusting to new routines and new surroundings as a Fresher, we're here to make those challenges that bit easier to navigate.

Here are our top tips for the big move.

**F**

### Find time to talk

Whether it's a weekly check in or a quick daily update. It's always good to talk, to listen and share a story or two. Even a voice note on the go is a great way to touch base.

**R**

### Remember everyone is different

People deal with change differently. Try not to put pressure on each other or make comparisons to how other people and families communicate. You'll soon learn what works best for you and your loved ones.

**E**

### Exciting times lie ahead

A new 'everyday' can present new opportunities all round. As a parent, you might find yourself with more time on your hands – don't forget to embrace it. Student? There'll be doors opening for you in every direction. Enjoy it and share your news. The littlest updates can be a huge comfort.

**S**

### Support networks are key

Being away or having a loved one away from home can be hard. As well as family and friends, there are plenty of places you can look to for support and Samaritans are always here to listen. Call free any time on 116 123 or visit [samaritans.org](http://samaritans.org).

**H**

### Home is just a phone call away

To make sure you can always get in touch with who you want, when you want, it's a good idea to find a phone plan that works for you. Run out of data? Why not make a WhatsApp call on Wi-Fi.

**S**

### Student life is busy

Parents – don't worry too much if you've not caught up with your loved one for a little while. Student life is busy. That said – students – parents do and will worry. Drop your family a message now and again. Even if it's just an emoji or note to let them know you're ok.

**T**

### Take time to try new things

It's what life's all about. Whether you're at home or at Uni, now's an ideal time to find a new hobby, join a new club or start a new project. It's the perfect way to make new friends and even discover a new passion.

**A**

### Academic challenges may come

Academic pressures can be a worry for everyone. Remember to check in with your loved ones. Success looks different for everyone. So, try not to put too much pressure on them or yourself.

**R**

### Reach out to friends and family

It's important to talk, as bottling things up can often make things seem worse. Friends and family can be a great support, but for the times you might need an impartial ear, Samaritans are here for you.

**T**

### Tech is here to help

There are tons of brilliant apps out there that can help with everything from planning and budgeting to mental health and sleep. Think about what might help you and start exploring...

**S**

### Share the good times (together)

Whether it's sharing exciting news about a recent project or sending a ridiculous meme you know will brighten someone's day. Starting a group chat is a great, low-pressure way to stay in touch.



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