

Keele
UNIVERSITY



Student
Services

Transition *handbook*

Supporting
your transition
to university



THIS IS KEELE

Welcome to Keele

This handbook has been written provide you with a guide to help you to make a successful transition into university life, and navigate your way through your first year at Keele and beyond.

It contains a range of information relating to important steps to take before you start your course, how to look after your wellbeing as a student, and where to go for support if things get tough.

Good luck and enjoy your transition to university!

Welcome to Keele	2
Taking care of your wellbeing	4
Transitioning to university.....	6
Support at university.....	8
Academic expectations.....	10
Exceptional circumstances.....	12
Study tips for university.....	14
Learning styles.....	15
Resilience and managing stress.....	16
Managing your money.....	18
Making connections.....	20
Loneliness and isolation.....	22
Managing expectations.....	24
Your identity.....	25
Cooking at university.....	26
Thank you	27



Taking care of your wellbeing

Starting university can be a time of excitement, but it can also bring with it a number of worries, anxieties or apprehensions.

Don't worry though, as there are lots of steps that you can take to look after yourself and your own wellbeing. By making sure you always keep your mental health and wellbeing as a priority, this can help you to avoid experiencing problems later down the line.

Five ways to wellbeing

Research conducted by the New Economics Foundation has shown there are five ways we can improve our own wellbeing:



Give

Participating in activities which help others can improve your feelings of happiness and self-worth. Even small acts of kindness within your daily life can make a difference.

- Leave a positive note in a library book for the next person to read.
- Help a struggling classmate by organising a group revision session.
- Take part in a volunteering project with our Students' Union.



Keep learning

Lifelong learning can enhance your self-esteem and confidence, which in turn has a positive impact on mental wellbeing. At Keele the opportunities to learn new skills are endless.

- Explore the big issues facing today's society by taking a Global Challenge Pathway.
- Join a society where you can learn new skills.
- Learn how to cook a range of healthy meals to suit your student budget.



Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. There are lots of ways to start incorporating physical activity into your daily life while at university.

- Take the stairs rather than using the lifts in campus buildings.
- Join a sports team, whether it's competitive or just for fun.
- Try out some 'desk exercises' such as stretching while you're studying.



Take notice

Being aware of the present moment that you are in and how you are feeling can improve your mental wellbeing. This is sometimes referred to as mindfulness.

- Pay attention to your thoughts and feelings, your body and the world around you.
- Create a positive and clutter-free environment for your desk or workspace.
- Keep a journal of how you feel in different situations.



Connect

Good relationships are important for your mental wellbeing, so try to make sure you spend time with other people.

- Make time to talk to your friends face-to-face, rather than sending a message.
- Organise a group dinner within your halls.
- Arrange to walk to class with your course mates.



Transitioning to university



Starting university can be a stressful and difficult period of time. However, it will hopefully also be full of excitement and new beginnings. It will usually involve some aspects of your life changing in one way or another and this can bring individual challenges. For some people this may mean moving away from home and being away from family/support or juggling new responsibilities alongside existing commitments.

Some students may be worried about the academic side of university and others may be fearful about making new friends and 'fitting in', amongst many other concerns.

Try not to worry – you won't be the first to find this transition difficult, therefore this section covers some pointers that may help the transition to Keele feel a little bit smoother.

Experience

There is no ready-made university experience, or a 'one size fits all' aspect to uni life. It's up to you to create your own journey and there will be many ups and downs during this time. This will help you to build resilience and allow you to reflect on what works well, or not so well, for you. Creating your own journey is empowering and will make your Keele experience unique to you and your interests.

Support

There are many different options for support at Keele so you will be able to choose which will be the most beneficial to you. One type of support is Peer Support. Talking to someone who is in or has been in the same boat as you can be really helpful when navigating university life. Why not request a Welcome Buddy to help you settle in? You can also access a wide range of support from our Student Services Centre. You can read more about this towards the end of this booklet.

Connect

Feeling 'connected' is a big part of the transition to uni. Familiarising yourself with Keele can help you to feel a part of our community. Take a look at uni social media pages, most of which have options to ask questions in advance! Make sure to look at the Students' Union societies you may be interested in joining! If you are moving away, you can look on Google maps to see what is close by, such as supermarkets and shops.

Top tips

Although it's not possible to prepare for every eventuality and situation that may or may not arise when starting university, there are a number of things that you can do to make you feel more prepared.

- 1 Read all of the information that you are sent in the lead-up to starting at Keele and in the first few weeks. It can sometimes feel that you are overwhelmed with information, but it will all prove useful throughout your studies.
- 2 When you start university, you will find that there is lots of support available to help you with any difficulties you face. Your first point of contact will be your Student Experience and Support Officer.
- 3 Have a plan for your first week. It doesn't have to be minute by minute or exhaustive, but having a written plan with things such as places on campus to visit, a list of essentials to buy from the local shop and organising your work area can be helpful. Starting uni can be a really hectic time with a lot of new faces and info which can cause burnout, so ensure you schedule in some time for you too!
- 4 Every university experience is unique and it is important to find a balance that suits you. Try not to be anxious about the unknown, but excited for the future!

Transition resources

Keele University & Students' Union

Keele University

f @KeeleUniversity

Students' Union

f @KeeleSU

Keele Res Life

@KeeleResLife

Student Minds

Student Minds has some handy guides that can be found on its website. Check out 'Transitions' and 'Know Before You Go'.

studentminds.org.uk

Higher Horizons

Higher Horizons has some fantastic online resources. It has lots of practical info, including student finance and cooking.

higherhorizons.co.uk/resources

Future Learn

Future Learn has 500 online university courses that can be taken for free to help you get into the swing of university study.

futurelearn.com/courses



Support at university

Student Services Centre

The Student Services Centre is your one-stop shop for information, support and guidance. The team is here for every single Keele student, including online and apprentice learners, whatever you need, throughout the whole year.

The team is based in the Tawney Building:

keele.ac.uk/students/student-services

+44(0)1782 734481

student.services@keele.ac.uk

Specialist support teams:

- Student Experience and Support
- Disability Support and Inclusion
- Student Financial Support
- Residence Life
- Counselling and Mental Health
- Faith and Chaplaincy
- Sexual Violence Prevention and Support
- Domestic Violence Prevention and Support

Transferring Mental Health Support

If you are already receiving support for your mental health in your home area, for example through your GP or a secondary mental health service, and are moving to a new area for university, it's important that you plan ahead to ensure a smooth transition for the support that you need while at Keele.

For most secondary mental health care services, you will need a referral from the GP, so your first step should be to make an appointment to discuss your options. The earlier you do this, the more likely it will be that the support you need can be ready for your transition to university.

Counselling & Mental Health

The University service offers support for students experiencing mental health and wellbeing concerns. It is a multi-disciplinary team offering a wide range of interventions and various levels of appropriate support, and also has links to local NHS services.

+44(0) 1782 734187

counselling@keele.ac.uk



Academic expectations



When you start at Keele, you may struggle at first with the difference in learning style when compared to your previous study – whether this was A-Levels, BTEC or an Access course – although the course will aim to support your transition to university-level study.

At university you will normally be required to engage with more independent or self-directed study, which can be challenging at first. On some courses you may also find that you don't have as much contact time (lectures and other classes) as your previous experiences of education.

That being said, as a University, we care about students' wellbeing and we have systems in place to monitor your engagement with your studies. This is so that we can check on how you are if you stop attending classes or don't submit your assignments, and help to support you through any difficulties that you may be experiencing. There will also be additional academic support that you can access, for example by making an appointment to see your module tutor, online workshops, or an academic coaching service.

The difference between college & university

You may have heard numerous times that university is very different to college and sixth form, and you would be right!

But in what way? There are many differences between both institutions, ranging from academic differences to structural differences and they can impact individuals differently. For example a student who likes structure and a lot of class time may struggle with having more free time and independent study and may benefit from creating a study timetable.

When you start university you are treated as an adult, so that means that you are responsible for yourself, getting to lectures, supporting yourself etc.

Generally, in college it might be more notable if you are not feeling yourself as college tutors see you often, but this is less likely to happen at university, therefore taking care of yourself and knowing when to reach out for support is imperative for your overall wellbeing.

Furthermore, coming to university for the first time brings new experiences and challenges. You may find that friends studying in other subjects may have quite different timetables, and that their tutors have different expectations of them. Every student, no matter what their subject, or how they are expected to work at university, goes through a period of adapting and developing over their first year.

The change from college to university is really different. I kind of expected the work to be different, which it is, but it is also your timetable, cooking and finding your way around. It can be really stressful. At first I felt overwhelmed but didn't want to say anything as I thought it was just me.

Practicalities

- Getting ready to go and preparing yourself for what you may or may not need, whether going to University locally or moving away, can be tough.
- If you are moving into accommodation, check what it provides.
- Make sure you are equipped with a decent bag, a sturdy water bottle and some pens.
- You may want to make sure you have comfy loungewear for sitting and socialising and to feel more comfortable when working on your assignments.
- Try to keep your paperwork, including flyers, course info and anything else you are given, somewhere safe so that you can have a look through them anytime you need to.

Top tips

- 1 Get to know your tutors so that you feel comfortable asking for help if needed. Most lecturers will have office hours where you can contact them without the need for an appointment – this could be virtual, so make sure to check for contact methods.
- 2 Make sure that you attend your classes, both online and in situ. It sounds simple, but with a busy social life it can be easy to fall into a pattern of non-attendance which can then be difficult to break.
- 3 Spend 3-4 hours a week outside of class time on each module to work on assignments or do some ongoing revision.
- 4 Make a timetable to manage your workload. Having lots of conflicting modules can feel like a challenge, so make sure you devote an equal amount of time to everything you are studying.
- 5 Set your deadlines a day in advance of when the work is actually due to allow yourself some contingency in case of something unexpected happening.
- 6 Use the feedback that you get from your assignments, whether it is positive or negative, as this will enable you to improve in the future.
- 7 Don't forget to build regular breaks into your study time as this will help to look after your mental wellbeing.

Exceptional circumstances



As a student, one of the most important skills that you will need to learn is to manage your own workload in order to meet deadlines and make sure that you are prepared to take your assessments. However, we understand that there may be times when circumstances beyond your control might affect your ability to complete a piece of work. We call these exceptional circumstances, and if you experience these it's essential that you notify the University by submitting an EC form. For something to meet the criteria for exceptional circumstances, it must have happened at a time that directly affected your assessments, and it must have been unforeseen. For example, being involved in a road traffic accident on your way to an exam would be classed as an exceptional circumstance.

Exceptional

A sudden or extended illness or injury, being the victim of a crime, bereavement, or a major transport incident.

Not exceptional

General stress or pressure of workload, IT issues, holidays, or other events that are planned or foreseen.

keele.ac.uk/ec



Study tips for university

It's important to start with the basics to ensure that you give yourself the best possible starting point for your studies. This starts with looking after yourself:



Organise your time to include relaxation as well as studying, hobbies and socialising.



Work out where you study best, whether this is in your room or the library.



Make sure you eat a balanced diet.



Stick to a routine with your sleep hours and practice good sleep habits by trying to avoid screens before going to bed.



Keep your study notes organised into different subjects/modules.



Go through your class notes and condense them to help process your learning.



Try different approaches to see what works for you – this could be bullet points, charts, diagrams, doodles or voice notes.



Revision shouldn't just be something that you do in the weeks leading up to an assessment period, you should revise on an ongoing basis.



Create a study timetable to ensure that you dedicate sufficient time to all subjects or modules.



Go through past papers to see what type of questions to look out for, and practice your exam technique.



Learning styles

Kinaesthetic

- Like to learn by doing something practical.
- You may find it easy to remember information when you learn through hands-on activities or trying something out.
- Try moving around as you process information, for example listening to notes on your headphones while out for a walk.
- Take regular breaks so you are not sitting still while studying for too long.

Auditory

- Like to learn by listening to something being explained.
- Work in quiet areas to reduce distractions, avoiding areas with conversation, music, and television.
- Teach someone else by explaining what you know.
- Read through your notes out loud.
- Record your revision notes so you can listen back to them.

Visual

- Like to learn by seeing, for example watching a demonstration.
- You may find it easy to remember information in diagrams, charts and illustrations.
- Try highlighting key points as you read through notes to create a visual reminder.
- Use flashcards with text and symbols to indicate key points.
- Create diagrams within your revision notes.



Resilience & managing stress

In many ways, mental health is just like physical health: everybody has it and we need to take care of it.

University can bring many stresses and challenges to a student's life, which can have a negative impact on your wellbeing and cause problems with your mental health.

Although stress can be a part of everyday life and a normal response to a difficulty that you have to deal with, it can become unmanageable for some people. That's why it's important to understand the difference between a normal stress response, and one that may be a sign of mental distress. It's normal to go through periods when your mental health takes a dip, and to learn the steps that you can take to stay mentally healthy. It's also important to recognise when you may need professional support with your mental health – there are lots of support services as mentioned earlier in this handbook, so don't suffer in silence.

As a university student, you may experience times when you feel stressed – perhaps you've left that assignment a bit too late and need to pull an all-nighter, can't quite get to grips with the theme of a module, or are juggling multiple deadlines. These can all be part and parcel of student life, so you need to think about how you will develop positive coping strategies to help you get through the challenges of university life.

Mental health is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

World Health Organization, 2014

Healthy

Stress can be helpful when experienced in small amounts. It can spur you on to take action in difficult situations, and can lead to you achieving and succeeding. For example, feeling a healthy amount of stress before an exam can motivate you to focus on your revision and do well.

Unhealthy

Sometimes you may experience levels of stress that can't be managed through your usual coping strategies and this can start to have a negative impact on your wellbeing. If you struggle to manage stress, then you should take some steps to develop your emotional resilience to help you bounce back and adapt in the face of challenging circumstances.



It's important to remember that everyone will have different coping strategies for stress management, and what works for someone else may not work for you. However, there are lots of different approaches that you can try to see what works best for you.

Top tips

- 1 Solution-based thinking – try to consider the pros and cons to your options to help you decide the best way forward.
- 2 Be realistic about your goals and what you can and can't change. Don't sweat the small stuff – not every obstacle is the end of the world, and most will help you to learn and grow.
- 3 Acknowledge your feelings and don't bottle them up. The old saying 'a problem shared is a problem halved' really can be true!
- 4 Get into a good sleep hygiene routine to help you get the right amount of sleep that your body needs.
- 5 Practice good time management to help you stay organised and on top of your responsibilities.
- 6 Take action to find solutions, and seek help when needed.

Managing *your* money



For many students, starting at university is the first time that you will be managing your money independently.

Even if it's not the first time, your university finances may put you in a more challenging position than you are used to. Whatever your circumstances, planning carefully and creating a yearly budget can help you to avoid financial difficulties later down the line.

Income

Start your budget by recording where your money will be coming from. This may include:

Maintenance loan from Student Finance:

- Savings
- Income from a part-time job
- Financial support from family
- One-off payments such as a bursary or scholarship

Outgoings

Make a list of all the essential expenditure that you will have as a student, including:

- **Rent** – if you will be living on campus your accommodation fees will include all utilities as well.
- **Utility bills such as gas and electricity if you're living off campus** – although some rents will include bills, so be sure to check.
- **Food** – it can be tempting to splash the cash on takeaways, but your funds will soon run out! The average food shopping bill for a single person should be around £35 to £40 per week.
- **Transport costs** – likely to be public transport, as running a car can be too expensive for many students, and as a student you may not be eligible for a parking permit.

- **Books and course resources** – many core books will be available in the library and in online formats, but make sure you plan ahead to consider any additional costs such as lab equipment or field trips.
- **Phone contract** – in our digital world it may be essential to have a smartphone to keep on top of communications, but make sure you don't overstretch your budget with a top of the range phone that you won't be able to afford.

Weekly Budget

Once you have worked out your overall income and outgoings, you can then break this down into a weekly budget and work out whether or not you will have sufficient income or will need to find a way to supplement this. Follow these steps to do this:

1. Work out your total income for a term at university.
2. Deduct all of your essential expenses during a term at university, such as rent, transport and food.
3. Divide the number you're left with by the number of weeks between your maintenance loan payments.

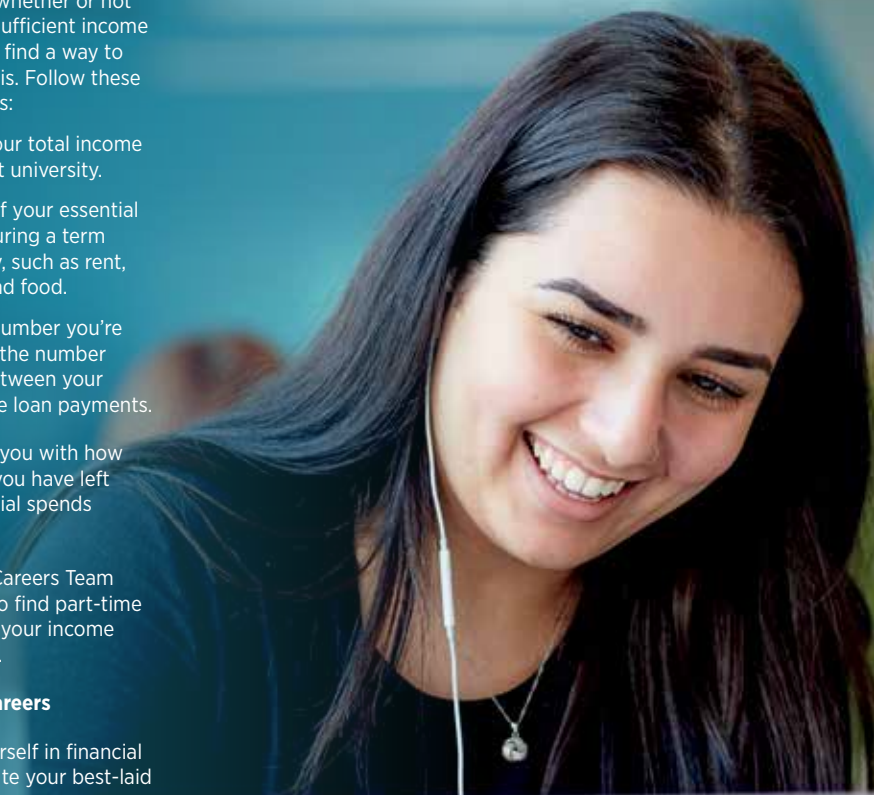
This will leave you with how much money you have left for non-essential spends each week.

At Keele, the Careers Team can help you to find part-time work to boost your income and your skills.

[keele.ac.uk/careers](https://www.keele.ac.uk/careers)

If you find yourself in financial hardship despite your best-laid financial plans, you can get support from the Student Financial Support team.

[keele.ac.uk/study/studentfinancialsupport](https://www.keele.ac.uk/study/studentfinancialsupport)



Making connections



You are becoming part of a student community and everybody is in the same boat. You will meet like-minded people, those who share your interests and who you click with straight away. You will also meet those who don't share your passions - and that is okay. Uni is a great chance to learn about different people.

Before you start university the general consensus will be that this will be the best time of your life! And it absolutely can be, but for many, starting Uni can be a mix of emotions as there is so much to take in. Making connections and finding your way can be stressful, difficult and maybe different to what you initially expected!



Meeting people

Meeting new people and building new connections and relationships is something that most students will likely look forward to but also dread at the same time. A bustling social life is usually what comes to mind when you think of university. But remember that it is far too easy to make assumptions about how everybody else is getting on when you don't have the full picture. For example, you may see a picture of loads of 'friends' on social media, but it can be far easier to post things from behind a screen and still feel incredibly lonely. Struggling to make friends and meet people at university is very common, especially in the beginning. Know that you are not alone if you feel this way.



Socialising

Socialising doesn't have to mean going out or partying or feeling pressured to drink alcohol. There are lots of ways to meet people at university and most don't involve drinking. There will be many interesting opportunities to meet people throughout the academic year and beyond Welcome Week, so take it slow and do what you enjoy.



Start the conversation

- If you are in university accommodation, hang a friendly sign on your door/leave your door open. This provides an opportunity to start a conversation.
- Ask your housemates if they would like to explore the town centre or do a food shop.
- Consider having a stash of biscuits/tea for communal chats.
- Start a conversation after a lecture.
- Join a club or society.



Online learning

Course forums or email groups can keep you connected if you are studying online. Speak to your tutor if you are struggling to use them. Getting to know people online can also make it easier to form friendships and plan events like study weekends etc.

Exchange numbers with people on your course so you can set up a WhatsApp group and keep up communication/motivation when coursework sets in. This gives you an opportunity to form academic and social friendships.



Loneliness & isolation



Lots of students feel lonely from time to time. Feelings of loneliness are personal, so everyone's experience of loneliness will be different – Student Minds.

It can be nerve-wracking getting out and attending events at uni and it is important not to feel pressured. However, pushing yourself out of your comfort zone can be important when making friends and meeting new people that you may not meet otherwise!

Loneliness and enjoying your own company are two different things. Spending time on your own to study or do things that you enjoy does not always mean you will feel lonely. In fact it is essential for self-care!

What our students say:

“You'll make friends for life, and you don't need to rush finding them”

“It is ok to not fit in straight away, it will work out”

“Stepping out of your comfort zone is the best way to learn about yourself”

Social media

Social media can give the impression that everyone is hanging out together and having the best time, all of the time! This comparison can make you feel more lonely. Remember to take social media with a pinch of salt!

Combatting loneliness

- Do something practical, such as heading out for a walk. It can give you the chance clear your thoughts and connect with your surroundings. Keele has a beautiful campus with plenty of woodland walks.
- Read a book or listen to an audiobook. Immerse yourself in something you enjoy to relax.
- Join a society. One of the key bits of feedback from students is how much joining a society stopped them from feeling isolated. There really is something for everyone and if not, create your own!
- If you're moving away from home, try bringing something into your room that reminds you of home or brings you comfort. Creating a space that is calming and comforting has a really positive effect on our mental health.
- Phone a friend! Sometimes picking up the phone and having a chat can seem tough, but it can be great when we need to feel a connection.

Talk to someone

If you're finding that you are feeling lonely or experiencing isolation most of the time, talking to someone for support is essential. Understandably this can be easier said than done, however talking to someone about how you feel can be really helpful. If you feel unable to talk to a friend or family member you can talk to the Student Experience and Support Officer based within your School.

Change is never easy and it is normal to feel lonely if you are in a new place and are looking to build new relationships. If you are experiencing loneliness over an extended period of time, try to change your daily patterns and connect more with people. Don't be afraid to reach out to people you trust and let them know how you are feeling!

Student Minds

It's good to talk

There are also lots of helplines that can support you with how you may be feeling:

Health Assured

Your free 24-hour confidential helpline and app available for all Keele students.

0800 028 3766

The Mix

A free helpline for young people to speak to a trained supporter.

0808 808 4994

Papyrus

A confidential service for young people experiencing thoughts of suicide.

0800 068 41 41

Samaritans

A 24-hour listening service if you are struggling to cope.

116 123

Staffordshire Mental Health Helpline

Support if you are feeling concerned, worried, stressed or low.

0808 800 2234



One thing I've learned is the difference between feeling alone and feeling lonely - and how you can feel lonely in a crowd full of people, but quite peaceful and content when alone.

Student Minds

Managing expectations



When starting university, sometimes our expectations can differ from reality, which can be difficult to adjust to. Most representations of university do not show some of the tougher aspects of student life. Students may therefore feel less prepared to manage the unknown. Take a look at these common expectations and how the reality may differ.

Even if university doesn't match your initial expectations or the picture that others may have painted, sometimes stepping out of your comfort zone means that you learn about yourself and discover opportunities that you hadn't expected before!

All in all, university can be a very exciting time in your life, and we hope this section illustrates that although sometimes it can take a little while to get into the swing of university life; have confidence in yourself that you will be able to navigate the ups and downs. In doing so you're setting yourself up for success over the next several years!

Expectation

"I will meet my best friends in the first couple of weeks of uni"

"I have always done really well in assignments from college so I will get really good marks at uni "

Reality

Sometimes meeting people you really click with happens when you least expect it. Don't put a time limit on it.

University study is really different to college and it may be that it takes you a while to get used to new ways of working or completing assessments.

International Students

As you start to settle into your new surroundings, you may find that things are very different than at home. Remember that adapting to a new environment may take time and that there will be some challenges that you may not have thought about before you arrived.

Self-care

A good way to stay positive through difficulties is to prioritise self-care.

Contrary to common thoughts about self-care, it is not all bubble baths and chocolate! Self-care is completely individual to you. It may be more about getting enough sleep or reaching out when you need support. It is important to focus on yourself when things haven't turned out as expected or you are getting used to a new environment or routine. This will ensure that you take some time to focus on the things that bring you happiness so that you feel able to tackle whatever is in front of you.

Your identity



Your identity, in short, is not any one set thing, but a combination of many different identities. Your identity can be made up from your upbringing, your beliefs and values, amongst many other factors and experiences!

Your identities integrate and emerge from your personal strengths and weaknesses, your preferences and so much more. It is important to realise that this changing in who you will continue throughout your life, and that each life stage will help to set the person that you are and that you are becoming.

You should never feel judged, threatened or treated differently due to your identity. If you experience this, make staff in your School aware so that they can support you and talk you through the next steps.

University is a chance to learn a new subject, but also to learn more about who you are. Keele will provide you with lots of opportunities to explore new experiences and try on different identities: to see what fits and what doesn't.

Exploring identity

Sometimes university may be a place where you feel you are able to explore aspects of your identity that you may not have previously. Whilst this is really important, you may find that you also experience feelings of confusion, distress or inner conflict, which can be tough. If this is the case, you can seek support from your Student Experience and Support Officer or other support networks.

Understanding identity

Understanding your own identity can help you to understand how you experience stress, why you respond the way you do in certain situations, and what you need in terms of support and self-care as you encounter challenges through your life.

Identity reflection

- Do I identify with a particular race or ethnicity?
- How do I identify my gender?
- How do I define my family and community?
- How would I describe my personality?
- What do I value?

Cooking at university



We know that a well-balanced diet makes you mentally and physically stronger, and with a bit of organisation, cooking for yourself can save you money and even become an enjoyable hobby! However, we understand feeding yourself can feel like an endless task no matter how much you enjoy cooking. See below for some important tips for shopping, cooking and eating!

- Make food that you want to eat and is tasty! This will mean different things to different people but you are more likely to want to cook for yourself if you enjoy it.
- If you are stuck for ideas, the internet is a great place to find recipe suggestions. Check out @beatthebudget on Instagram and look online for some budget-friendly, delicious and easy recipes!

- Cook extra portions where you can. Money can disappear fast when you feel hungry, so planning ahead and having batch meals ready to go is a great way to avoid spending a fortune on takeaways. We definitely don't know that from experience
- There are lots of benefits to be gained from eating with others. Try and take the opportunity to make food as social as possible, such as Sunday lunches and sit-down dinners.

Top tips

Cooking is an amazing skill to have! Don't be scared to get creative and don't be disheartened if you find it difficult at first, as practice makes perfect!

- 1 Create a mini booklet full of quick and simple recipes that include non-perishable goods such as tinned foods or pasta before you come to Keele. That way, you will always have food to cook!
- 2 Make water your drink of choice as much as possible. Drinking lots of juice or fizzy drinks can be tempting, but try to keep them as a treat to have every now and then.
- 3 Prioritise doing a big food shop. It may be a bit more effort, but larger supermarkets are generally much cheaper than smaller convenience stores.
- 4 Treat yourself! Food shouldn't feel like a chore or be boring. Baking can be a fun way to make delicious treats



Thank you

Thank you so much for reading this handbook. We really hope that you enjoyed reading it and found the information useful.

We are always thinking of ways to create meaningful resources that support students and would love to hear your thoughts on what resources would best support the wellbeing of the student community.

Furthermore, what else do you want to know about starting university? What did we miss? We would love to hear your feedback, comments, and suggestions. Please contact us at student.services@keele.ac.uk and follow us on social media to keep up with our ongoing initiatives.

With care and best wishes,

Student Experience and Support Team



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