



# Transition & Resilience – Pre-arrival Support

---

STUDENT EXPERIENCE AND SUPPORT TEAM



# What are you looking forward to?



# Feedback – what our student say





# Do you have any worries?



## A word cloud of student struggles. The words are arranged in a circular pattern, with 'getting lost' and 'parking' being the most prominent. Other words include 'money', 'stress', 'workload', 'balancing work and lectur', 'making friends', 'meeting friends', 'work life balance', 'balancing home vs uni', 'no shared interests', 'making food', 'work', 'getting out of bed', 'travelling', 'no friends', 'failing', 'deadlines', 'confidence', 'where to actually be', 'disability and illness', 'balancing a job and study', 'not making friends', 'independence', 'not finishing', 'falling behind', 'stress and mental health', 'getting lost on campus', 'managing finances', 'being late', 'missing out - commuting', 'choosing modules', 'socialising', 'age', 'failure', 'isolation', and 'hangovers'. The words are in various colors and sizes, reflecting their frequency or importance in the data.

# Settling in at Keele



Attend all required sessions so you have all the information needed for your course



Join societies and clubs to meet new people – find out more at the Welcome Fair or on [keelesu.com](https://www.keelesu.com)



Request a welcome buddy to help you settle in – search **welcome buddy** on [keele.ac.uk](https://www.keele.ac.uk)



Download the Keele App to see all events happening in the first week and beyond



Join Whatsapp or other social media groups for your course or accommodation to help you meet people



Explore the campus!



Keep your door open in your accommodation halls so you can say hello!

# Welcome Buddies



Worried about starting University? Sign up to request a Welcome Buddy to support your transition to Keele



Our Welcome Buddies are all current students and have a wealth of knowledge about living and studying at Keele



Available to all new students, and we strongly encourage requests from our key student groups community



Scan the QR code for details on how to request a buddy



# What is resilience ...?

... the ability to cope and recover quickly when things go wrong, and keep moving forward

**Don't wait to ask for help before things get worse!**



# Introducing resilience – 5 top tips



[What Is Resilience: Top 5 Tips To Improve Your Resilience – YouTube](#)

# How can resilience help wellbeing?

- Helps to develop coping mechanisms when things go wrong;
- Improved learning & academic achievement;
- Improved physical and mental health;
- Reduced absences due to sickness;
- Reductions in risk-taking behaviours;
- Increased community involvement.



# Looking after your wellbeing



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence



# 5 Steps to Wellbeing



[5 Steps to Wellbeing Animation – YouTube](#)

# Student Services – we are here for you!

Student  
Experience and  
Support  
Officers

Counselling and  
Mental Health  
Support

Disability  
Support and  
Inclusion

Student  
Financial  
Support

Residence Life

Faith and  
Chaplaincy

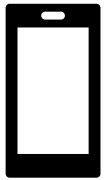
Sexual Violence  
and Domestic  
Abuse Support

# Get in touch

Student Services Hub, Claus Moser



[student.services@keele.ac.uk](mailto:student.services@keele.ac.uk)



01782 734481



<https://www.keele.ac.uk/students/student-services/>







# Thank *you*

**Keele University**  
Newcastle-under-Lyme  
Staffordshire  
ST5 5BG  
+44 (0)1782 732000