

HOPES AND FEARS – BUILDING RESILIENCE

Pre-Arrival Support



Student Services



It's the Keele difference.



Introduction

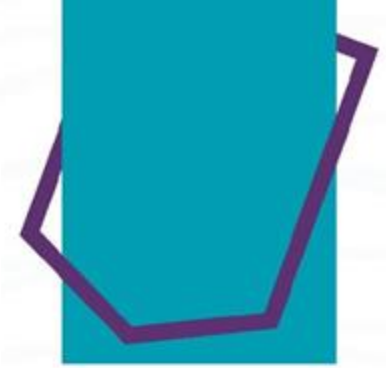
We hope that you're feeling excited to start your university experience at Keele, but it's completely normal to feel a little anxious.

We are going to explore this in a little more detail with you...



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What are you looking forward to at University?

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What are your worries about starting University?

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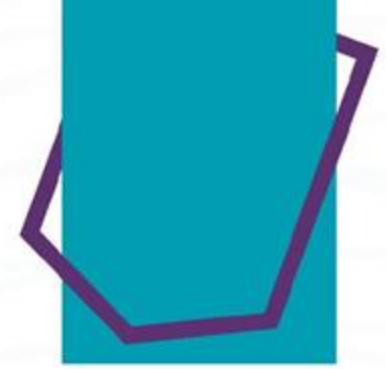
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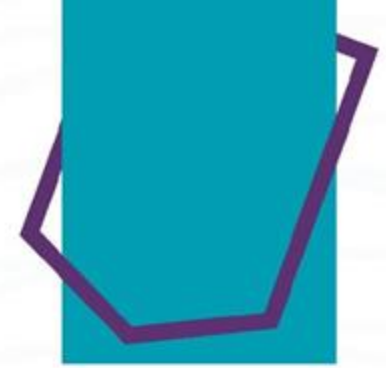
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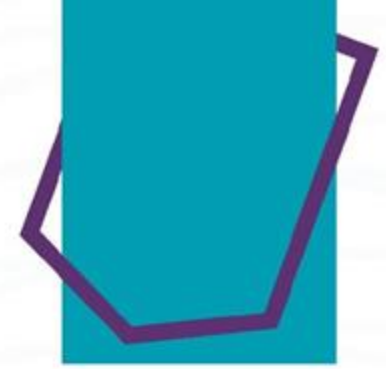
What is Resilience?

Resilience is NOT the ability to cope with every challenge/adversity on your own, but to be able to adapt and seek support where needed.





Why can Resilience help our Wellbeing?



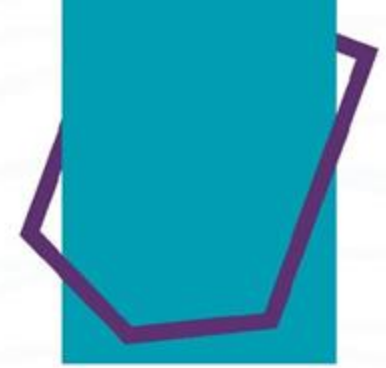
Resilience is important because it helps us to maintain our wellbeing in difficult circumstances, and reduce the development of some mental health problems.

Good levels of wellbeing are associated with:

- Improved learning and academic achievement
- Reduced absence from work/study due to sickness
- Reductions in risk-taking behaviours
- Improved physical health
- Reduced mortality
- Increased community involvement

Five Ways to Wellbeing

- Connect
- Be active
- Give
- Take Notice
- Keep Learning







Support at University

- Student Experience and Support
- Residence Life
- Disability Support and Inclusion
- Student Financial Support
- Counselling and Mental Health
- Chaplaincy

...remember, if you're unsure about needing support, you can contact **Student Services** for general advice.

Get involved in the Keele community

There are a number of exciting events, clubs and societies run by our fabulous Student Union for you to get involved in. Take a look at their webpage here - <https://keelesu.com/>

On top of this, alongside Keele University social media accounts, we also have specific pages for our current students.

You can find out more about what's going on, get involved in activities and get important updates about university.



@lifeatkeele





Get in touch

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Any questions?