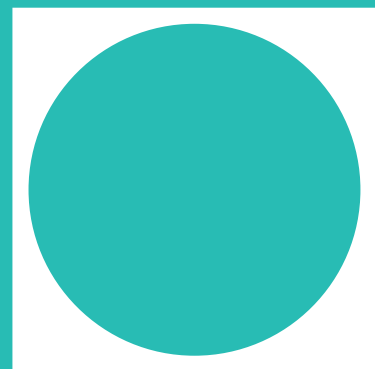
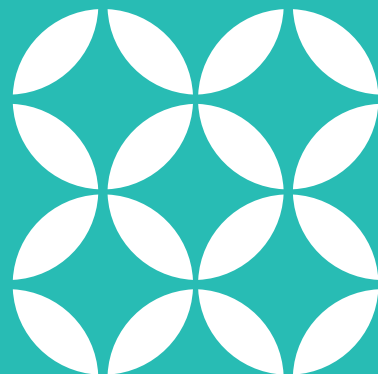
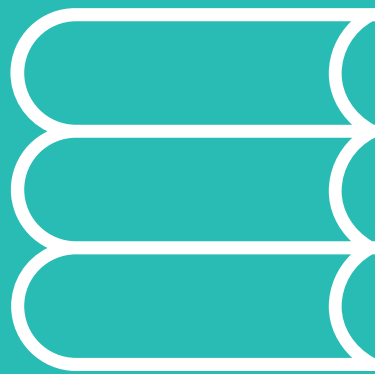


GET UNIVERSITY READY

TRANSITION TO LJMU GUIDE



LIVERPOOL
JOHN MOORES
UNIVERSITY

A group of four young adults (three women and one man) are walking along a city street. They are dressed in casual, contemporary clothing. The street is lined with trees, and a large, colorful display of umbrellas hangs from the trees overhead. In the background, there is a brick building with arched windows. The overall atmosphere is bright and cheerful.

UNIVERSITY STUDY

Starting university is a really exciting time and there will be lots of changes and challenges ahead. It may feel a little overwhelming at times too, but LJMU are here to help. This guide is packed with useful tips and advice to help you get uni-ready, so that you can make the most of your student experience ahead.

HOW IS UNIVERSITY DIFFERENT TO SCHOOL/COLLEGE?



Where to start! Firstly, you will be in a different environment altogether. Your previous place of study could have had upwards of 1,500 students, whereas LJMU has over 21,000 students from across the globe studying at any one time.



Whether you are studying on Mount Pleasant or Byrom Street campus, you will study in the heart of Liverpool's city centre. You will be spoilt for choice when it comes to bars, entertainment, culture, shopping and eating out as our campuses are within walking distance from the main shopping districts and night life.

One of the biggest changes studying at university can bring is a greater sense of independence. Before, your teacher may have asked for regular updates on your homework/coursework, whereas at university, there is a great deal of independent study and you are expected to keep on top of your work without being prompted to do so. You are treated as an adult and are therefore

expected to behave like one while studying, by following the recommended hours of study.

At school or college, you may have been in lessons up to 30 hours a week, whereas at university, you could be in teaching between 9 -12 hours a week for some courses and considerably more for others. Finding the right balance is important, as lecturing staff will expect you to work independently when needed, with each module having between 4 - 6 hours a week of independent study.

However, it is important to remember that most of your learning will happen outside of the classroom.

QUESTION:

What are you most looking forward to when starting university?



ANSWER:



TIPS

DRAW UP A WEEKLY SCHEDULE ONCE YOU HAVE YOUR TIMETABLE. THIS WILL HELP YOU STAY MOTIVATED AND MAKE SURE YOU DON'T MISS ANY CLASSES OR DEADLINES.

WHAT TO DO IF YOU FEEL UNPREPARED - guidance on preparing for your course and dealing with potential challenges ahead



So you have started your new course, you have met your fellow students and you are enjoying the freedom of being a young adult in a new setting. With all this fun, it is easy to become side-tracked or distracted from studying. For some students this is not the experience they had expected and, in some cases, this can feel a little daunting. There are three challenging aspects of transitioning from school/college to university.

Firstly, your workload is likely to grow from A-Level to degree-level study. You will be given hours of independent studying through reading different sections of books, articles, videos, podcasts, lab hours and experiments. Balancing the social side of university and putting in the independent study hours needed to get a good degree is a skill you will need to develop. This requires discipline when the onus is on you to be self-motivated and to not put things off.

Secondly, the pace of the content can be difficult to comprehend to begin with. You will be in a new environment, discovering your new way of life (in a new city for many), and on top of this you may be required to grasp complex terminology, which may be difficult to get your head around.

Thirdly, the skills you are expected to have mastered before starting university. Harvard referencing? Quantitative Studies? Literature Review? It can all get too much when you are expected to know what some call 'university basics'.

Thankfully, there are lots of helpful resources and services out there to support you before you go and whilst you are at university. There is an abundance of support within LJMU, from student funding teams who can help with budgeting, to careers and study skills teams.

In the first few months, you will have the opportunity to receive dedicated support from the study skills team, who are often based within library or resource areas. They can explain terminology to you and provide you with further support regarding your workload, even if it is just getting your head around what you are expected to do/how you should be doing things. At most universities you will have a personal tutor who you can contact should you need to. They can provide guidance on course and social issues, and refer you to the correct teams to best support you.

Before starting your course, it is always good to read relevant books on your course area, follow university emails or tweet instructions, and look at any videos or tips online that may help you adapt to university life. You are not expected to know everything right away, and you will have the time to develop your skills within this new setting. Utilising all and any support available to you is a proactive step in the right direction.



QUESTION:

What preparation are you doing before you start your course?



ANSWER:



TIPS

NEVER BE AFRAID TO SEEK HELP. THERE ARE LOADS OF PEOPLE WHO CAN HELP YOU THROUGHOUT YOUR TIME AT UNIVERSITY.



HOW TO BE THE BEST STUDENT POSSIBLE



MINDSET

You don't start with an undergraduate (first to third year student at university) mindset – this is developed over time while studying. The core abilities to think independently, critically assess and use innovation in your ideas will be the key aims for each module, and lecturing staff will be there to push you to adopt these outlooks.

GROUP WORKING

Embrace the opportunities you have with group working. You will most likely be with someone from a different background or culture from yourself and it is important to open your mind when working with others. Collaboration is a key skill for employers, and being able to demonstrate this in interviews post-graduation is important. Most years of study will afford you opportunities to work collaboratively, either through presentations or assignments.

GET INVOLVED

The Students' Union (JMSU) will promote initiatives and social activities for you to get involved in, such as Freshers' Week. These provide the perfect opportunity for you to get to know your flat and course mates, pick up some freebies and find out what you have in common. During these first weeks, you will also have opportunities to sign-up to new sports clubs and societies that match your interests. There are a number of popular student groups such as Football, Yoga and Politics which you can join, some of the quirkier ones include Harry Potter, Viking and Hummus societies. If you don't think societies are your thing, other opportunities are also available. Most universities offer volunteering schemes, which are a great way to meet people and find out more about the wider community. Volunteering can also help develop your skills and experience, plus doing something beneficial for others can benefit you by boosting your own wellbeing – it is a win-win!



LIVING ARRANGEMENTS/ COMMUTING



For most students, leaving home and staying in halls is part of the university experience. This could be a completely new setting, city, region or even country and it may be hard to adapt straight away. We are all used to our own way of doing things and mixing with four to six strangers can be difficult at first.

On the day you move in, you may experience an array of emotions, from nervousness to pure excitement. You may have your family or friends helping you move into your halls, or you may have left your home at an unearthly hour and are now receiving your keys to move into your first flat. You may be asking... Who will I be living with? Will I get on with them? Will they be clean and tidy?

If you want to meet potential flatmates in advance of moving into your accommodation, a lot of providers have social media groups which you can join in the months before the start of term. Feeling uncertain or apprehensive is completely normal. You will meet people from across the country, maybe even further afield, and you will soon realise that everyone is in the same boat. After you have moved in, grabbed some food with your family/carers/friends you will be

desperate for your chance of real independence.

You will want to get to know all your new roommates, and this comes during one of the best times to be a student – Freshers' Week. There is so much going on, it will feel like the world is your oyster. Remember, even if you are commuting to University you will still have access to these amazing opportunities, keep an eye out for how to get involved in the first few weeks.

Part of going to university and moving out is learning to live and work/get along with other people. It is a great life skill that will set you up for the rest of your life. However, if you find that you don't enjoy living in your flat, you can get in touch with the accommodation office and speak to dedicated support staff to find a solution to the problem.

For more info from students on settling into halls visit:

www.ljmu.ac.uk/about-us/news/blog/2019/5/3/how-to-settle-into-halls

<https://www.ljmu.ac.uk/about-us/news/features/make-your-student-digs-cosier>



QUESTION:

Someone you live with has an annoying habit, such as leaving their dirty dishes on the side. How do you approach them?



ANSWER:



TIPS

GET TO KNOW YOUR ROOMMATES BY DOING SOMETHING TOGETHER AT THE START OF TERM, SUCH AS COOKING A MEAL TOGETHER, BOWLING OR A GROUP ACTIVITY.



COMMUTING



There will be many students who will commute to university. It is important that you make the necessary arrangements and plan for your first day. Just because you are in the same city/town doesn't mean that you know where everything is. Firstly, you will probably have further to travel than before to get to university, so make sure that you have thought about all possible modes of transport. For those that are lucky enough to have cars, ask yourself whether it is really worth spending the money on fuel and parking to drive into the city centre?

Most cities have regular public transport options, from trains to buses and often cycle paths. Cycling can be a particularly good, budget-friendly option. Most university campuses will

have facilities for you to store your bike securely. Make sure you have assessed all your options before committing to one way of travel. Just because you have always driven into the city centre doesn't mean it is the easiest, fastest or most affordable way of doing so now.

You should look out for local deals, which you will find on travel websites (such as <https://www.merseyrail.org/>) within your chosen university city. These will often have the best prices and could include a yearly package, which is cheaper and easier to use. For more info on travel at LJMU visit: ljmu.ac.uk/about-us/about-liverpool-john-moores-university/sustainability/travel

QUESTION:

Look at the current travel options to get to your nearest city or town. How many ways can you get there? Which is the cheapest?



ANSWER:



MANY TRAVEL COMPANIES OFFER STUDENT DISCOUNT TICKETS.

INDUCTION



Your induction to the university usually starts during Freshers' Week. As well as the functional process of enrolling, there will be sessions and social events designed to help you get to know other students on your course.

Put simply, the induction period is an opportunity to find out where your classes will be, how long it will take to get from your house/accommodation

to the campus and attend any relevant introductory sessions. These usually take a couple of hours. You will also have an induction to your course to meet your new classmates, and you will likely get an introduction to Library Services.

These first weeks of university may feel quite daunting, but remember everyone is in the same situation and will likely be sharing the same thoughts as you.

QUESTION:

You have arrived at your first induction seminar, and you don't see anyone you recognise. How are you going to introduce yourself to other members of your class?



ANSWER:



TIPS

COLLECT A FREE CALENDAR DURING THE FRESHERS' FAIR – THIS WILL HELP ORGANISE YOUR WEEKS AND VISUALISE DEADLINES.

BUILDING ACADEMIC AWARENESS



While you were in school/college you probably had a strong support network around you, from teachers, parents and even friends who would help you with issues. Moving to university study can disrupt this, and this can be challenging as you also transition to new ways of working.

The first thing to note is that most students will experience challenges as they adapt to the different expectations and assessment methods of university study, and nearly everyone finds it hard to deal with feedback and 'bad' grades.

It is also important to realise that you will build the skills, knowledge and resilience to deal with setbacks or challenges. Also, that there are various techniques to help you do this.

Think about what you could have done differently. A critical mindset is important for learning and development.

Take action. If you have received a mark you are not happy with, do something about it. Really engage with the feedback and work on areas for improvement, or talk to your lecturer and ask for help to ensure that it doesn't happen again.

Be realistic. You are not expected to be perfect all the time. A huge part of growing as a person is overcoming challenges and learning from them.

Build supportive relationships. Even if it is just chatting to your new housemates, this can be an important way to explore emotions that you will all be going through, and we all know that talking problems or feelings through with others can be a massive help.

You should also remember that there is lots of advice and support on offer at the university. As well as your lecturers and personal tutors, the library's **Skills@LJMU** service can help you to understand and act on feedback and improve your work. Your faculty's Student Engagement Officer can also help you explore any other personal or academic issues you may have.

FURTHER SUPPORT IS AVAILABLE AT LJMU AT

<https://www.ljmu.ac.uk/microsites/library/skills-ljmu>

QUESTION:

Have you ever received a bad grade, or disappointing result before? If so, how did you overcome this?



ANSWER:



TIPS

CHAT TO YOUR PERSONAL TUTOR IF YOU'RE HAVING DIFFICULTY ADAPTING TO UNIVERSITY LIFESTYLE. THEY WILL BE ABLE TO FIND THE SUPPORT YOU MAY NEED.

UNIVERSITY LIFESTYLE



MONEY MATTERS

Managing a budget at university is one of the key aspects of making sure you can perform at your highest level and put maximum effort into your studies. Money troubles can cause stress, and this can in turn cause a cycle of worry.

One of the most important things a new student can do is draw up a budget plan. This will help to make sure that you a) make the most of your time as a student b) are comfortable and happy and c) are financially aware of the cost of things. Before you start university, you should make sure that you have accessed as much support as possible.

For students looking to join LJMU, we provide access to our fantastic tool Blackbullion. Blackbullion is a budgeting and educational tool to help improve planning and money management as a student. It provides the averages of cost based on location, so if you are moving area, you can prepare for any financial differences.

You can access Blackbullion at [Blackbullion.com](https://blackbullion.com). If you are asked to register you will need to use your email account and the code **LJMUAPPLICANT**.

Calculating the weekly cost of your food shop, accommodation, books, travel and going out spends in advance will pay dividends throughout the year. Make sure you have an estimated weekly balance for this, as this will allow you to live within your means. On an average week, students spend approximately:

FOOD AND SUPERMARKET ESSENTIALS - £50

ACCOMMODATION - £105

SOCIAL LIFE ACTIVITIES - £30

OTHER BILLS (PHONE, INSURANCE) - £15

TRAVEL AND STATIONARY - £10

Total: £210 per week.



TASK:

Draw up a budget of your current spends. Remember to include your travel, phone bill and food expenses.



ANSWER:



TIPS

YOUR STUDENT LOAN WILL BE PAID IN THREE INSTALMENTS. THESE ARE IN SEPTEMBER, JANUARY AND APRIL. MAKE SURE YOUR BUDGET REFLECTS THIS, AND YOU DON'T SPEND IT ALL AT ONCE!



KEEPING YOURSELF AFLOAT

Knowing how much money you will be receiving from Student Finance is important, so be sure to check out their handy Student Finance Calculator when measuring your incomings. Next, you may need to see how this differs from your expected budget and begin researching how to balance your budget.

The most common ways of doing this are seeking employment, support from parents, scholarships and bursaries.

If you are currently employed by a nationwide employer (such as retailers or supermarkets) you may be able to ask for a transfer. This is a great way to ensure that you keep your job regardless of where you have moved to. If you are new to a city, at the start of each term, there is usually an increase in the amount of jobs available, particularly for students.

Scholarships and bursaries are awarded by universities, and research is important in being

able to secure these. Some charities also offer these. Scholarships are awarded on merit, for instance if you have done something relating to sports, music or the community. Bursaries are awarded on circumstances, and will differ between universities, examples of this could be household income, or whether you are the first from your family to study.

Some top tips:

- Use your phone as your wallet. A number of apps exist where you can live monitor your account balance.
- Separate your needs from wants. Want something? Why not ask for it as a present?
- Create alerts. Falling into your overdraft? Make sure you are aware of this via banking alerts.



GETTING SETTLED IN

Recognising that there are challenges as a student is important, especially prior to starting. Whilst the university experience may look really fun, there are times when exam stress and morale can become low. Students can sometimes struggle with homesickness during the first few months of their course, so it is useful to find the right balance for you.

Some students make sure they visit home regularly, this could be once every few weeks, or every couple of months. Only you will know the right balance. Missing home is completely normal and making sure you have discussed plans with friends/family in advance can really help. With the growth of video chats, more

people have increasingly used platforms such as Zoom and WhatsApp video calling to see and communicate with loved ones on a regular basis.

Meeting friends and visiting attractions in your university town or city is another good way of improving your sense of wellbeing. You may discover something new and could create memories that last a lifetime. As mentioned earlier, Student Unions offer loads of great initiatives throughout the academic year that allow you to meet new people and take part in new and exciting activities. If ever you find yourself bored or stressed, this could be a way to find something that brings you enjoyment and helps you connect with other people.

We know that social media is a great way to keep track of what is going on and find out about new things happening. However, it is also easy to sometimes get overwhelmed or feel isolated with social media. If you are having a bad day or feeling a bit low, sometimes it may seem like everyone is having a much better time than you and this can make you feel worse. Try to remember that all is not what it seems on social media and make sure you also try to balance your online and offline life.

If you feel you are struggling to cope with change or having issues settling in, don't forget there is always someone to talk to at LJMU. Some more information on the Student Wellbeing team: www.ljmu.ac.uk/students/supporting-your-study/support-in-your-faculty

QUESTION:

What would you do if you felt sad or lonely at university?



ANSWER:



TIPS

ARRANGE A CATCH-UP WITH FAMILY AND FRIENDS AT A CERTAIN TIME EACH WEEK. THIS WILL GIVE YOU A ROUTINE AND ENSURE THAT YOU STAY IN TOUCH ON A REGULAR BASIS.



STRESS MANAGEMENT

It is perfectly normal to feel stressed or anxious at times. It is a natural reaction to issues which we are worried about. We all manage our stress differently. It is important to pay attention to how we are feeling and look out for the warning signs of stress:

- Unable to handle tasks which would have been manageable before
- Change in behaviour, with a shift to a negative/aggressive attitude

- Putting off or avoiding work, missing class or assignment deadlines
- Difficulty sleeping

It is always important to reach out and ask for help rather than struggling on your own. At university, there is so much support available from your lecturers, personal tutors, Student Support staff and fellow students. There is always someone to talk to.

LJMU'S TOP TIPS



ACCESSING HELP

Knowing where you can get the most appropriate help is important, from all things big or small. Using your university to your advantage is important.

Most universities have the following:

- | Student Support services that can help with issues relating to wellbeing and mental health, money, issues with your course and anything else that may be impacting on your student experience.
- | Chaplaincy and multi-faith centres
- | Tutor Support (1-2-1s)
- | Student Groups
- | Student Union Advisors
- | Buddy/Mentoring Schemes

Other important support services include:

- | GP
- | Citizen Advice
- | Samaritans
- | NHS 111
- | Stonewall (LGBTQ+)
- | Health Clinics

EXPLORE YOUR NEW HOME

In order to settle in, it is important to explore and familiarise yourself with your new surroundings. Get to know your new home with LJMU's Student Opportunities team. Student Opportunities can help you find out about activities and events in Liverpool for free. This is not only the perfect way to experience Liverpool and keep within your budget, but also a great opportunity to meet other students across the whole of LJMU. As an LJMU student you will have access to exclusive offers from galleries, theatres and more! Another great way to explore Liverpool is through Independent Liverpool who promote the independent businesses within Liverpool. Independent Liverpool will help you explore Liverpool culture whilst supporting local business.

UTILISE SOCIAL MEDIA

Following LJMU's social media accounts will keep you up to date with all the exciting events and opportunities on offer. Prior to coming to LJMU, it is really beneficial to join groups on social media, such as Facebook, for your course or your accommodation. This will help you find who you will be studying or living with, and you can get to know these people before you arrive.

JOIN A SOCIETY

Joining a society will give you the ultimate student experience. With over 90 societies at LJMU, you can grow your passion or try out something new - there is really something for everyone. If you fancy getting more active, the JMSU Sports Clubs have opportunities to focus on health and wellbeing whilst having fun with team mates.

www.jmsu.co.uk/getinvolved

MAKE NEW FRIENDS

As tempting as it is to remain in your existing friendship groups, particularly if you live locally, it is important to branch out. University can be an incredible experience. You will have the opportunity meet so many new people through your course, accommodation, and societies. Your new friends will then have friends from their course, accommodation and societies - so there is a constant cycle of meeting new people. Remember it is new for everyone and we can all feel a little anxious about meeting new people, so try not to be scared and look forward to forming new friendships.

MANAGE YOUR WORKLOAD

As soon as you start studying, make sure that you are fully aware of your assignments, reading list and deadlines. This way you can manage your workload efficiently and set yourself realistic targets. This will keep you on track to achieving your desired grade. It is also really important to get into the habit of saving your work as you go along and always back it up.

HAVE A SELF-CARE PLAN

Paying attention to your wellbeing and having a good self-care plan in place is so important. Prioritising your self-care can help you manage your emotional and physical health, enable you to have the best time at university and better deal with the challenges and demands that student life can bring. Make sure that you make time to cook healthy meals, take time out to go for a walk or have some exercise and get good sleep when you can. Something as simple as keeping a tidy room can help you feel loads better and a bit more organised.

For more information on support available for your wellbeing, visit: www.ljmu.ac.uk/discover/student-support/health-and-wellbeing

LEARN TO COOK AND PLAN MEALS

Learning to cook is a key skill in your new independent lifestyle that can help reduce the likelihood of you wasting money on eating out and takeaways. Many websites and YouTube channels can help you with this, so there is no excuse. If you plan your meals each week, you can shop efficiently whilst ensuring that you are remaining healthy through a balanced diet. Although it may be tempting to eat the same food from the same shops you would have at home, it is important you make the most of your money and save on your food shops. Discount supermarkets offer a great range and quality, but best of all, they give you the ability to spend more on your social life.

Try regularly cooking a meal for your family over the summer for £5. Having a few quick, easy and nutritious meals you can cook will save you lots of money and time when you are at university.

Cooking bigger portions that you can have for dinner and then lunch the next day can save you as much as £800 per year.





SIGN UP FOR STUDENT DISCOUNT

You can sign up to Unidays or Totum Lite free of charge and make the most of your student status by receiving student discount from hundreds of big retailers.

DOWNLOAD CANVAS

The Canvas app is an essential download for your phone or tablet. Canvas is LJMU's cloud-based learning platform that informs you of your online course content and updates from your academic tutors. You can also find your course handbooks, assessment guidance, and learning resources linked to your studies on Canvas. If you choose to commute to university by public transport, instead of looking out of the window to fill the time, you could make your way through your reading list and prepare for your studies.

EXPLORE INTERNATIONAL OPPORTUNITIES

If you are interested in getting some experience working abroad, familiarise yourself with the opportunities LJMU has to offer. Options include studying abroad, completing an internship, working at a summer camp and much more, so if this is something that appeals to you, start to explore your options and create a plan for your future.

REGISTER WITH UNITEMPS

Unitemps is LJMU's very own on-campus recruitment agency, which can provide you with opportunities to access paid work in support of your study that will strengthen your CV, employability skills and organisational awareness. You get to choose what jobs you apply for and when to work these shifts, so your work can fit perfectly around your student life.

REGISTER WITH A GP

It is really important that you register with a GP as soon as you arrive. GPs are your first point of call for most health issues. You will need a GP in Liverpool for prescriptions, referrals, sick notes and general healthcare.

To find a local GP ring Healthwatch on 0300 77 77 007 or visit the NHS Choices website. If you are not from Liverpool you can still see your own doctor when you go home.

For more information on healthcare available in Liverpool for students, visit:

- | healthwatchliverpool.co.uk/advice-and-information/2019-10-02/health-information-students-liverpool-2019
- | <https://healthwatchliverpool.co.uk/gp-and-nhs-dentist-information-liverpool-students>

STAYING SAFE

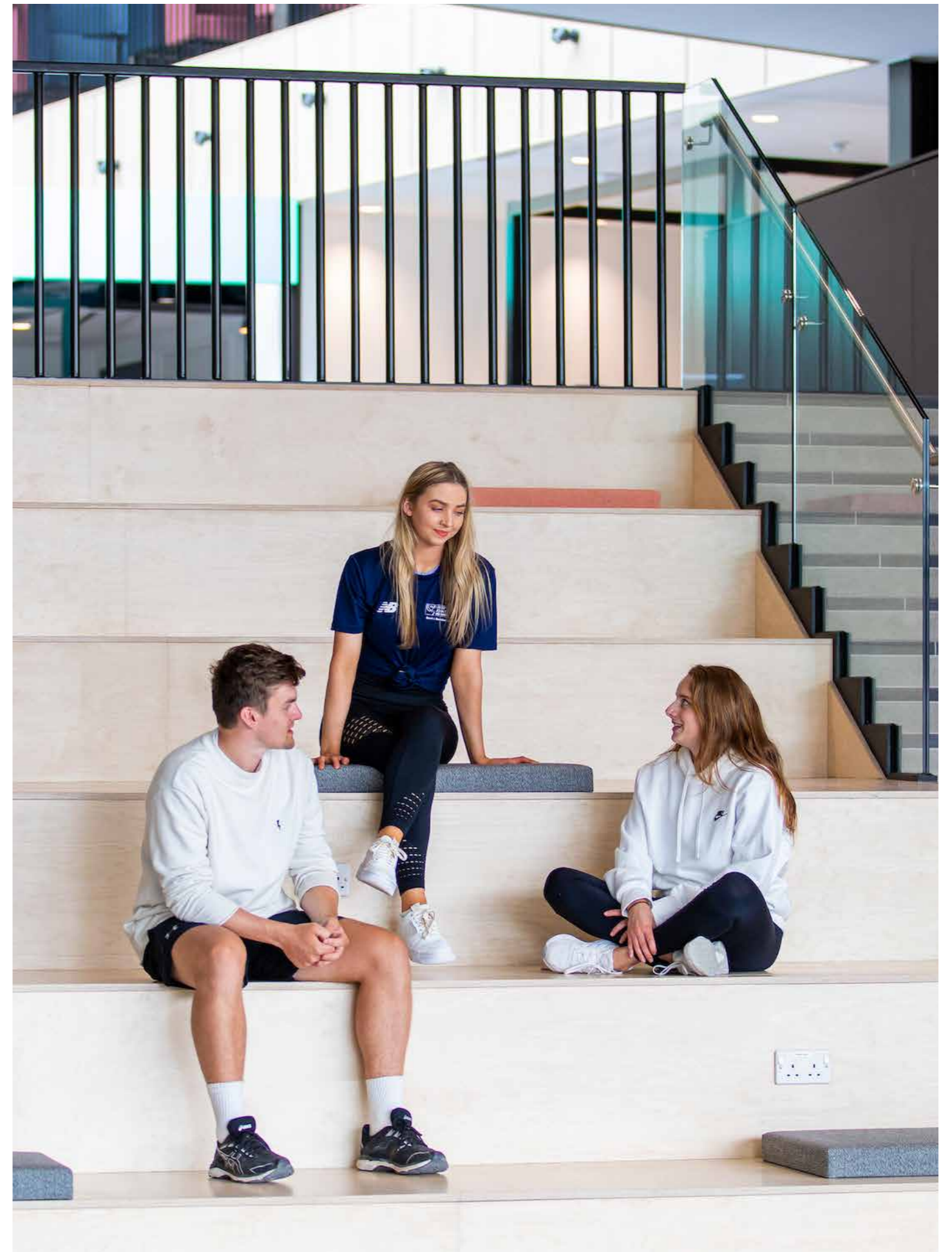
Living independently means that you need to think more about your personal safety to ensure that you make the most of your student experience. Liverpool is a safe UK city and has been awarded Purple Flag status. Places awarded this status are recognised for responsibly providing a vibrant mix of entertainment while promoting the safety and wellbeing of visitors and local residents.

You can find tips on how to keep you and your belongings safe [here](#).

STUDENT MINDS

It is natural to feel nervous or overwhelmed about the change, and it can be a while before you feel like you have found your feet at university. Visit Student Minds and have a look at their resources to help ease the transition into university life.

- | www.studentminds.org.uk/transitionintouniversity.html
- | www.studentminds.org.uk/knowbeforeyougo.html



 outreach@ljmu.ac.uk

 ljmu.ac.uk/outreach

 [@LJMUOutreach](https://twitter.com/LJMUOutreach)