

17/07/2020

Dear Year 13 Students and Parents

Transition to University Resources

The attached materials have been produced by Buckinghamshire Mind and the Buckinghamshire PSHCE Leads. They are designed to support transition to higher education for students starting at their new place of study in the autumn term. The programme was initially designed to be delivered in school face to face, but due to Covid the materials have now been made available for all schools. You can also find a powerpoint presentation on sharepoint at the end of which students have an opportunity to complete a short feedback questionnaire.

[https://rgshw.sharepoint.com/:p:/r/sites/RGS-Sixth Form Students/_layouts/15/Doc.aspx?sourcedoc=%7BE49A15B8-C9A7-4C8A-B887-FF764887E88E%7D&file=Transition%20to%20Higher%20Education%20presentation%20\(Buckinghamshire%20Mind\).ppsx&action=edit&mobileredirect=true](https://rgshw.sharepoint.com/:p:/r/sites/RGS-Sixth%20Form%20Students/_layouts/15/Doc.aspx?sourcedoc=%7BE49A15B8-C9A7-4C8A-B887-FF764887E88E%7D&file=Transition%20to%20Higher%20Education%20presentation%20(Buckinghamshire%20Mind).ppsx&action=edit&mobileredirect=true)

Coping with changes, the transition process, exam stress and social media all impact on students moving on to higher education and can to behaviour and relationship issues, anxiety, depression, self-harm and other mental health concerns. Therefore, supporting students to develop their own sense of agency helps to build resilience and a sense of self-efficacy.

Research by the Department for Education (DfE) identifies four key areas of risk that can affect the mental health of young people going to university. These are:

1. Independent living – including things like managing finances, having realistic expectations of student life, as well as alcohol and drugs misuse.
2. Independent learning – helping students to engage with their course, cope with their workload and develop their own learning style and skills.
3. Healthy relationships – supporting students with the skills to make positive friendships and engage with diverse groups of people. Other risks can include abusive partners, relationship breakdowns and conflict with others.
4. Wellbeing – including loneliness and vulnerability to isolation, social media pressures and ‘perfectionism’. Students may also not know how to access support for their wellbeing.

I commend these materials to you.

Kind regards
Hilary Munday
Assistant Head