

# 10 top transition and wellbeing tips for new students starting Uni

It's normal to feel unsure about what to expect when starting university. It's also normal to feel nervous at times of change, which is why we've written these top 10 tips to help you steady your nerves:

1. **Prepare:** Sit down with someone you trust and write a list of all your worries and concerns, so that you can start to address them together.
2. **Create an action plan:** Put all your worries or concerns into different categories, such as making friends, your studies, budgeting, living away from home and make an action plan for each one, containing solutions for each worry.
3. **Organise your medical care:** If you need support for any health condition or disability, plan how you can get the care and support you need. A good starting point is to search your university's website for 'student support' to look for information about available services.
4. **Register with a new GP:** Check out your university's website to see if they have a surgery on campus or whether they recommend a particular GP practice. Phone the new GP practice and see if they have anyone who specialises in student health. If you have mental or physical health issues, make the call yourself if you can. If you find it hard, ask your next of kin to call and sit next to them so you can listen and join in if needed.
5. **Medication:** If you take regular medicines or need medical devices or equipment, plan what you need and get an appropriate supply of prescriptions in advance (to be agreed with your GP) so you don't run out!
6. **Contact Student Support:** If you have ongoing mental health issues, get in touch with Student Support before you go to Uni. They're there to support you and will do what they can to help. Phone or email them for advice and don't be shy in asking for help if you need it.
7. **Sort out ongoing care:** If you're under specialist care for conditions like asthma, diabetes or a mental health problem, register with a new GP as soon as possible so that you can discuss ongoing care and possible referral to local services.
8. **Get comfortable:** Take a few things with you that remind you of home, like a dressing gown or your usual duvet and bedsheets instead of buying new ones. You could also make a playlist of your favourite songs and photos of family and friends for times when you need a boost.
9. **Look after your wellbeing:** Make a 'Personal Wellbeing Plan' of 5 things you can do every day and to help build your wellbeing. Include things in your plan like sleep, exercise, activities that you enjoy, something relaxing, socialising with friends, small treats, Uni clubs, support from home, and so on.
10. **Make a Safety Plan:** Sit down with someone you trust and make a plan of things you can do for yourself. Write down how you can get in touch with people you can ask for support if you ever feel low, get stressed or you are struggling. Check out the leaflet '[Feeling Overwhelmed and Staying Safe](#)' for ideas.

If you're worried or stressed after reading our tips please talk to someone about how you are feeling as you may need extra support.

Tips provided by **Dr Alys Cole-King** (@AlysColeKing) with input from **Dr Dom Thompson**, Student Health Expert (@DrDomThompson | [buzzconsulting.co.uk](http://buzzconsulting.co.uk)) and **Dr Knut Schroeder** (@DrKnut and @expertselfcare)