

# before uni

WHO TO TALK TO

Care experienced and considering uni? The first hurdle is often working out who to talk to. Everyone's situations are different, but one or more of the following should be able to help you talk things through.

**Foster Carers:** If you are living with a foster family, it may be that your foster carers have either been to university themselves or supported someone else to do so. If they haven't, there are some useful tips for them on the CLASS Cymru website.

**Family members:** Perhaps you are in contact with members of your birth family who can help talk things through with you.

**Friends:** It's always a good idea to discuss these things with your peers! Friends may not know how to advise on your specific situation, but talking about the idea of uni with others who may be considering the same things, or may have been to university themselves, can help consolidate your thoughts.

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**Social Workers / PAs:**

Your Social Worker or Personal Advisor should be able to offer you advice – either because they have helped other young people on a similar journey or because they’ve accessed their own support on the topic! We’ve got some information specifically for them on [the CLASS Cymru website](#).

**Teachers:**

If you are in school or college and have a teacher or support worker you trust, definitely ask for their advice. If they don’t know the answers to any of your questions, they should be able to find out more for you. Many schools and colleges will also have direct links to universities across Wales who can offer more advice.

**Online communities:**

If you’re looking for advice from people who’ve been through similar experiences, online communities can be your best bet. On YouTube, Twitter, and all over the internet you’ll find care experienced people who discuss their experiences with university. We’d recommend looking up [Sophia Alexandra Hall](#) and [Zara Clench](#) on Twitter.

**Charities:**

There are plenty of charities around that can offer help and advice. Become is a good place to start, and if you’re over 25 then the [Rees Foundation](#) have a specific peer support group for care experienced students.

**Universities:**

Why not get in touch with universities directly? As our guides to applying will show you, universities usually have a dedicated contact for care experienced people. You don’t need to know what you want to study (or where!) to ask them any questions you might have.