

studying at uni

STUDENT LIFE



How do I find out about...

Support for care experienced students

You should know by this stage who your university's designated contact for care experienced students is. Not met them yet? Get in touch with student support to arrange this if you have any questions.

General support

Whilst it can be good to speak to someone who specifically understands the issues that can come with having been in care, there's plenty of more general support to help you through your time at uni. Your personal tutor can help with any problems you have, whether they're related to your course or more personal.

Your students' union and student support service will have people on hand to help with a whole range of things, from money worries to mental health. And there will also be fellow students who act as representatives for your course or other specific issues who can help you voice your concerns.

Mentoring and buddy schemes

Whether you're looking to meet with other care experienced students, or you'd like peer support from someone studying the same subject, why not find out what mentoring or buddy schemes your university has? You can be paired with someone further along in their studies who can help you to navigate the tricky bits.

Work experience

Whether you're on a course that has a year in industry, you're looking for specific work experience or you just need extra cash to see you through, there are options out there for you. Most students' unions will have a 'job shop' where you can find properly paid work that fits around your studies. And if you're a care experienced student in Wales, you're eligible for GO Wales, who work with companies all over Wales to provide work experience opportunities (gowales.co.uk).

Sports and societies

Another great way of finding the support you need as you go through university is by joining sports and societies. As part of your students' union, sports and societies are often free, and where there is a fee it tends to be heavily subsidised. Whatever you're interested in, the chances are there's a society for you.

