

Settling in: A Guide for Parents, Guardians or Carers of New Students

Starting university is a major life change. New students have to make friends, adjust to living in a new place and adapt to higher level study. The majority are also leaving home for the first time. Many settle quickly while others find it more difficult and feel homesick, lonely or anxious. Some anticipate this due to particular personal circumstances and experiences while for others it can be an unexpected shock.

Making friends affects how quickly new students feel at home. If friendships are slow to develop students can assume they will never find friends but this is not so. Often flatmates and other students on their course become friends. The academic schools run social events to help with this but both Campus Life and the Students' Union clubs and societies also provide excellent opportunities for socialising and making friends.

Home contact is helpful for new students, particularly for those finding the transition difficult. However you choose to stay in touch do:

- reassure them
 - it takes time to adjust
 - it is not unusual to feel as they do
 - others will be feeling the same
- encourage them to:
 - keep busy
 - join in activities
 - find someone to talk to about their feelings
 - use the support services that are available
- discuss whether a short visit home would help - this depends on the individual and while some find it helpful others find it more unsettling

Support for students: Bangor offers a wide range of student support that covers all aspects of student life including:

- Peer Guides encourage new students to take part in the various activities as well as showing them around and giving general information on living and studying in Bangor
- the Student Wardens who are assigned to the each Hall of Residence
- the student's Personal Tutor within the Academic School
- Student Services Centre in Rathbone where advice is available on everything from finance to study skills. The counselling team is very aware of the problems new students face and offer excellent support while for those who decide leaving Bangor is the best option staff will guide them through that process

Contacting the University: if you are particularly concerned about a student and contact the University directly, please remember that under the Data Protection Act (1998) the University cannot release any information about an individual. Your concerns will be listened to and, in extreme situations, a message can be relayed to a student. For full details of what the University can and cannot do under the terms of the act please refer to the 'Communicating with Parents and 3rd Parties' document.