

Project Future – *Being Independent* (20 top tips for life after school)

<p>Food shopping Consider sharing a food shop with a friend so you can buy in bulk and take advantage of 2 for 1 offers. You can then split the cost between you.</p> <p style="text-align: right;">20 POINTS</p>	<p>Money Get a student bank account as these often come with perks, but remember that any overdraft facility should be only for emergency use as it is <u>not</u> your money - do not treat it as such.</p> <p style="text-align: right;">20 POINTS</p>	<p>University support services Find out what support services there are and how to access them. There will be things in place to offer practical, medical and emotional support. You may not need to use them but it's good to know what help is available.</p> <p style="text-align: right;">20 POINTS</p>	<p>Feeling lonely It is perfectly normal to feel lonely when you go to university; it is a very big step and it can feel overwhelming. Remember that everyone is in the same boat so reach out to others and share your feelings.</p> <p style="text-align: right;">20 POINTS</p>
<p>Be safe while socialising You will want to make friends and fit in but do not give in to pressure to drink excessively or do other unsafe things. You will find like-minded friends, so give it time. Use the student support services if you need help.</p> <p style="text-align: right;">20 POINTS</p>	<p>Personal belongings insurance When at university, you will want to insure your belongings, such as phone, laptop etc. Search for 'student contents insurance' on the internet. There are lots of companies that offer this, so shop around for the best deal.</p> <p style="text-align: right;">20 POINTS</p>	<p>Take vitamins When students first go to university, they often get ill as they come into contact with lots of new people. Take two large packs of multi-vitamins with you and take one vitamin tablet each day.</p> <p style="text-align: right;">20 POINTS</p>	<p>Take your time Do not make important decisions, particularly about who you will live with in your second year, during the first term. The people you first meet at university may turn out to be friends for life, or you may have very different friends by Christmas.</p> <p style="text-align: right;">20 POINTS</p>
<p>Renting private accommodation Students do not pay council tax but you will have to prove your status to the local council by sending in the form your university will give you. Shop around for the best deals on gas, electricity and broadband, using price comparison websites.</p> <p style="text-align: right;">20 POINTS</p>	<p>Travelling on a budget Get a 16-25 Railcard, which will save you 1/3 on rail tickets for a year. The Megabus can also be very cost efficient. Check out other travel discounts in your area, for example, students in London get a special rate on their Oyster card.</p> <p style="text-align: right;">20 POINTS</p>	<p>Cooking Plan ahead and make a real effort to eat healthily. Takeaways are not good for you. There are many websites and food apps to help you. www.bbcgoodfood.com has easy recipes for those on a budget and will create a shopping list also.</p> <p style="text-align: right;">20 POINTS</p>	<p>Get an NUS card Do this straight away as it entitles you to many discounts at shops and restaurants. Also check out whether any of the services you regularly use offer reduced rates for students, e.g. Spotify is half price to those who register with a verified university email.</p> <p style="text-align: right;">20 POINTS</p>
<p>Study habits There's a lot of freedom at university so you must get into a good study routine within the first two weeks. You need a diary and a planner and must get organised. You are paying for your course and it will be wasted money if you don't make the most of it.</p> <p style="text-align: right;">20 POINTS</p>	<p>Textbooks Resist the temptation to immediately rush out and buy all of your textbooks brand new at the start of the course. Many universities have a system whereby older students can sell the textbooks they have finished with at a vastly reduced cost.</p> <p style="text-align: right;">20 POINTS</p>	<p>Stay in touch You probably have lots of ways of contacting friends via social media, but it can be nice to set up a family Whatsapp group before you go away, or regularly arrange a Zoom call with people back home.</p> <p style="text-align: right;">20 POINTS</p>	<p>Saving money @ the supermarket Most supermarkets reduce food items at the end of the day; if you shop just before the supermarket closes, you can pick up some good bargains.</p> <p style="text-align: right;">20 POINTS</p>
<p>Beware of</p> <ul style="list-style-type: none"> - Credit cards - Putting all of your student loan in your current account in one go - Making any large non-essential purchases when your loan arrives <p style="text-align: right;">20 POINTS</p>	<p>Clubs / Societies University is a great opportunity to try out new things. Try out lots of new clubs, sports and activities; however, it is often better to settle for just one or two in the long term. Go for things you enjoy and that fit with your schedule.</p> <p style="text-align: right;">20 POINTS</p>	<p>Medical help Take a basic first aid kit with you and other things for personal wellbeing and safety. Register with a doctor and remember that the local pharmacy can provide lots of over the counter medical help and advice.</p> <p style="text-align: right;">20 POINTS</p>	<p>Have a sensible email address You probably already have an email address but if it is silly (or worse) you must set up a new one that you will be happy to use both at university and in the workplace in the future. Do this immediately.</p> <p style="text-align: right;">20 POINTS</p>