

INTUITION

A newsletter for students by students

Primary Initial Teacher Education

SUMMER 2020

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Summer 2020



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STARTING UNIVERSITY

By Karen Bubb (Year 1 Cohort Lead)



Beginning something new can be a daunting process and starting university for many will be a huge milestone in your life. We recognise that our students may face a range of challenges during the first term and throughout their time at university. It might be the first time living away from home, you might be returning to education after a break, you may have changed your career, you might be studying whilst caring for family members and you may be in employment alongside the course. All of these and others are things we as the Primary Team and the wider university departments are here to support you with. Our dedicated Personal Academic Tutors

(PATs) are there to support you with both personal and academic queries you might have. You will have regular tutorials where you can discuss any difficulties you may be experiencing but also celebrate your achievements to date. We take pride in personally matching you to your PAT before you start the course and provide opportunities for you to connect with them to ensure your transition to university is smooth and to offer support and advice throughout the course.

To find out more about our PAT system take a look at <https://www2.worc.ac.uk/pat/>.

5 MUSTS FOR YOUR FIRST WEEK AT WORCESTER

By Hannah Evans, Year 1 student

Get to know the campus and Worcester

One of the most important things to ensure you do when moving to or studying in a different city is to familiarise yourself with Worcester. This is new and will feel strange at first, but will make you feel much more at home, and help you to settle as fast as possible. Discovering local coffee shops to visit with your friends is a great way of getting to know each other, as well as finding your closest food shop! Exploring campus will allow you to familiarise yourself with where you will be studying and let you get your bearings of where your lessons will take place. Knowing your surroundings will enable you to make the most of the facilities on offer, like the Pierson study centre or the gym.

Sports and societies

Explore the opportunities Worcester University has to offer. From the Education Society to netball, there is bound to be something you like. And if not, the university is always looking for great ways to expand and wants you to shape how you learn. Why not start your own society? Everyone is extremely accommodating and willing to help with any queries you may have. Many societies compete in competitions, but if that's not for you, there are opportunities to play recreationally. Joining a society allows you to get to know people outside of your course, encourages you to socialise and push yourself to do new things.

Visit the Students' Union

Our SU has so much to offer! From the Hangar, to the SU shop and events throughout the year, the friendly faces are waiting to help guide you through your university experience. The Hangar is a great way to socialise with friends. From karaoke nights to the weekly quiz which runs throughout the year. The SU shop is amazing for all the essentials, from food to stationary. It is also an ideal

opportunity in the first week to pick up your semester calendar, to write all those assignment hand in dates on, so be sure to check it out!

Introduction lectures

The introduction lectures are a big a part of the first week of university. They are where you get to meet your lecturers, peers and get a greater understand of your course and the expectations. It is the start of the pathway into the next three years of your university life. I found this extremely helpful as it allowed me to meet the tutors I would be working with and meet all the people on the course. Having the course broken down into what we would be learning about each year helped me to really focus on what I wanted to achieve and motivated me to know that I was starting the journey to beginning my dream career.

Find someone you can talk to

For me, I think this is the most important. Moving and studying away from home can be extremely daunting, especially in the first week where you may not know anyone. Building relationships with those around you, be it a friend or someone at First Point (student services), is fundamental. Personally, I found that my peers in my seminar group have become my best friends, and know that whenever I am struggling I can always speak to them. Whether you are battling homesickness or worried about writing assignments, there is always someone you can talk to. Change can be hard, but knowing you can talk to someone makes the whole experience that little bit easier. Every member of the University of Worcester is here to support you and ensure you are looking after yourself, so make use of the support available. Remember that it is so important to put your own well-being first.



Things I wish I had known before school experience; planning, preparation and all of the bits in-between by Jazmin James

Starting a university course is scary as it is, never mind a university course where you are required to complete a placement, but the first thing I can reassure you of is that you are never alone. It doesn't matter how silly you think a question is, ask it, I can guarantee someone else is thinking the same, get it off your chest you will feel much better. While I'm on the subject make sure you speak to your placement tutor regularly they aren't there to trick you, they want you to pass as much as you want to pass. The placement process is extremely easy, the university sorts it all for you, you are never left to find your own placement, unless you want to that is! Its all done via a very easy and simple questionnaire, you give the placement team all of the information and they magic a placement for you, honestly it is like magic. If I can suggest anything two things to you in preparation for placement it would be firstly, to get organised, find out what you need to do on placement, what boxes you need to tick and get it done. There is nothing worse than having to tick all of the boxes in the last week and not being able to enjoy your time in the classroom. Secondly, make sure that you do the journey to the school before the Monday morning, once you are happy with the journey, you will most certainly feel a weight lifted. Walking into placement on that first Monday morning can be so daunting but a little bit of advice, wear smart clothes and a big smile on your face, this won't go a miss. You might be on a paired placement, meet with them before hand to discuss arrangements. Think of your first placement as a time to build relationships, not only with the children in the class but also with the staff and the other students. Commuting to placement can be a struggle but check the SE list, if there are others at the same placement as you, message them prior to the placement and see if they want to lift share or walk with you to the school, you will build friendships without even thinking, you are all in the same boat. Finally, just remember you are still learning, you don't have to know everything, that's what you're there for! Be polite, keep smiling and ask questions!

SCHOOL EXPERIENCE (SE)

Karen Bubb (Year 1 Cohort Lead)

The pre - placement process:

- Schools are asked how many students they would like, for which year group and from which year group of our course (Year 1, 2 or 3 or PGCE).
- Students complete questionnaire (details of living arrangements, transport etc.)
- Partnership Team matches students to schools and year groups
- Partnership Team checks school are happy with their allocation of students/s
- Partnership Team let students know their school
- Students have the opportunity to request a different school if there are extenuating circumstances (e.g. bereavement, personal issues etc.). If possible, the Partnership Team will arrange another school, but this is not always possible.
- Partnership Team allocate each student a SE tutor.





Stereotypical university experiences usually often don't include the idea of commuting. However, it is highly important that people are aware of the opportunities that are available for those wanting to stay in the comfort of their homes and travel to Uni instead. Being a commuter myself I know how nerve wracking it can be and all of the issues that you may believe there to be. However, there is nothing to worry about! One of my main worries was that I wouldn't meet any friends as they would all be living together. Oh, how wrong I was! There are many opportunities for you to get to know the other people on your course and in your groups which gives you the opportunity to put yourself out there and make new friends, and meet other commuters (you will be surprised how many commuters there are). Throughout the first few weeks of University I recommend getting involved in as many activities as you can as this is one of the best ways to meet others and make friends, whether this is through societies, course activities, or freshers week!

Some other top tips I would recommend (which some I learnt the hard way) when it comes to commuting include getting to know the area well. More often than not, there is unexpected traffic, or car parks are full, so knowing the area well and other options to drive or park means that if plan A doesn't go to plan, plan B is always there so you can still get to your lectures in time. I recommend test driving your route beforehand to see how long it takes, this means that you can plan more efficiently. Finally, make sure you have fun and don't be afraid to put yourself out there to get involved and make new friends!

By Immy Jakeman

BEING A COMMUTER

By Caitlin Sheppard

Commuting whilst trying to maintain a work-life balance: how do we manage?

An integral part of the university experience is always said to be living at university, but not everyone has that option. As someone who has commuted for the first year of university, how hard actually is it?

So, you've made it university, but you've decided not to live in the halls or a student house. First off, this doesn't mean the end of your social life! The excitement of university isn't diminished by not living there; a lot of the experience can be had by the everyday attendance. The most exciting part of university is the friendships and relationships you develop through your group. However, the important thing when commuting is to keep your work-life balance, as it can be tiring because of the change in the workload between college/sixth form and university.

Tip 1:

Try and keep your home and work life separate!

The important thing when commuting is to try and keep your boundaries. Some work will obviously have to be taken home with you but try to allow yourself time at university to not cross your lines. If you don't keep the two separate, it becomes a constant run of hard work with no relaxation between the two areas, and no opportunity to consider anything else, let alone something fun!

Tip 2:

Make a travel plan!

Every week, try and use Sunday nights to plan your travel time for the week. Having a set plan will allow you to factor in time for other priorities, such as hanging out with friends at your home, any jobs you may have, or any work you will need to do at home! As well as having travel plans, you can then work in time to stay at university if you have socials, group projects, or meetings, or to hang out with friends at university. It's important to have an idea of what you need to do in a week.

Tip 3:

Join a society!

One of the easiest ways to have the university experience without living there is to join a society or a club. Joining one of them offers a multitude of experiences; you can make friends outside of your course, go on nights out in new places, or attend events you wouldn't have otherwise. There's far more on offer than just sports; if you search around of the Student Union pages, you're sure to find something that holds your interest. Part of the experience living in halls is going on social nights, but the important thing is that you don't have to attend every social! You can attend what is doable for you and your schedule.

Tip 4:

Make your travel fun!

If you travel the same way as someone else, see if you can carpool, to make the monotony of the journey more interesting, and hopefully to create a stronger friendship with someone in a new environment. If not, listen to music or podcasts that you enjoy and try to make your journey as easy and fun as possible, and to stay alert whilst travelling

It can be tiring to travel to and from university, but the most important thing to remember about commuting is that you'll still get the enjoyment and fulfilment of university despite not living there. It's not the most important part, what's important to remember is to enjoy the experiences you're having and that if you want to, you can always live on campus second or third year!



Top Commuter Tips

By Eve Higgins

- Take some time before the start of the course to familiarise yourself with the route or public transport you will be taking to campus. If possible, take a day to visit Worcester and experience the city! If not, get involved with virtual open days and induction events to help you prepare for the course!
- Make good use of time between lectures. There are plenty of places you can go including the canteen, which is a great quiet place to study between lectures (they also sell amazing cake!). There is also Pierson building, which has computers, a printer and large table space for you to use. This is great for if you still want to chat to your friends, but there is also silent space if you want to concentrate!
- As a commuter, you can still be involved in the social side of university life! Town is just a 20 minute walk from campus. This is perfect when you have longer breaks as you can walk down and do some shopping, get lunch with your friends, or even take a short walk down the river!
- Joining a society is a fantastic way to meet people outside of your course and get involved in more social activities. Although some social activities do involve nightlife, there are plenty of activities such as workshops or meetings in the hanger after university sessions you can attend that don't continue until too late at night, so you're not missing out!
- Using the Hive (library and resource centre) is a brilliant way to stay productive during longer free periods. You can use the computers and printer to make a start on any assignments as well as having access to thousands of books! There is even a café (the food isn't too expensive either!)
- Get involved in as many additional activities the university puts on as you can! Just some of those run this year is signalong, Worcester award, the opportunity for some forest school experience and much more!
- Last of all, make sure you engage with induction week! Induction week is so helpful with settling in, especially as a commuter not knowing anyone prior to the sessions. All of the tutors and staff are extremely friendly and go above and beyond to welcome you to the course!

EVERYTHING INVOLVED WITH DAILY COMMUTING BY TRAIN

by Steph Pritchard

Top tips for commuters:

- ❖ Use the time for commuting wisely: use time on the train to make notes or do some pre-reading for lectures; alternatively use the journey to catch up on tv shows or listen to a podcast.
- ❖ Have extra food, snacks and drinks with you: delays and cancellations can add time to your journeys so be prepared.
- ❖ Make realistic time plans: keep organised with work; be prepared to be tired and worn out by the time you get home.
- ❖ If you don't fancy walking up to campus use the first bus app for cheap bus tickets.
- ❖ Socialise and get to know people; even if you cannot go out at uni its helpful to socialise.

When deciding on universities I chose Worcester for the course I wanted but also because it was close enough to commute from my home in Birmingham. I did not want to move into halls because I was worried of not knowing anyone and I personally lacked confidence. Each day I would drive up to the train station near me and then have the 50-minute train journey into Foregate Street. There were some benefits of commuting as I still had my home comforts to go back to everyday and in reflection it helped my independence. There were some difficulties with it as the trains during winter were extremely unpredictable and unreliable.

A key point is make realistic time plans: if we had a 9am start I was awake at 6am to be on the train for 7am and if our finish was not until 6:15pm I wouldn't be home until around 8pm. This sometimes made completing work difficult so plan around your lectures to keep organised. Finally, a must for anyone commuting is to socialise, if you can meet people and take part in events it can really help; I ended the year commuting with a friend also on my course who I did not know before so it was much more enjoyable.

Things to consider when living in halls

Socialise

I know it's scary, but you're going to be living in halls for a year, and the people in your halls can become your closest friends at university. The accommodation team often try and put students on placement courses together so chances are they are doing Primary Education too (all 4 flats in my house were on the course!) so being friends with them can help you academically too.

Don't be the messy flat member

I know having to wash all your own pots is annoying, but it only takes 5 minutes and will save awkward conversations with your flat mates about the mess and generally just makes your living space nicer and helps you get along with your flat mates better.

Bring as much heavy food shopping with you as you can

Bit of a practical tip here. There is an Aldi about a 20-25 minute walk away, but its down a hill, and having to lug your 8 bottles of water back is a killer- trust me. You don't have to bring loads but it just saves at least one of the killer walks. There is a co-op down the road and a campus shop which you can get most things from though, so don't worry if you don't feel like an Aldi trip!

Don't bring all the clothes you own

Speaking from experience, you simply won't wear them. And remember, whatever you bring with you, you have got to take home again at the end of the year. Trust me, your parents won't appreciate having to drive down to get your stuff because you can't fit it all in your car.

Have fun

I know, it you've heard it a thousand times but university really can be the best time of your life. Try and go to every flat party you get invited to (just try not get a noise complaint), sit and have a gossip with your flatmates, sit watching netflix together for hours on end (but not when you've got an assignment due).

Halls are genuinely such good fun! At the start some of you will miss home a lot, but once you get more comfortable, living with your friends is great!

LIFE IN HALLS/STUDENT ACCOMMODATION

By Chloe Talbot

One of the biggest changes some students will face when coming to University is moving into halls; it's great living with your friends and not getting nagged for having a messy bedroom but you also have to prepare yourselves for the jobs no one wants to do, like getting the hair out that's stuck down the shower plug (from experience- try not to be the one who has to do this). Although it is very daunting living with a group of people you've probably never met, chances are they're all lovely and you're all in the same boat in regards to moving away from home so just try and speak to them and being friends with your flat mates will make your University experience a lot more fun.



A HOME FROM HOME

By Megan Shelton

What should you expect?

Everyone's experiences of staying in halls is completely different so I can't tell you exactly what to expect, but I can give you some guidance:

- Expect that it won't be easy to begin with, but it'll be worth it.
- Expect that there will be things you haven't done before in terms of cooking and cleaning.
- Expect that you will probably put something in the oven that shouldn't go in there; for example, a plastic lid! Although it will be a terrifying experience and your dinner will be late it will be funny after the initial shock!
- Expect that there will be arguments and disagreements, it's impossible to always get on with everyone.
- Expect to be called out for leaving a mess, your flat mates won't tidy up after you!
- Expect to be woken up at all hours because university students aren't quiet creatures and the fire alarms need testing!
- Expect to work hard but to have so much fun.

One thing I can guarantee about living in halls is that the memories you create and the stories you can tell will be worth the fake tan stained showers and dirty plates in the sink, most of the time anyway!

What will you need?

The internet is full of detailed and useful lists of university essentials and during the lead up to move in day I made multiple trips to Aldi. I brought everything I could possibly need, checking off lists of food, pans and spices I hadn't even heard of. And yet, a week into my halls experience and I realise, I don't have a tin opener. In fact, I still don't have one and honestly I'm not even sure I know how to use one. So remember, no matter how organised you are, you will forget something but chances are, you can just about survive without it.

Bring as many things as you can. Photos, plants and fairy lights - anything to make this feel like your new home. For me, it was so important to make my new room feel like it was mine so I could be comfortable and happy there. However, from personal experience, I can really recommend not bringing your whole wardrobe because you will find yourself sitting on your bedroom floor wondering where on earth you are going to home all of these clothes. That being said, I definitely recommend bringing as many pairs of socks as you can because they will go missing, I don't know when or how, but they will.

Slippers or sliders will become your best friend. Whether it's to take out the bins, pop to the shop or during those really lovely fire drills that take place during the early hours of the morning (you have been warned), they are essential.

One thing I didn't think to buy at the time but luckily got for a Christmas present, was a door stop. Due to fire safety, I cannot advise that you use one when you are not in your room. However, they are extremely handy when you're panicking about your assignment and want to shout to someone without leaving your chair.

Living in halls is an experience like no other. Just you and a handful of strangers living in an unfamiliar place, doing things you've never had to do before and oh, trying to do a degree. What could go wrong?

Lastly (but arguably most importantly), don't be ashamed of bringing your cuddly toys along for the journey, we all need a friend from home with us at the end of the day - no matter how grown up we think we are.

EXTRA OPPORTUNITIES

Top 5 Reasons to Become A Course Rep By Charlotte Hutchinson

Course Reps are essentially the link between the student voice and the staff, and it is the Reps' job to pass forward any feedback from their group. I've put together my top 5 reasons to become a Course Rep.

1. You'll meet many new people

Starting university can be a daunting experience. If you've just turned 18, if you're moving away from home for the first time, if you're a mature student starting a new career path... whatever your circumstances, you're sure to feel some apprehension in those last few weeks before you start university. When I signed up to be a Course Rep in my first term, I thought it would look good on my CV and present some opportunities to be a voice for my group. I didn't realise how valuable it would be socially. Through being a Course Rep, I've had the chance to meet our School of Education Rep, lecturers, teachers from partnership schools, prospective students, the Students' Union team and Reps from just about every course at the university.

2. You get to see how decisions are made at the university

During my first year as a Course Rep, I've had so many opportunities to give feedback from my group and have seen how these suggestions have created real change. For example, some people felt that, when they applied to university, they did not know quite what to expect for some aspects of the course. We had the chance to talk through this issue with Karen Bubb (our Year 1 Cohort Lead) and Karen has now started a 'Heads Up' programme for prospective students, to answer some of the common questions we had. I've also been able to see how decisions are made on a much larger scale.

3. You get so many unique opportunities

I have had so many great opportunities to be a voice for my group, and to help contribute ideas for change in all aspects of university life. I've attended two Course Management Committee meetings, where the senior management of the course discuss matters such as student satisfaction and course enhancements. I also had the chance to take part in a Departmental Review in February, where some of the Reps from each course in the School of Education met with lecturers from the University of Worcester and other universities to discuss our courses. One of the best experiences of my first year was taking part in the Course Rep Conference. This was an opportunity for all the Course Reps to discuss wider issues and to see how our feedback helps to shape the entire university.

4. It looks great on your CV

Being a Course Rep has given me so many skills and experiences that will directly help me in a future career in primary teaching. It has helped me become more organised, learn how to collect feedback and how to present this in a way that moves us forward. It also helped me to develop my communication skills. I have learned a lot about myself through this experience and my confidence has definitely grown.

5. You get to be a part of the changes you want to see

For me, this has been the best part of being a Course Rep. Throughout my first year, I have seen so many positive changes and being a part of that feels pretty good. Working with Reps and members of staff from so many different courses has shown me how everyone works together to promote progression in all aspects of university life. One of the main reasons I chose to come to the University of Worcester was because I felt it was the most supportive university I'd seen. I have felt that our opinions have been heard and respected. I have seen how our feedback shapes our course and how everyone's ideas are valued.

By Charlotte Hutchinson

“

Teachers open the doors, but you must enter by yourself

”

Chinese Proverb

1. Paediatric First Aid Training – This day course equips you with all the knowledge and skills needed to manage a first aid situation.
2. Mental Health Training – This course allows you to recognise mental health issues within yourselves, colleagues and students.
3. Worcester Award – This is an employability award run by the University's Careers & Employability team. There are four levels you can achieve: bronze, silver, gold and platinum.
4. Mini Me Yoga – This course allows you to learn fun techniques that can support the physical and emotional wellbeing of children.
5. CPD Online Courses – There are a wide range of free and paid CPD online courses on websites such as: TES, OpenLearn, Future Learn and STEM.
6. British Kodály Music Course – Enhance your knowledge in the elements of music whilst learning fun games to encourage music enthusiasm in the classroom.
7. Student Ambassador – You could become a role model and support a range of activities such as open days, campus tours and chatting to potential students online.
8. Course Rep – Course Reps represent their peers by listening to their thoughts and opinions about the course and share this information to members of staff who can make a change.
9. Signalong Course – This training has been offered at the University for 15 years and is a chance to gain a qualification in British Sign Language.
10. Teacher Twitter – Setting up a professional Teacher Twitter account is a great way to find and share resources and to be informed with the news of education.

by Katie Jenkins

SOCIETY LIFE



Zumba Society – By Jess Chandler and Molly Wilson Year 1 Students

We joined the Zumba Society at the start of the year as we wanted to establish a positive work-life balance whilst at university. Going to the Zumba classes allows us to release stress, have fun, meet new people, and keep fit! Exercise is advised to support your mental health as well as your physical health, so it was important for us. We highly recommend joining a society like this for all the great benefits - you will be welcomed by the lovely instructor, Graham! This could also be an alternative for new students who are not necessarily interested in the nightlife. However, the socials organised by the society have always been amazing and allow you to have a laugh and make new friends! University life and workload can be stressful at times; therefore, it is key to take time for yourself and make memories.



WOMEN'S FOOTBALL

By Chloe McLeod



Sport is a great way to become involved with the Student Union.

Next year, I will be treasurer for the football club, this means I will help with budgeting and help control what money comes in and out of the clubs fund. This makes me part of the committee, which is a huge responsibility and looks great on a CV. The committee are what keep the football club running, we have a chair, vice chair, secretary, social secretary's, treasurer and an inclusivity rep. They are all involved in keeping the club running. Once you are in second year, you can run and get elected for these roles. It is all very exciting and provides you with more of an insight into the club and how it is run.

Football at university has taught me to be a team member, and if you want to get something done you have to be part of a team you cannot do it alone. It has taught me that if I do not succeed at first, I have to keep pushing. They say the game is not over until the final whistle has gone. Home game at Worcester, it was fifty minutes in, and we were 4-2 down. As a team, we built ourselves up, if we lost this game we were not getting promoted. The atmosphere was tense, but we did it, 60 minutes in it was 4-3 and finally the final whistle was about to go Worcester was on the attack and, GOAL! We drew 4-4 and promotion was ours.

Football taught me to never give up. Just because you are struggling does not mean you stop. This motivation and drive channels into my course. Just because I am struggling to start an assignment does not mean that I can not finish it. It just means I need to get my head into the game. It taught me that if I try hard enough, I can achieve anything. If your heart is in it, your head is too. Sometimes, you might try really hard, but you cannot always win. We did not win all our games, and I did not pass all my assignments first time but with coaching from tutors and other students you will get there. Learning

to set goals on the pitch helped me to realise I have to set them off the pitch too. If I want to achieve something in football, I set a goal and I make it a SMART target. I started doing this in my teaching lesson plans and it helped me to achieve what I wanted to. Football is like life, you win, and you lose, but at the end of the day life goes on and you just have to learn and improve.

During the coronavirus outbreak it has been hard not seeing friends and playing football, but this is a good example of why you cannot rely on one thing. Sport might be what gets you through the week, but what if you get injured? Just because you are injured you cannot become down and non-cooperative. I learnt this in my first year. I picked up an injury and could not play for a while. It got me down for a few months, but I needed to pick myself up. I remembered it is a team sport. Just because I was not able to play does not mean I cannot go to training and support my friends or go and watch games and cheer them on from the side-lines.

Just remember what comes first and get your priorities set out before. Set goals and aim to achieve them. Just because things are not going right now does not mean it does not get better. Head up and keep your focus on what you aim to achieve.

WORK/LIFE BALANCE

By Lauren Harriott



Looking after yourself both physically and mentally at University is vital. Moving away from home and meeting new people can be a daunting experience for some individuals, like myself. However, to ease the transition to University, I ensured that I made the most of attending numerous taster sessions held by societies.

You will be provided with the opportunity to attend a 'sports and societies fair' during your induction week and please, make the most of this. Sign up for taster sessions and meet the members of the sports and societies. This will give you an insight into what clubs you will want to join and will give you the chance to interact with other people who are part of the club. Each society will offer weekly sessions which you can attend. This is a nice way to have a break from your studies and meet other people who are not part of your course.

I joined 'Social Sports' as I enjoyed the non-competitive nature of the club. They also offer a different sport every week, to ensure that inclusivity is displayed throughout the club. Activities such as wheelchair basketball, handball and ice-skating are some of the sports that you can participate in. Knowing that I could go to the club, do some exercise and have a break from University work was a nice feeling and allowed me to maintain a positive wellbeing. I highly recommend joining a sport or society as there is something for everyone!

The 'mature' student

It was both exciting and daunting, a new chapter at 34 having spent 17 years out of education the time was getting closer to it becoming real. Starting university for the first time is something that everyone has worries about, however some of those may be the same regardless of your age or situation and some will be very different. I'm going to tell you mine and hopefully in the process assure you that worrying is normal, apprehension is okay and that the University of Worcester will be the best decision you ever made it certainly was mine.

It was so exciting getting back to education after spending 5 years at home raising my children and as each part of the application process was completed a few more butterflies made an appearance. What if people think I'm really old, what if they laugh at me, what if I can't keep up with the work, running a family home and my biggest fear what if the children don't understand or childcare falls through. Having spent several years in businesses, the need to be professional is not a new concept to me but ensuring my total commitment to the course and not letting anything slide was the biggest thing to keep me up at night.

My advice to you is don't panic, it will all work out okay, the staff at the University of Worcester are extremely helpful, patient and understanding and ensure that all of the areas of your studies including settling in will be taken care of. There is an overwhelming amount of support available to you and as the name suggests FirstPoint (student services) is just

that - your first point of call for everything from problems at home, finances and childcare to name just a few. If it is academic support then I can recommend the services of the writers in residence to help guide your transition into academic writing, it was a bit different from the usual shopping lists I had been used to.

Your personal academic tutor will be there on hand should you need further support and I really recommend you fill out the questionnaire at the start of the course to help get you placed with the right person for you as they can be a really valuable tool in your transition to university life. If you plan to commute I would highly recommend using your freshers week to get information about clubs and societies. I really didn't think it would be possible to achieve any enhancement because I wouldn't find the time but it's so easy to navigate by having a robust plan to complete work. I often like to put the books away at the weekend to spend quality time with my family, but if I need to I limit the amount of time spent and it is amazing how much you can get done when you're really focused on the task in hand.

So, organisation is really key to having a successful first year, don't sweat over the small stuff and enjoy all that the University of Worcester has to offer, regardless of your age.

By Laura Huston

THINGS I WISHED I'D BEEN TOLD BEFORE I STARTED!

By Millie Knights

Budget your money: when you're not used to having to worry about this it can be easy to overspend. Set yourself a weekly budget so you can still enjoy social activities, like nights out, without worrying about your next food shop. This will help you to stay on top and feel in control as you begin to experience this type of independence. There are so many resources online that can help you with this.

ENJOY IT!!!! Embarking on this adventure is so exciting, it gives you the chance to grow up and find out who you really are. Work hard but also ensure you make time for yourself, give everything a go and stay safe! It can be a challenging transition but be willing to learn about the world, about your course but most importantly, yourself.

Eat a balanced diet: perhaps plan your meals a week ahead so that you don't feel tempted to buy microwave meals all the time. Enjoy cooking and maybe even do group meals with your flat/house mates occasionally to branch out and even save a bit of money. By eating the right things, this will lift your mood and help you feel ready to do whatever it is that you need to do.

Don't compare: although it's easy to do this, try to not fixate on other people's experiences. Remember that everyone's experiences are different and that social media is not an accurate representation of this.

Don't change who you are: starting University can be scary because everyone is trying to make friends, however this shouldn't mean you have to change. Be patient, you will find your people, be pro-active in this by joining societies and over time, you will soon start to feel settled.

Your mental health matters: although starting University can be exciting, it can also be daunting in many ways. Be kind to yourself. This is new territory for everyone, and it is normal to feel uneasy. Keep checking in with the people at home, your new friends and there is always someone at 'FirstPoint' to help.

Get involved: don't be afraid to join societies or sports clubs as you never know the incredible experiences you may get out of it. This will help you to branch out and meet new people and you may even find a new passion or hobby from it. If going out isn't really your thing, there is still so much that the University's societies can offer you.

ALWAYS back your work up: the University offers a one drive cloud or use a memory stick to save your work on. You do not want to be re-writing any of your work the night before its due

BEFORE YOU START

By Harriet Morris

- ❑ Explore the National Curriculum
- ❑ Explore the Early years Foundation Stage statutory framework
- ❑ Familiarise yourself with the Teachers' Standards
- ❑ Get some university essentials (Notepads, coloured pens, post-it notes etc)
- ❑ Start to review your own subject knowledge by using BBC Bitesize, STEM and other popular educational websites
- ❑ Join social media groups for UW to help find peers or flatmates so you can talk throughout the summer
- ❑ RELAX and try to enjoy the summer.... An amazing chapter of your life is due to start in September!

Frosty mornings and late nights

When people think of university, they think of living the dream,
Going out partying, where they get to dance and scream.
Some might think of the hard work and long hours,
Putting effort into assignments and a lot of (wo)manpower.
When I thought of uni, I didn't know what to expect,
It was all new to me, so now I've taken some time to reflect...

It started off with Freshers week: Tramps was the place to go,
Lights, alcohol, foam and sticks that glow.
Night out with the flat, we went to sin and bush,
Next morning was rough and the fire alarm wouldn't shush.

My course began it was brand-new faces all around,
First lecture was English, and we were talking about nouns,
All I could think is, "So this is what Uni is about?"
"I'm going to like it here, no doubt"

Sports and Societies fair was where I was next going,
Football, rugby, Judo, and rowing?
Football was where my interest lied,
The buzz on the pitch during an 11-a-side

Next stop trials, I hoped to please,
That Friday morning training, with the freezing cold breeze,
Training, matches and social settings,
Spending time with my friends was just a blessing.

Assignments were hard but the support is great,
Although I may have handed one in late...
Its important to know there is always support,
Sometimes uni life is harder than you thought.

First year for me has been a learning curve,
I learned to sit back and began to observe,
All the fun and laughter and jokes and more,
University is definitely no bore.

First year ended on a bit of a cliff hanger...
But yes, I enjoyed it, it was BANGER
Of a year with lots of fun and laughs,
Lots of hard work and many photographs.

University of Worcester first year was supreme,
Thanks to you I fulfilled the university dream.

Chloe McLeod

We are very much looking forward to welcoming our new Year 1 cohort to our PITE course at the University of Worcester. We would like to extend our thanks to all of the students for their contributions to this magazine.

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