**Preparing for University – More than just a degree**

University is more than just a degree, there are a range of opportunities for you to take and a whole support network for you to access so that you make the most out of the university experience.

Your university experience can be made up of the following:

* **Health, wellbeing and information**
* **Academic support and study skills**
* **Careers development and networking**
* **Community engagement and giving back**
* **Internships, placements and Study Abroad**
* **Work opportunities**
* **Student led activities**
* **Social activities**

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How much you engage with each of these is up to you and no two people are the same, but remember the more you put in, the more you get out.

Think about what you might want to get involved in at university. Look on the university’s website and see what is available. Below are a few of examples of what the University of York provides, but all universities offer similar support:

<https://www.york.ac.uk/students/>

<https://www.york.ac.uk/students/health/workshops/>

<https://www.york.ac.uk/students/health/wellbeing/>

**Preparing for University - Well being at University**

**Useful wellbeing tools**

**888**

8 hours sleep, 8 hours study, 8 hours play – stick to this and you can’t go far wrong

**5 ways to wellbeing**

1. Connect
2. Keep learning
3. Be active
4. Take notice
5. Give

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

**Stress bucket**

