

Presenter notes

- This presentation has been created with the view of taking around 15- 20 minutes
- The information is correct when created in August 2026 – please check any key information before delivering as the landscape can change!

User instructions

- The presentation is split into two parts- a look at some images for discussion, then information
- For guidance, please use the explanation sheets

Get Set: GCSE to HE

Support at University

Navigate the Journey



Aims



To discover the common types of support available at university

What is wellbeing?

What is wellbeing?

Wellbeing is being in a positive state. It is a state in which a person can function and navigate daily life, and where they are generally healthy and happy. It is influenced by physical and mental health.

Wellbeing & support at university

- On the next few slides are going to be **2 images**
- One of the images is portraying a **potential challenge** to wellbeing at university
- The second image represents how someone could potentially turn this into a more **positive experience**
- Look at the pictures and discuss with the person next to you

Wellbeing at university



Wellbeing at university



Challenge: Not understanding the work,
finding study difficult



More positive experience: Go and speak to
someone in your subject to help

Wellbeing at university



Wellbeing at university



Challenge: Having difficulty living in shared accommodation with new people



More positive experience: Go and speak to the accommodation team – maybe you could move elsewhere or at least gain support

Wellbeing at university



Wellbeing at university



Challenge: Worrying about money or finding it difficult to manage your money



More positive experience: Attending any information workshops that universities have about money, finance and budgeting

Wellbeing at university



Wellbeing at university



Challenge: Feeling lonely and not being able to make many friends



More positive experience: Go and expand your network by trying a new club or society

Wellbeing at university



Wellbeing at university



Challenge: Feeling stressed, worried, or anxious, struggling with mental health



More positive experience: Getting access to help such as from a counsellor

Day to day support



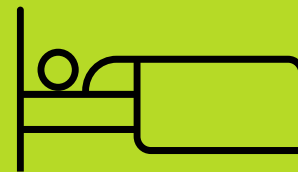
**Friends and
family**

**Personal
Tutor**



**Student
union/information**

Residential team



**Specific group
help**

Building your support network



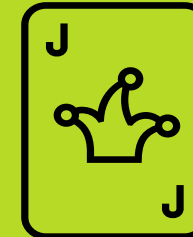
**Free self-help
tools**

**Faith and
Spirituality**



**Clubs and
Societies**

**Other university
initiatives**



Specialists on hand



**University
Doctors**

**Counselling
services**



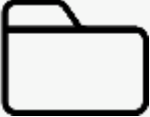
Disability support

Careers support

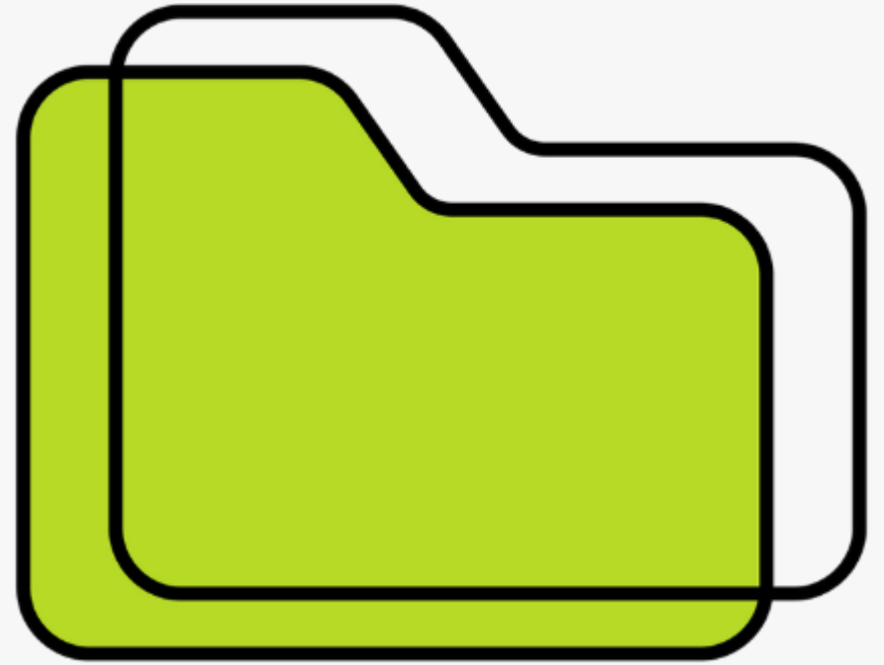


Take a look at the support which UEA provides in more detail



GET SET 

Thank you



Navigate the Journey