



Robert Smyth Academy



Tudor Grange
Academies Trust

2025: Great Stories...





"Robert Smyth has been absolutely amazing. I've received all the support I needed, and my teachers have been great. As someone with autism, it's not easy to fit in and a lot harder to do well but the support has been overwhelming."

"I immersed myself in my subjects and they became the main thing I was interested in.!"

Advice from our students on results day





“It was a lot of hard work!
My teachers were really
supportive, especially my
form tutor who was always
just there to help me.”

**Advice
from our
students
on results
day**



**Deeds
not
words**





Be Here!

So that 2026...



...has even better stories





Yes, It's Hard Work

"Genius is **1%** inspiration,
and **99%** perspiration". (*Einstein*)



Key Dates

14th November – Internal UCAS deadline

15th December – Trial exam week*

15th January – Parents' evening

9th February – In-class assessments

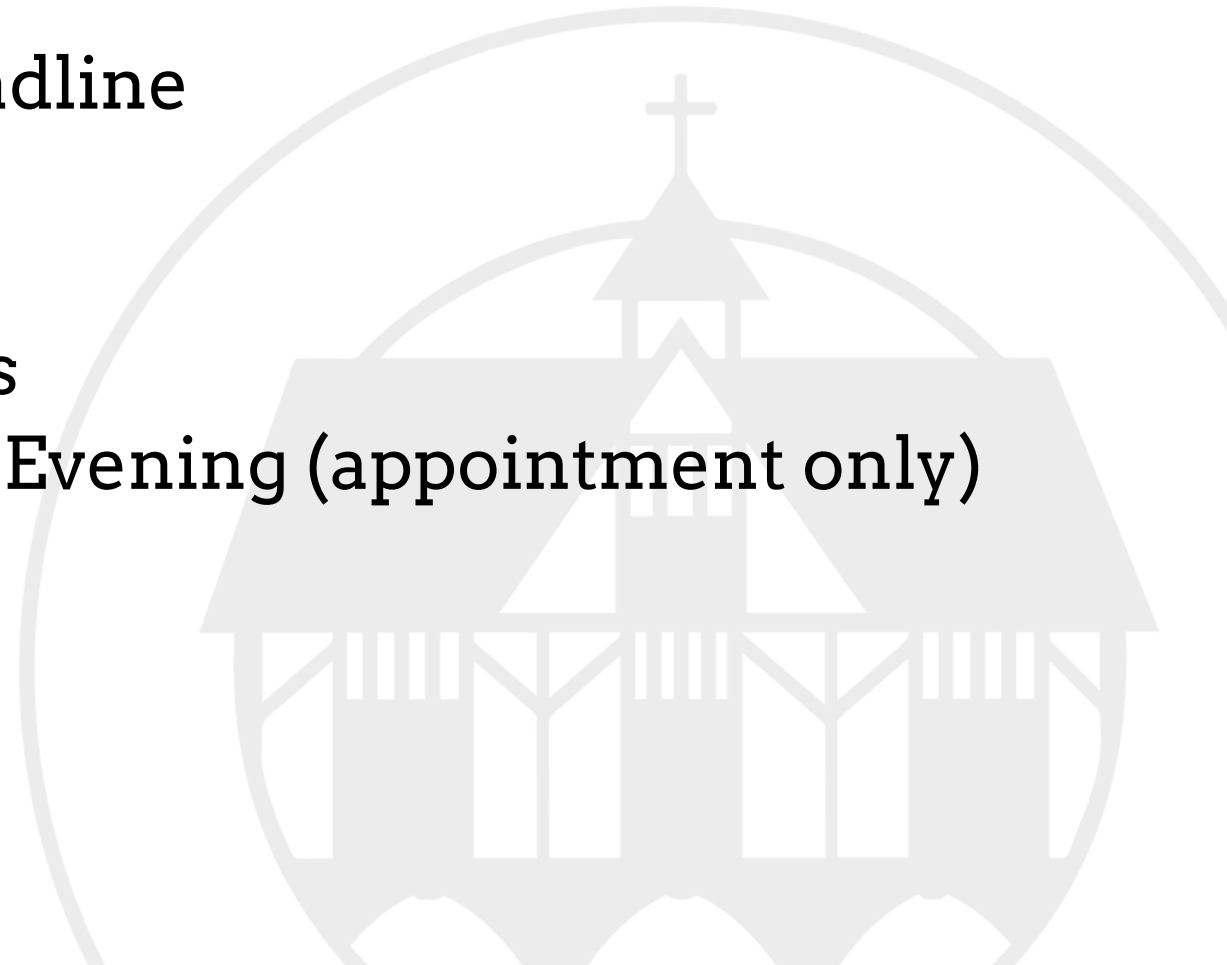
26th March – Raising Achievement Evening (appointment only)

7th May – Leavers' Dinner

11th May – Exams begin

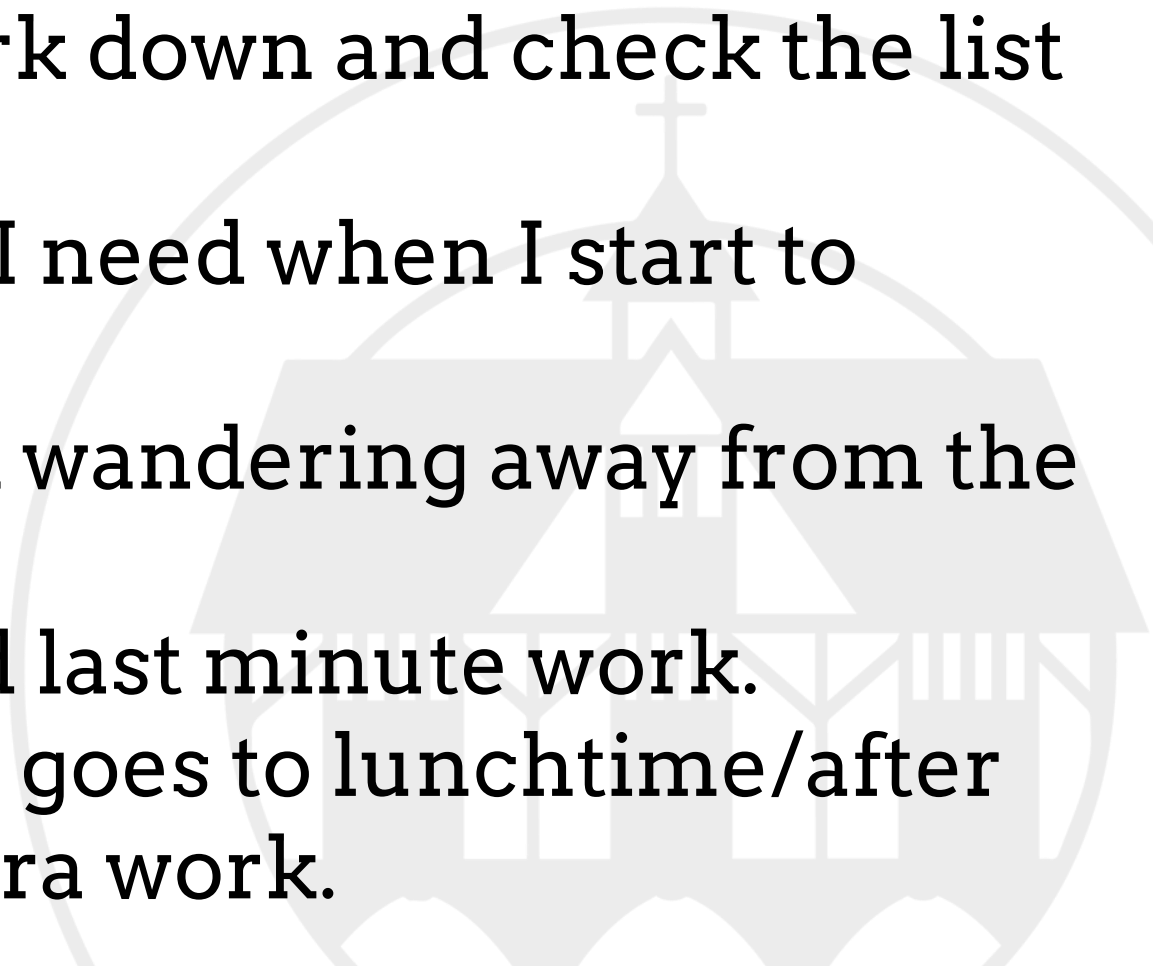
22nd June – Final exam

13th August – Results day





Let's Talk...

1. I have a regular time for studying each day.
 2. I write my assignments/work down and check the list regularly.
 3. I always have the materials I need when I start to study.
 4. I rarely distract myself with wandering away from the task when studying.
 5. I do work in chunks to avoid last minute work.
 6. I am the type of person who goes to lunchtime/after school support/completes extra work.
- 



“The major reason for teenagers falling short of academic potential is a failure to exercise self-discipline”

They Need Your Help



7 GOOD STUDY HABITS

1. Resist peer pressure.
2. Have you got too much on?
3. Fixed timetable, fixed place.
4. Prioritise private study.
5. Study buddies.
6. Short periods of time.
7. Stay healthy.





MAKING REVISION WORK

- Divide each subject into chunks
 - Spend more time on the topics you find harder
 - Doing is better than reading....keep it active
 - Take short breaks between sessions
 - Use what motivates you as rewards
- 



Revision

DO – Revision starts with activity (*doing*)

REVIEW – Quiz yourself or get someone else to quiz you on the things you have learnt

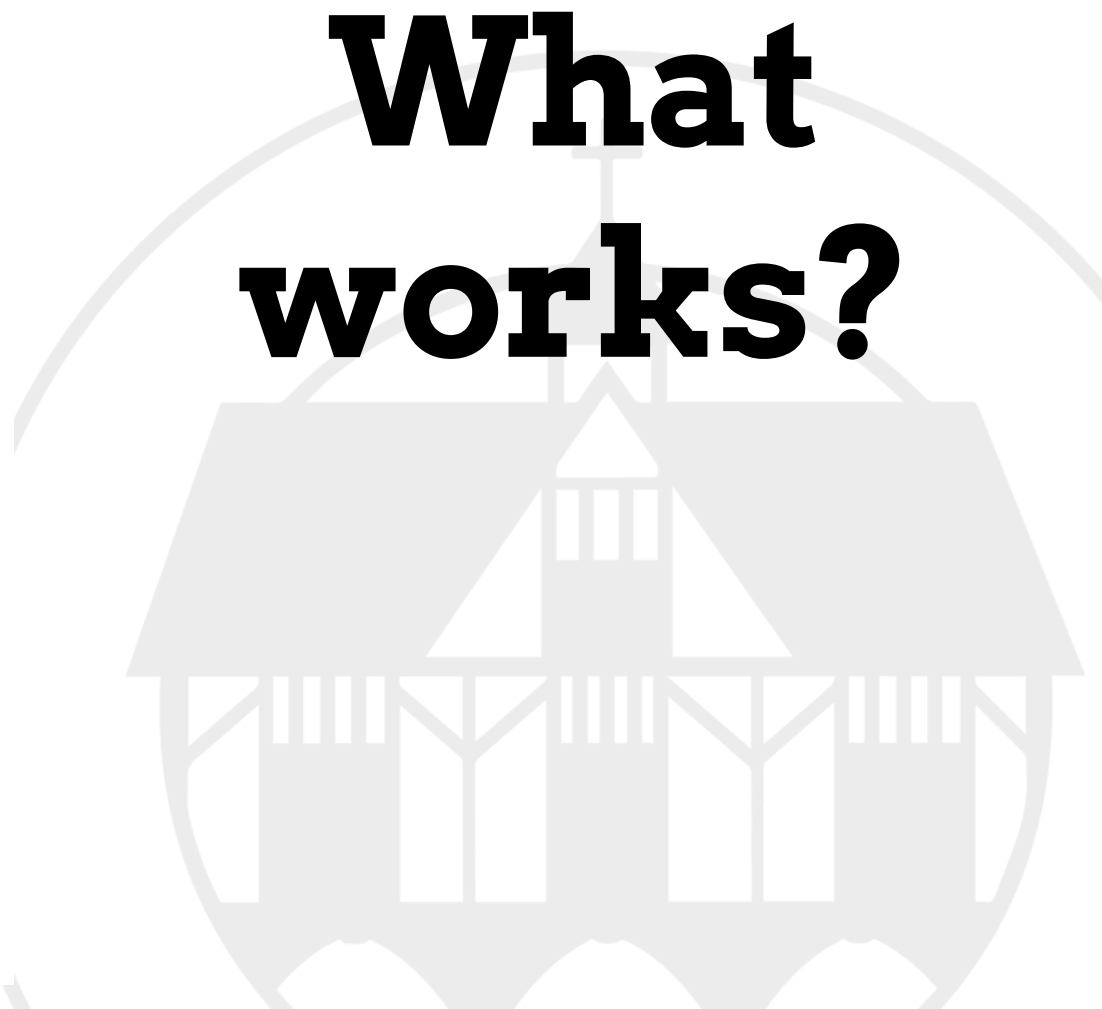
GO BACK THROUGH – Go back through the things you didn't know or could not remember

Table 1**Effectiveness of Techniques Reviewed**

Technique	Extent and Conditions of Effectiveness
Practice testing	Very effective under a wide array of situations
Distributed practice	Very effective under a wide array of situations
Interleaved practice	Promising for math and concept learning, but needs more research
Elaborative interrogation	Promising, but needs more research
Self-explanation	Promising, but needs more research
Rereading	Distributed rereading can be helpful, but time could be better spent using another strategy
Highlighting and underlining	Not particularly helpful, but can be used as a first step toward further study
Summarization	Helpful only with training on how to summarize
Keyword mnemonic	Somewhat helpful for learning languages, but benefits are short-lived
Imagery for text	Benefits limited to imagery-friendly text, and needs more research

John Dunlosky et al, Improving Students' Learning with Effective Learning Techniques: Promising Directions from Cognitive and Educational Psychology, Psychological Science in the Public Interest 14(1) (2013): 4–58.

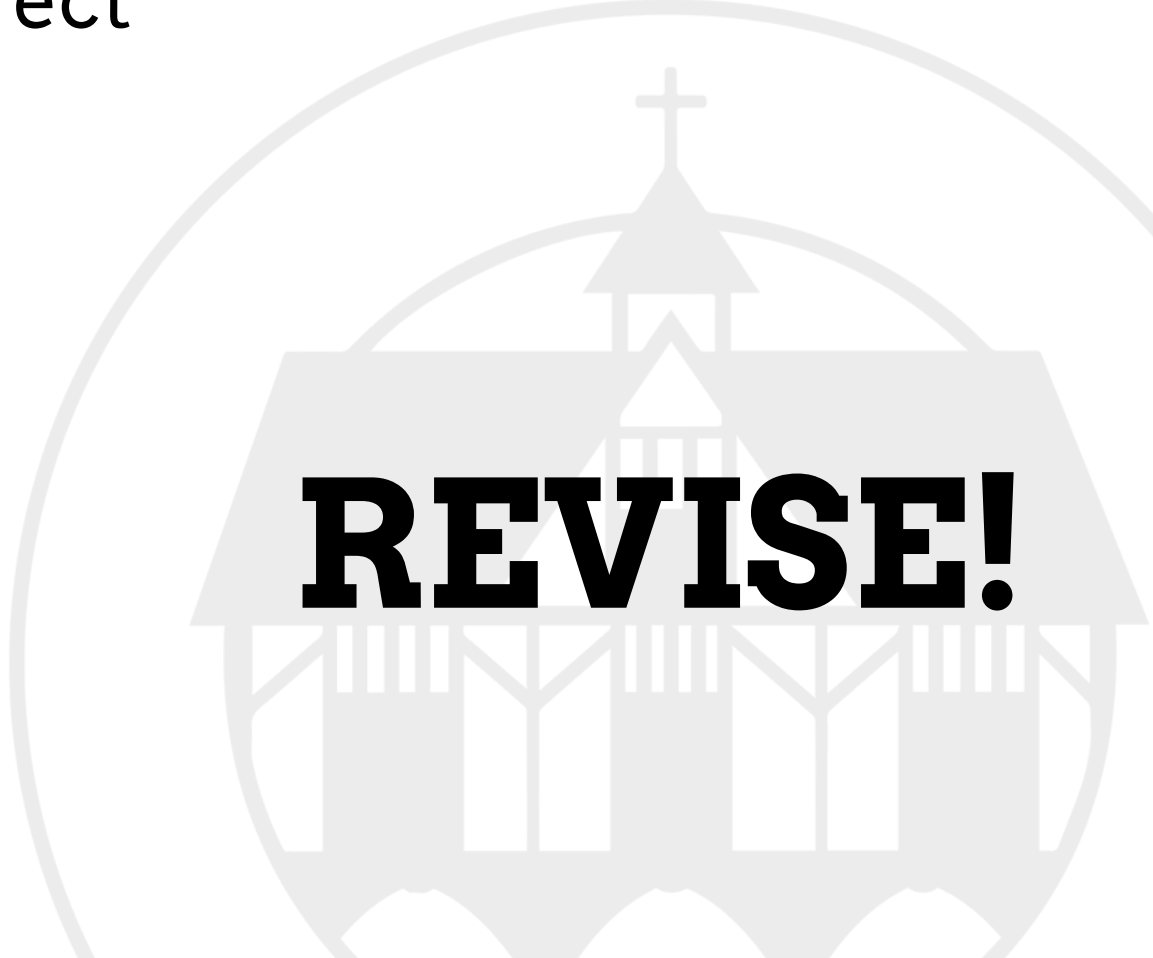
What works?



Self-quizzing

- Look, cover, write, check, correct
- Quiz questions
- Partner quizzing
- Flash cards

Practice questions



REVISE!



Robert Smyth
Academy

ABOUT PARENTS

STUDENTS

REMOTE LEARNING

CURRICULUM

6TH FORM

EVENTS

MEDIA

LETTINGS

CONTACT

Academy Sports

Careers

Homework

Revision support for students

Subject Online Resources

Support Websites

The Library

Welcome to
Robert Smyth Academy

Search and find information about your academy

Enter your search term...

Popular Items

[Report Absence](#) [Public Consultation](#)

[Admissions](#) [Proms 2021!](#) [Term Dates](#)

[Uniform](#) [Vacancies](#)

Revision support for students

All Students





13th August
will be *your* day



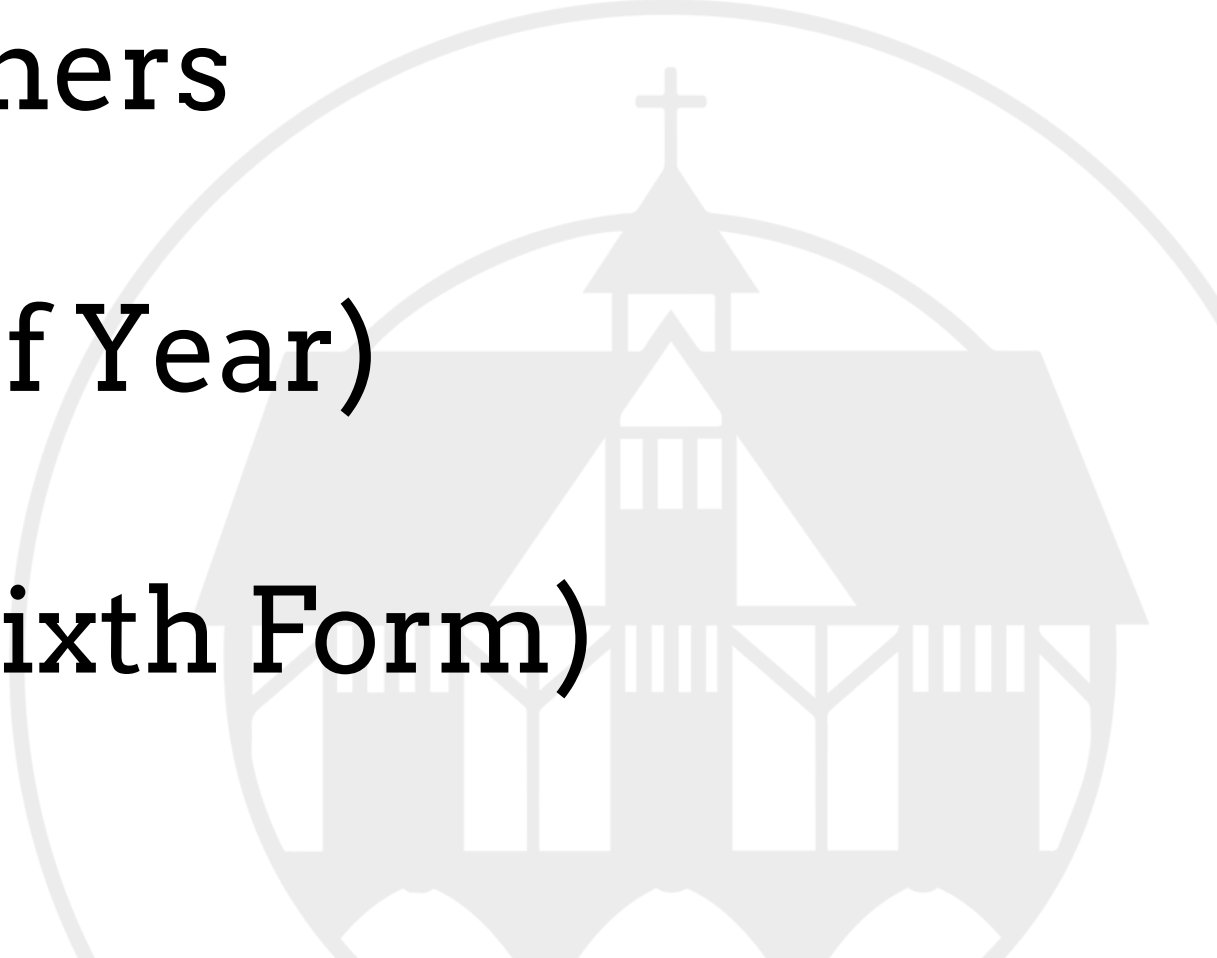


Pastoral Support

Tutor & subject teachers

Mrs Wilson (Head of Year)

Mr Luhrs (Head of Sixth Form)



Managing stress and anxiety Support at RSA



**Mentoring Team
Careers Advisor
Teen Health (Exam Stress)
Interventions**

Exam stress pop up



***Stressed?
Overwhelmed?
Drowning with work?***

Sign up to a Teen Health pop up session on exam stress.

Covering:

- ***Stressors***
- ***Emotions***
- ***Body mapping***
- ***Coping strategies***
- ***Health and diet***



For more support, visit our website:
www.teenhealth.org.uk

Or scan here

To register interest
in this workshop
please scan this
code and
complete the MS
Form





Support in school useful for you to know

PSHE & Satchel One

This Week

revision timetable
revision skills- Satchel One
reset and preparing for this half
term
timescales

After Christmas

Choices and insurance/firm decisions
finance
preparing to leave home

Stress Management

Best way: preparation

Flag up and facilitate so planning can happen

This week's revision gives 7 weeks before Christmas trial exams

Week beginning		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Left over
23/11	Morning period 1-4								
	Afternoon								
	Evening								
10/11	Morning period 1-4								
	Afternoon								
	Evening								

“Moderation is the key
to success”

HEALTHY LIFESTYLE



What Is Sleep?



"Sleep is such an important part of our lives, yet many of us don't pay much attention to it. It is usually not until we have problems with sleep that we notice it and start to try to understand the nature of sleep. As well as humans, other mammals, reptiles and birds all sleep, while fish, amphibians and insects do not (although they may rest). Some animals sleep in many short bursts, while others, like humans, prefer to sleep in one long block."

Sleep is essential to humans, just like air, water and food. When necessary, people can cope without sleep for periods of time, but the longer we are awake the stronger the urge to sleep becomes. Sleep is important for general physical health, restoring energy, repairing injuries or illness, growth, psychological well-being and mood, concentration, memory, work performance, and getting along with others.



Mental health is something that can affect anyone, our environment and bodies are changing constantly and sometimes it can be stressful. It's important to find a trusted adult you can confide in during difficult times and celebrate the stress-free moments.



Did you know?

Adequate sleep, 7+ hours for your body to regenerate, promote healthy cell/tissue growth. It boosts and restores our immune system.

8-9 hours is ideal but everyone has their own normal.

Having enough sleep allows your brain to think clearly

Having enough sleep allows your body to work efficiently

"Inspiration comes from within yourself. One has to be positive. When you're positive, good things happen"

Deep Roy

Looking After Yourself



Mental health is the way you think or feel about yourself and the world around you. It's related to how you cope with life's challenges and stresses. An event like the covid-19 pandemic could affect your mental health and ability to cope.

Mental health is important at every stage in life, from childhood through to adulthood

What is Positive Wellbeing?

It is a state of overall good health in both body and mind and can include:

- ✓ **Social Wellbeing** (building relationships and community support through friends and family and neighbours etc.)
- ✓ **Physical Wellbeing** (Movement, whether in sports or walking, movement that brings joy.)

Did you know?

Looking after your mind is just as important as looking after your body and caring about your physical fitness.

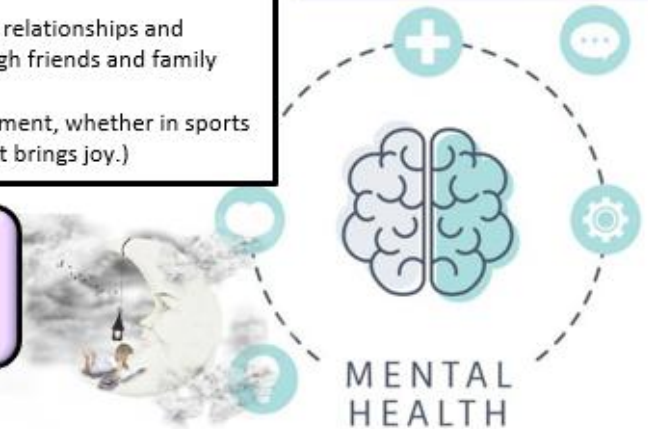
When we're physically ill, we visit our GP or seek support and help but people are less likely to do the same when it comes to looking after emotional well-being.

"Sleep is the best—and least expensive—anxiety medicine."

Ellen Vora, MD



"Good mental health is when you can feel happy and positive about yourself and enjoy life and learn well. Good mental health helps you to have healthy relationships with family and friends and enables you to manage sad, worrying or angry feelings and you can bounce back from tough times."



PHONES

Distraction blocker apps

Office on the web Frame
from sources across the web



Cold turkey



Freedom



Focus To-Do



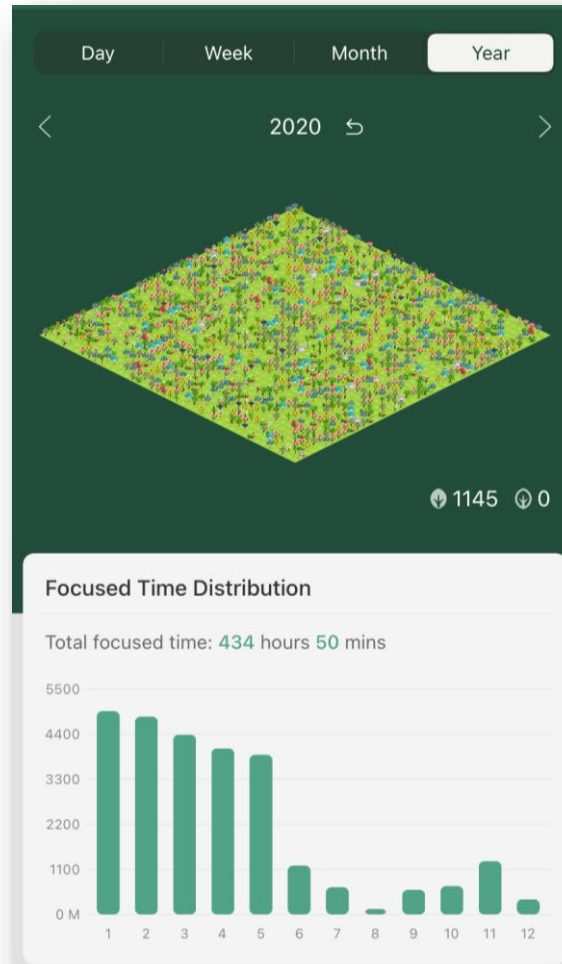
LeechBlock



Stay Focused



AppBlock



Forest or Flora are possibly the nicest! You can cash in your coins to plant real trees around the world.



01 August 2024

Teens with problematic smartphone use are twice as likely to have anxiety – and many are eager to cut down

Two new studies of smartphone habits in teenagers have identified links between problematic smartphone use (PSU) and depression, anxiety and insomnia. The research revealed that one in eight young people want help to reduce their smartphone use.



King's College London



Sir Dave Brailsford



The whole principle came from the idea that if you broke down everything you could think of that goes into riding a bike, and then improved it by 1%, you will get a significant increase when you put them all together.

What are your marginal gains?

Routines & timetables

Declutter

Lists

Organisation

Paid work

Socialising

Diet

Water

Sleep



Robert Smyth Academy



Tudor Grange
Academies Trust

Starting and succeeding at university

LUCY

Higher Education Adviser



Who are UEA



26th in the UK



The Complete Uni Guide 2026

Dedicated learning,
disability, wellbeing and
student life support services



Norwich:
one of the
best places
to live in
the UK

Sunday Times 2025

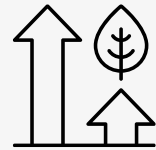


200+ study
abroad partners

96.3
employability

250+

clubs and
societies,
something
for everyone



Pioneers in
climate
awareness &
sustainability

3,500+
international
students from
over 100
countries



1 hour 45 min train direct
from London

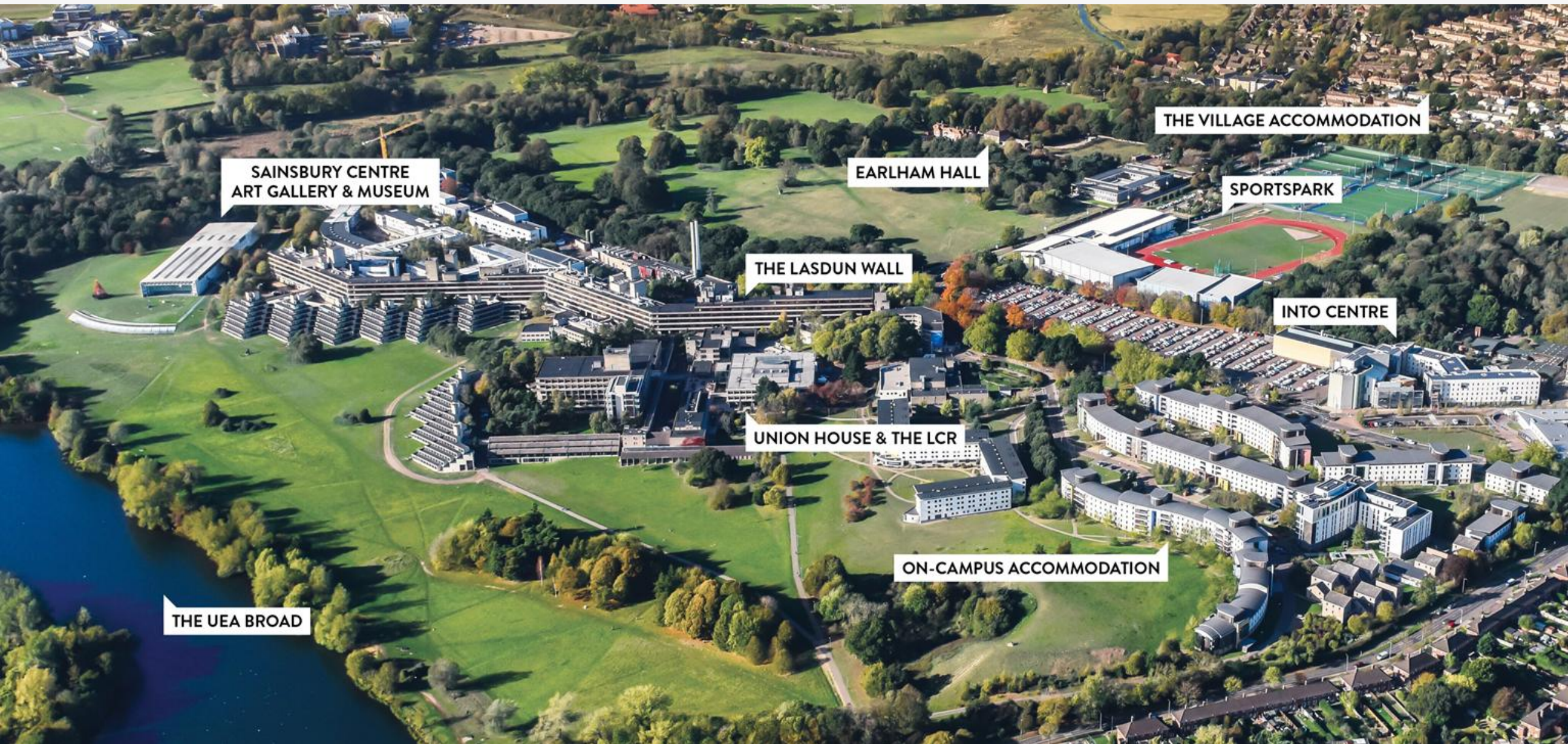
**Top 5 in the UK for Creative
Writing, Paramedic
Science, Biomedicine and
Occupational Therapy**

Safe, supportive
campus & culture

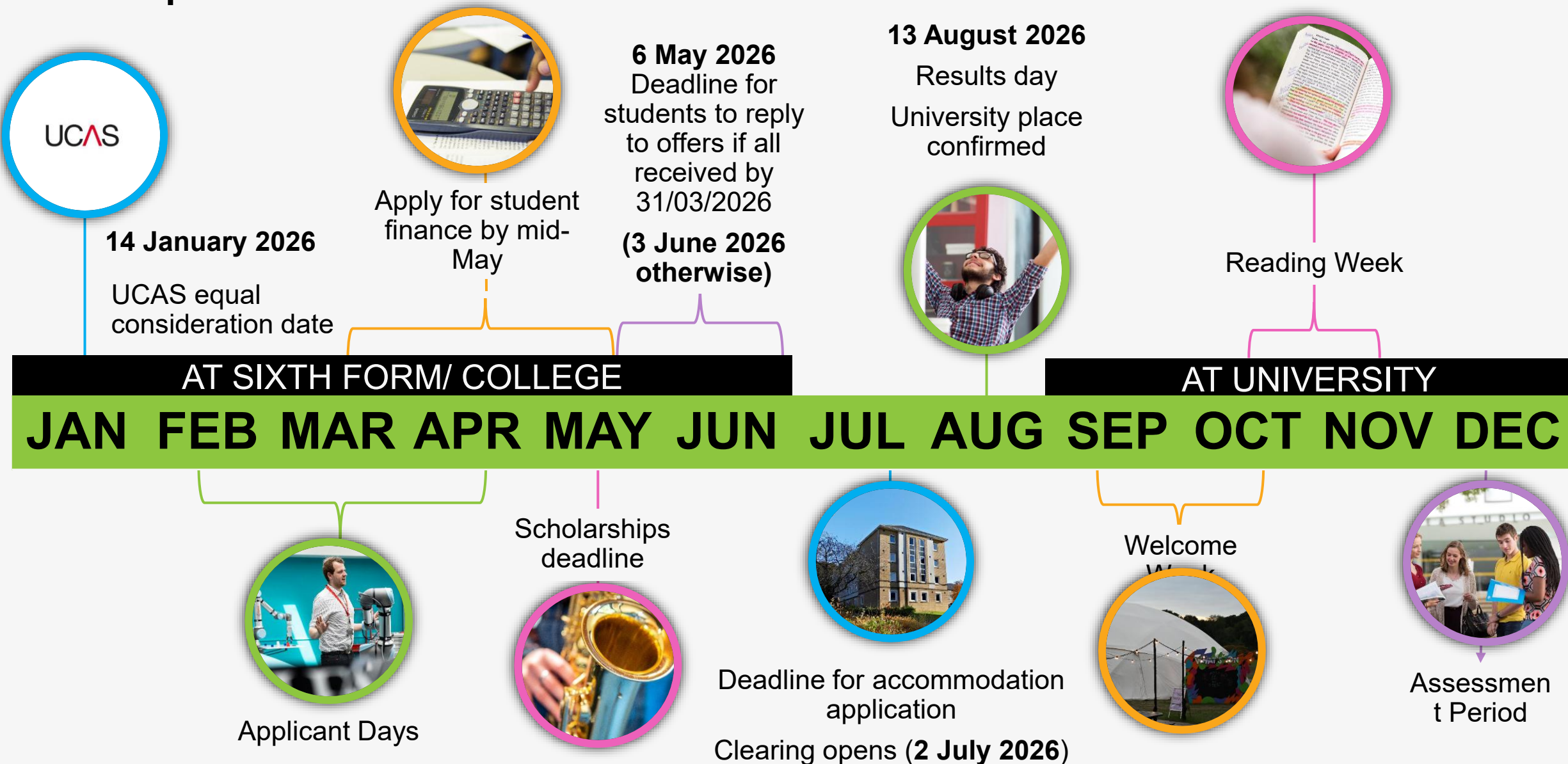


Guaranteed accommodation
(for firm choice)

Our iconic campus



Next steps timeline 2026



Before university



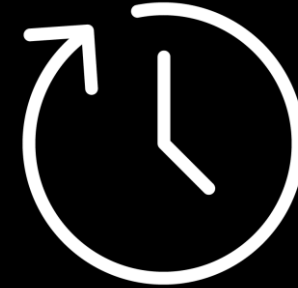
UCAS Deadlines for 2026 entry

15th October 2025



Oxford
Cambridge
Medicine
Dentistry
Veterinary Science

14th January 2026



Most other courses

**Be sure to check when your school/
college deadline is!**

After your UCAS application submission



What happens next?

If you have submitted all of your choices by the equal consideration date, you will hear back from all universities by 14th May 2025.

You may hear back before then.

Your responses will be one of the following:

- Offer (conditional or unconditional)
- Interview
- Reject

After your UCAS submission



Applicant Days:

- Applicant days are opportunities for students to go and visit the university again once they have received an offer.
- They tend to be more bespoke than open days and give you the chance to take part in subject specific activities or chat to academics/students from your department.



Firm



Insurance

Other options

Extra (26 Feb – 4 Jul)

- Used all five choices and had no offers.
- Add Extra choices for consideration one at a time.

Clearing (5 Jul – Oct)

- Apply after 30 June, receive no offers, decline all offers, not met conditions.
- Find vacancies from 5 July and add a Clearing choice to your application.



Applying for student finance

Whether you qualify for student finance depends on:

- your university or college
- your course
- if you've studied a higher education course before
- your age
- your nationality or residency status

www.gov.uk/student-finance/who-qualifies



What loans are available?

Tuition Fee Loan



Maintenance Loan



Student Finance Calculator



www.gov.uk/student-finance-calculator

Applying for Student Finance



Apply online:
www.gov.uk/student-finance

You will need to know:

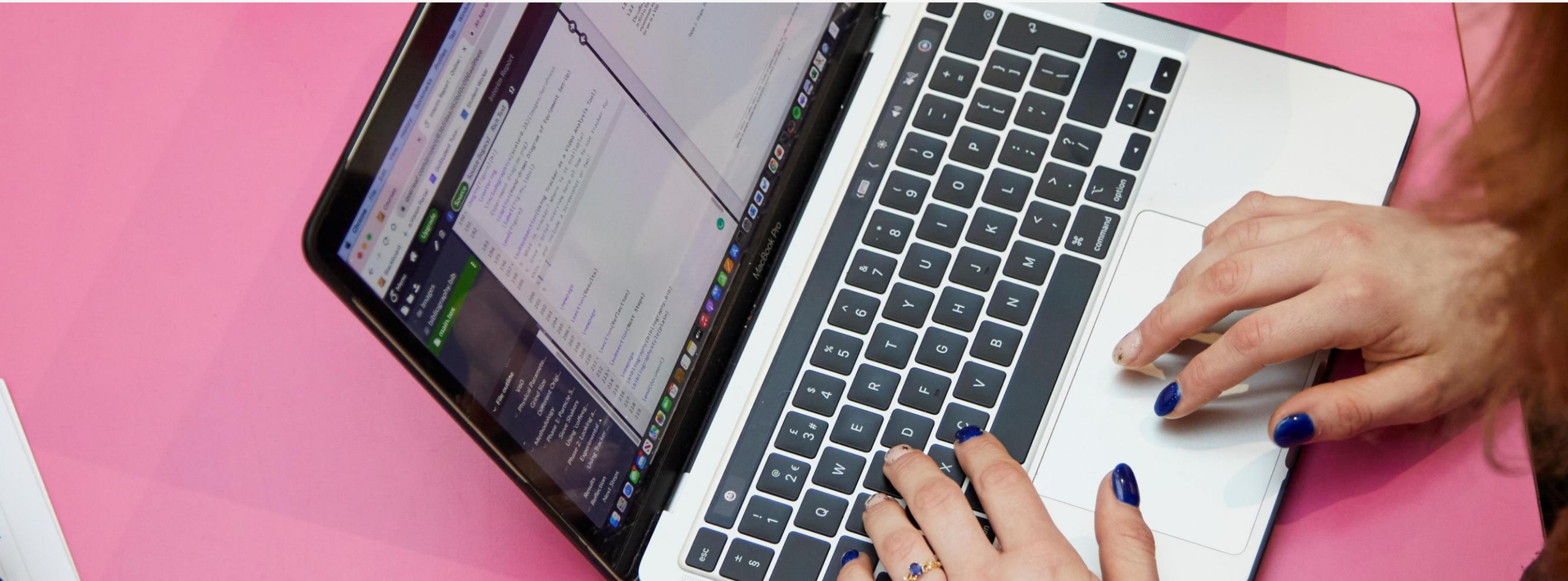
Your course

Bank Details

Household Income

National Insurance Number

2025 Deadline for Student Finance



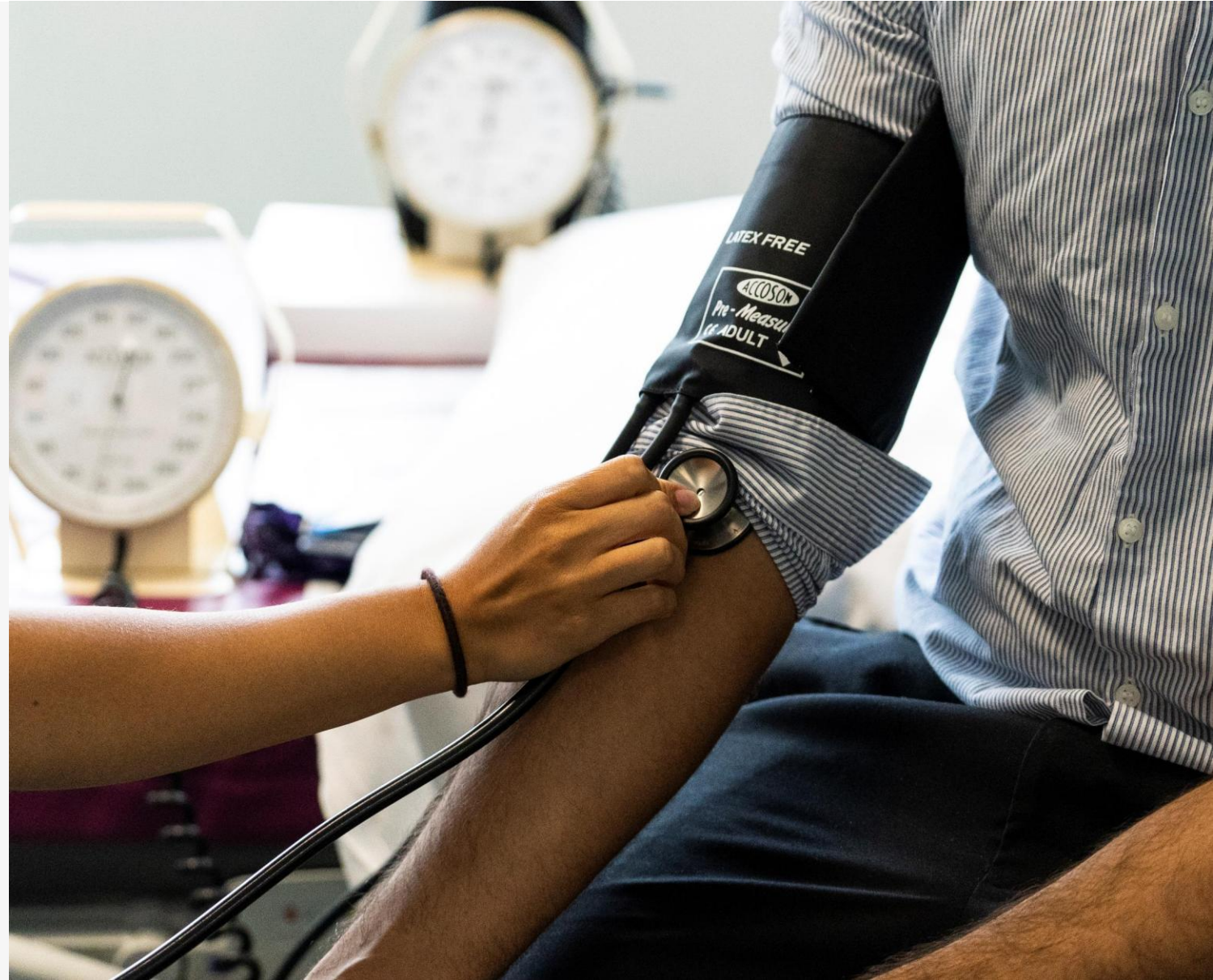
End of May 2026 – deadline for 2026 entry students

Non-repayable financial support

Additional Support:

- Travel Grant
- Disabled Students Allowance (DSA)
- Dependants
- Childcare
- NHS Learning Support Fund:
Including the £5,000 NHS Training Grant

[NHS Learning Support Fund \(LSF\) | NHSBSA](#)



UEA bursaries

Eligibility (2025/26 – 28/29)	Value of UEA Bursary
£0-£20,000 Household Income	£1,600
Care Leaver	£3,000
Estranged	£3,000

UEA Scholarships

60th Anniversary Scholarships

- 30 x £1000 Scholarships
- UK Fee Paying Students
- Submit an online application with either a video or written submission.
- Apply by May 2026



Sports Scholarships

- A range of financial (up to £1500) and specialist support services for our student athletes
- Individual and team scholarships available
- Open to UK and international students
- Apply by May 2026

T Level Scholarships

- Financial support to those who study a T Level and achieve a distinction or distinction* overall
- Home fee students only
- £3,000 Scholarship - £1000 Annually
- To be eligible for this scholarship you must apply to UEA via UCAS the end of June 2026

Music Scholarships

- Financial Support available to all students to help nurture their musical ability whilst studying.
- Prior entry – £1000 per year, for 3 years
- Existing students - £800
- Apply by May 2026



The Essentials

- All bills included
- Fully furnished
- Free high speed Internet
- 40 week licence
 - (longer for some courses)
- No deposit required
- Safe, friendly and fun



What's included?

What's included	What's not included
- Internet - Utilities - Cleaner - Insurance - 24/7 support	- Food - Bedding - TV license - Pots and pans

On-Campus Accommodation



Benefits of living in university halls

- Easy to make friends
- Lots to do on campus
- Lots of choice of rooms
- Cleaners
- Bills included
- On-site security
- Independence



EVERYONE'S WELCOME

ACCOMMODATION GUARANTEE FOR FIRM CHOICE

Accommodation Preference Form

Please add at least 4 preferences. The Maximum number of preferences is 7

Add Preference

Order	Room Preference	Delete
1	En Suite Campus Plus	Delete

- On your form you will list 4-7 preferences for your accommodation, in order.
- Most students get one of their top 3 choices.
- The deadline to submit this form is at the end of July.

Key dates for 2025 entry

31st JULY 2025	Deadline for applying for a guaranteed room (where eligible) is midnight, UK time on 31/05/25
14th AUGUST 2025	Room offers will be sent to Undergraduates, both deferred entry and those receiving A-level results from 14/08/25 (post A-level results)
10th- 14th SEPTEMBER 2025	International arrivals day is on 10/09/25. This is for new Undergraduate students from EU and International. Arrival days for Undergraduates (Home) are 13 & 14/09/25. See your room offer for your designated arrival day.
15th SEPT	Welcome week begins!

During the summer before you start university

Pre-university MOOC

Explore the skills needed for success at university.

- Bridge the academic gap between school/college and university
- Free online course
- 7 weeks, 3 hours per week

<https://www.futurelearn.com/courses/preparing-for-uni>

Online Courses / Study Skills

UEA
University of East Anglia

Preparing for University

Build the academic skills you need for learning at university and ease your transition from school learning to higher education.

★★★★★ 4.6 (54 reviews) 81,811 enrolled on this course



Duration 7 weeks | Weekly study 3 hours | 100% online | Unlimited subscription £249.99 £174.99 for one year

How it works | Learn more

Overview Start dates Requirements Educators Learner reviews Try it More courses

Preparing for University

★★★★★ 4.6 (54 reviews)

81,811 enrolled on this course

- 7 weeks
- 3 hours per week
- Digital certificate when eligible
- Open level

Join course

Find out more about how to join this course

Future Learn MOOCs

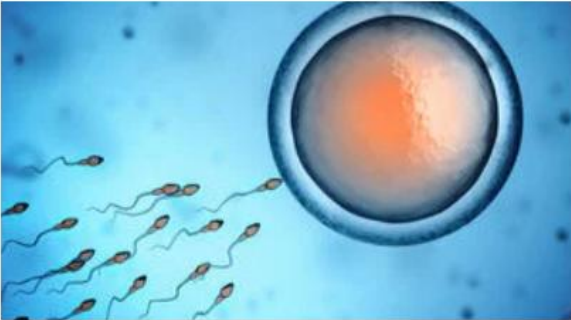
Learn new skills, pursue your interests or advance your career with our short online courses.



UEA (University of East Anglia)
CBT with Older People
★★★★★ 4.6 (169 reviews)

⌚ 3 weeks ⌚ 3 hrs per week

🔗 Included in Unlimited



UEA (University of East Anglia)
Introduction to Emergency Contraception

⌚ 3 weeks ⌚ 3 hrs per week

🔗 Included in Unlimited



UEA (University of East Anglia)
Managing Change in a Healthcare Environment
★★★★★ 4.4 (25 reviews)

⌚ 3 weeks ⌚ 3 hrs per week

🔗 Included in Unlimited



UEA (University of East Anglia)
Using Infection Control to Combat Antimicrobial Resistance
★★★★★ 4.6 (63 reviews)

⌚ 3 weeks ⌚ 3 hrs per week

🔗 Included in Unlimited

www.futurelearn.com/partners/university-of-east-anglia

Results day



On results day:

One of the following is likely to happen:

- Accepted Firm
- Accepted Insurance
- Exceed firm
- Miss both

What do these decisions mean?

Accepted: Firm

You've been accepted by your Firm choice
(even if you missed your grades)

Accepted: Insurance

You missed the offer conditions for your Firm choice but you've been accepted by your Insurance choice

Exceeded Firm

You've met and exceeded the conditions of your Firm offer

Missed both Firm and Insurance

Missed conditions of both your Firm and Insurance offers

What is clearing?



- In simple terms, clearing is how universities fill empty spots on their courses.
- This is usually through finding students who have decided to go to university after the application deadline, or students who've not got the results they needed to get into their first-choice course and are looking for alternative courses or universities.
- It is important to remember that applying through clearing is not a negative thing. Many people get into university through clearing each year.
- Clearing can give you a second a chance to reach your future goals.

Why might you choose to go through clearing?



You didn't meet your entry conditions for your chosen unis and are looking for other options



You didn't receive any offers and you're looking for a uni



You applied after the 30 June deadline



You declined the offers you received and are looking for another uni or course more suitable for you



You did better than your predicted grades and want to change universities

At university – social



Life at university

Welcome Week

- Designated move in day
- Registration
- Range of social activities organised by SU
- Welcome Week Fair
- Clubs and societies
- Academic introductions
- Familiarisation with campus & city
- Student Support



Highlights for the week ahead

For a full, up-to-date schedule, visit the Welcome page bit.ly/UEAWelcomeWeek25

Monday 15

- Owl Encounter (11am - 2pm)
- Welcome Talk and Student Panel (12pm - 1pm)
- Make Your Halls Your Home Craft Session (6pm - 10pm)
- Nocturnal Nature Walk (7.30pm - 8.30pm)



Tuesday 16

- Student Essentials Fair (11am - 2pm)
- Societies Fair (12pm - 4pm)
- Mario Kart Tournament (2.30pm - 4.30pm)
- Firepit, Guitars and Stargazing (7pm - 9pm)



Wednesday 17

- Club Fair (12pm - 4pm, quiet hour 11am - 12pm)
- Zine Workshop (12pm - 2pm)
- Bert's Amazing Creatures (12pm - 2pm)
- Games Night (6pm - 10pm)



Thursday 18

- The Street Market (10am - 3pm)
- Volunteering Fair (12pm - 2pm)
- Sit and Sketch (12pm - 2pm)
- Roller Disco (5pm - 9pm)
- Trivia Quiz Night (7pm - 10pm)



Friday 19

- Outdoor Yoga (9.30am - 10.30am)
- Colour Run (11am - 2pm)



DAILY CAMPUS TOURS

Not sure where your lectures will be? Want to get to grips with campus? Stop by the Campus Tours tent where current students will take you on a tour of exactly what you want to see. Tours are personalised to your interests and needs, ensuring everyone feels comfortable and confident ahead of the start of term. Drop in at a time that suits you!

📍 The Square 📅 Mon 15 Sept - Weds 17 Sept ⌚ 10am to 3pm

SPORT TASTER SESSIONS

Whether you're a serious athlete or you want to try something new, uea+sport clubs offer something for everyone.

- 📍 Welcome Hub
- 📅 Mon 15 Sept - Thurs 18 Sept
- ⌚ 9.30am - 10.30am



SCAN ME TO SEE THE FULL SCHEDULE





**There are over
250 societies at
UEA you can
join, including:**

- Anime
- Afro-Caribbean (ACS)
- Art
- Bad film
- Baking
- Cocktail
- Disabled Students Community (DiSCo)
- Disney
- Debating
- Ghost hunting
- Motorsports
- Taylor Swift
- Video games
- Pantomime
- Mountaineering
- Show choir
- Religious



There are almost 60 different sports clubs you can join at UEA, including:

- American Football
- Archery
- Athletics
- Ballet
- Ballroom and Latin
- Basketball
- Boxing
- Climbing
- Cycling
- Equestrian
- Fencing
- Football
- Karate
- Lacrosse
- Lifting
- Netball
- Pole fitness
- Sailing



Active Campus Membership

- Every student at UEA is automatically enrolled on a free Active Campus membership for the duration of their studies
- Access to variety of FREE and subsidised sport and physical activity sessions designed to support physical and mental health, and wellbeing

Activities include:

- Campus walking routes
- Weekly timetable of group exercise classes and sporting sessions including climbing, hockey, volleyball, football and much more



Active Campus Membership

- Exercise referral scheme – Move your Mind
- Free Active Campus membership
- Free Ziggurat challenge (sport between schools of study)
- £1 dog walks
- £1 drop-in sports
- £2 group exercise classes
- £5 Navigate Norfolk Day Trips
- £5 Adventure Afternoons (e.g. paddleboarding, Go Ape)
- Equipment Hub



Competitive Sport at UEA

AMERICAN FOOTBALL	EQUESTRIAN	KAYAK	SWIMMING
ARCHERY	FENCING	KORFBALL	TABLE TENNIS
ATHLETICS	MEN'S FOOTBALL	LACROSSE	TENNIS
BADMINTON	WOMEN'S FOOTBALL	NETBALL	TRAMPOLINING
BASEBALL & SOFTBALL	FUTSAL	POOL & SNOOKER	TRIATHLON
MEN'S BASKETBALL	GOLF	ROWING	ULIMATE FRISBEE
WOMEN'S BASKETBALL	GYMNASTICS	MEN'S RUGBY	VOLLEYBALL
BOXING	MEN'S HOCKEY	WOMEN'S RUGBY	WATERPOLO



BUCS deliver more than 50 sports to over 170 member institutions, comprising a busy league programme of over 4800 teams and over 100 championships events every year.

UEA will enter over 40 teams into BUCS this year. We have 409 BUCS fixtures across 37 venues a year alongside 63 events nationally.

Competitive Sport at UEA

Local Leagues

Within the Norfolk area we have multiple of our sports teams competing each week within local league competition.

There are local leagues for: Archery, Athletics, Badminton, Basketball, Football, Hockey, Rugby, Ice Hockey, Korfball, Lacrosse, Netball, Squash, Volleyball and more...

University Competitions

A number of our sports clubs also compete in a range of competitions within their sports throughout the academic year both within the local regional and nationally. Ranging from the British Cheerleading Championships, UK Ice Hockey League, Southern Trampolining League and multiple martial arts competitions.



Music at UEA

The Music Centre

- Degree level facilities for music – open to everyone
- 4 ensembles open to all: UEA Choir, Chamber Choir and Symphony Orchestra and Community Choir.
- 8 student-led groups run by UEA Music Society.
- Approx. 40 concerts per year.
- 8 practice Rooms are available from 8am - 10pm 7 days a week, and a multi-purpose 80-capacity Concert Room.
- Music Scholarships for committed musicians who make UEA their first choice on application, and Music Centre Awards for current students, can both support your music making.
- All students are encouraged to take part socially, recreationally as well as ambitiously.



Student Life



Learn life skills

- Cooking
- Cleaning
- Laundry
- Budgeting
- Paying bills
- Independence
- Self confidence
- Studying
- Meeting deadlines
- Balancing work and study



At university – studying



Learn in new ways

At university you will learn in new and different ways than you have before, for example:

- Lectures – large classes with experts presenting
- Seminars – small sessions with your peers
- Practical – putting theory into practice
- Independent study – master your own schedule and study time

You will also be assessed in ways you may not have been before, for example:

dissertations, essays, portfolios, presentations, observations, exams, demonstrations, projects, coursework, case studies, participation, placements, research reports or proposals...



Study Skills

Skills to help you succeed at university:

- Independent study
- Self motivation
- Time management
- Self advocacy
- Being reflective
- Academic language
- Academic writing
- Independent Learning
- Presenting
- Referencing
- Research
- Time Management



Typical sixth form student timetable

	08.35 - 09.35 Period 1	09.45 - 11.00 Period 2	11.10 - 12.10 Period 3	12.10 - 13.00 Lunch	13.00 - 14.00 Period 4	14.10 - 15.10 Period 5	15.15 - 16.15 Period 6	> 16.15	
Monday	Biology	Art	Independent Study		History	Extended Project Class	Psychology		
Tuesday	Art	Biology	History		Psychology	14.05 - 16.15 Sport and Activities			
Wednesday	Independent Study	History	Independent Study	Meeting with Director of Studies		Independent Study	Biology	Art	Subject Workshops
Thursday	Psychology	Independent Study	11.05 - 12.40 Sport and Activities		12.40 - 13.35 Lunch	13.35 - 14.50 Plus Programme	15.00 - 16.15 Enrichment		
Friday	History	Psychology	Art	12.10 - 13.00 Lunch	Independent Learning skills	Biology	Independent Study		

Typical university student timetable

SEPTEMBER

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where it all comes together for you

This is an example timetable that could reflect the teaching hours, services available, optional social activities and work opportunities that UEA has to offer. This is not to be taken as an accurate representation of your studies which will be provided when you start your new academic year.

UEA

University of East Anglia

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

EVE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast and catch up with James in Unio

Microbiology Lecture - Lecture Theatre 1

Research and reading - Library

Microbiology Seminar - Chemistry and Pharmacy 1.17

Study session - Library

Microbiology Workshop - Zuckerman Institute 0.05

Microbiology Lecture - Julian Study Centre Lecture Theatre

Microbiology Lecture - Congregation Hall 01.19

Study session in Bio Atrium Café with coursemates

Microbiology Lecture - The Enterprise Centre Lecture Theatre

Careers Fair - Thomas Paine Study Centre Foyer

Homemade pizza night at Alexis's house

Shift at Unio

UEA Hockey club practice

Hockey club social - SU Bar

Walk around Earlham Park

Microbiology Lecture - Thomas Paine Study Centre Lecture Theatre

Microbiology Drop-In Session - Congregation Hall 01.19

Microbiology Workshop - Zuckerman Institute 0.05

Study session at home

Microbiology Lab Session - New Science Building 2.02b

Microbiology Lecture - Thomas Paine Study Centre Lecture Theatre

Gym session - Sportspark

Biological Society social at the Lamb Inn

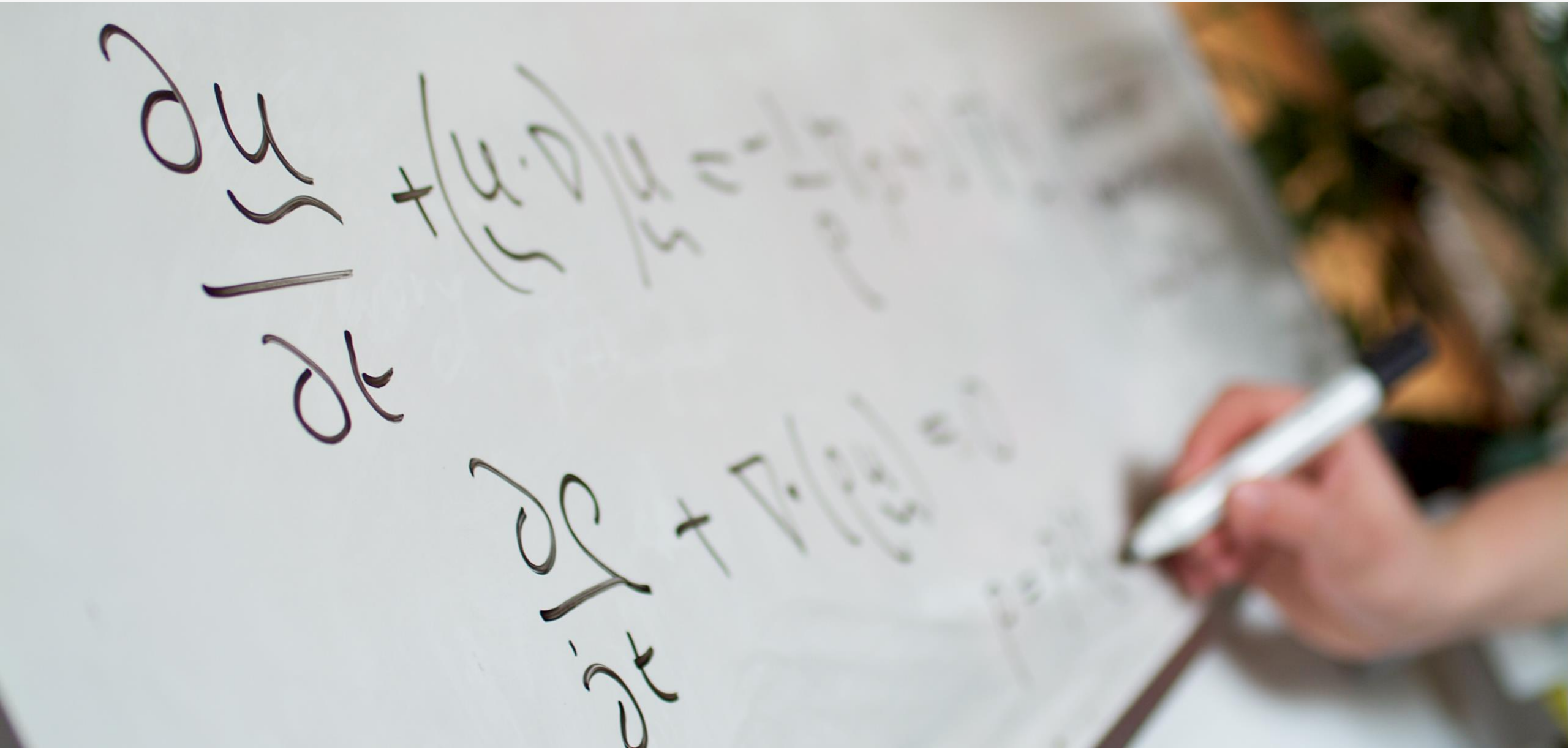
MICROBIOLOGY

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Starting and succeeding at university

UEA

At university - finances



Part time jobs

The average student earns £507 per month from their part-time job. **National Student Money Survey 2024**

‘58% of students rely on part-time work for money’. **National Student Money Survey 2024**



Student Ambassadors

- UEA has the largest ambassador scheme in the UK
- Student Ambassador (£11.92 p/h); Senior Ambassador (£12.26 p/h)
- Contracted until you graduate

What do they do?

- Recruitment, outreach and career events
- Star in and create social media content
- Mentoring and tutoring
- Lead campus tours
- IT Service Desk (Live Chat)
- Unibuddy
- Website testing
- Office support and admin work



Budgeting tools



- UniDays/ Student Beans
- Apps
- Save the Student
- Money Saving Expert
- 16-25 travel card
- Student bank accounts
- The Scholarship Hub
- Student Support Services

Remember! Your student loan only comes in 3 times a year and might not be enough to fully cover your living costs

At university - support



University support

At UEA:

- Academics
- Nightline
- Residential Life Team
- Student information zone
- Open Up App
- Finance advice
- Counselling
- Study support
- 1:1 tutorials
- Admissions team
- Study abroad team
- Careers central team



Support at UEA

Student Services at UEA are split into three teams focused on:

- [Wellbeing](#)
- [Student Life](#)
- [Learning Enhancement](#)

All teams work closely together to provide professional, proactive and approachable services for students to help you make the most of your time at UEA.

There are also many other ways we look after your health, safety and wellbeing during your time at UEA. Dedicated security staff are on campus 24/7, we have an NHS GP surgery and dental practice on campus (with a Boots pharmacy right next door) and the [UEA Nursery](#) for parents studying on campus.



Top tips for starting and succeeding at university



- Carefully consider your Firm & Insurance choices
- Research scholarships
- Apply for accommodation
- Know your deadlines!
- Undertake Clearing research
- Read all emails from your universities, UCAS & SFE
- Plan for your first few weeks of university and have fun!



Lia

Second year student

BSc Geography

What can students do to prepare for university?

It can seem daunting going to university as it is a completely new experience, but one thing to remember is that everyone is in the same boat and it's completely normal to feel a bit nervous! I would definitely recommend joining the official Unibuddy or community groups where you can start talking to people on your course and your flatmates so then you feel like you already know them before move-in day and makes it less nerve-racking.



Any questions?

LUCY

Higher Education Adviser

Further Information

Ask us

uea.ac.uk/ask-us

Open days and visits

uea.ac.uk/visit

virtualopenday.uea.ac.uk

Tasters and webinars

uea.ac.uk/study/tasters



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