

Life at University

This chapter of life comes with lots of exciting experiences and new challenges.

With the pressures of academia, living with others and managing money and daily duties on your own, uni life can be intense at times. It's normal to feel exhausted by the highs and lows, and it's always okay to make space to look after your mental health throughout your time at uni.



We've put together some information for people at university, including tips on:

- Meeting new people
- Being authentic
- Living independently
- And more!
- Clubs and societies

FIND OUT MORE

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