

# TAKE YOUR PLACE

## ENHANCE YOUR STUDENT EXPERIENCE WORKBOOK

A Guide to Shining Brighter



neadco

[takeyourplace.ac.uk](https://takeyourplace.ac.uk)

# A GUIDE TO SOCIETIES AT UNIVERSITY



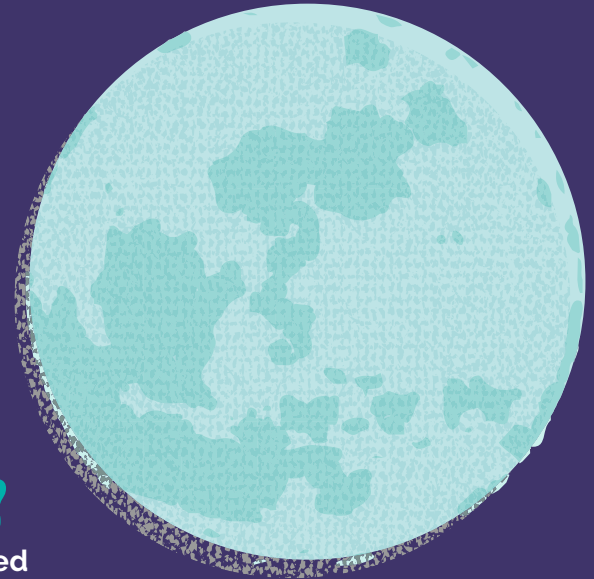
University life isn't all about studying. There's lots of things to do to enhance your social life.

You could join a society!

Universities will typically have hundreds of wonderful and wacky societies for students to enjoy. Some of you might expect, for example, Rugby, Football and Cheerleading. You may not have thought to include stranger offers like: K Pop Dance, Doctor Who and the Garlic Bread society.

At the UEA, there is a even an actual Assassins society! Members hunt each other down on campus (in a non-violent way) and the winner is the person who gets got last. Previous weapons of choice in this society include Light-Sabers, Spatulas, Pens and a Banana!

Societies help you to develop life skills, improve your budgeting and manage your lives in a more sociable way.



## WHICH SOCIETIES WOULD YOU CHOOSE?

**Your task:** Put a tick next to 3 societies you would be interested in joining during your time at university.

Cheese society

Assassins society

Rugby society

Football society

Cheerleading society

Garlic bread society

Law society

Quidditch club

Ballroom and Latin dancing society

Vegan society

Mixed Martial Arts Society

Archery society

Baking society

Criminology society

Circus society

Swimming society

Poker society

Dancesport society

Trampolining society

Nursing society

Surf society

Karate society

Rowing society

Netball society

Basketball society

Chess society

Mountaineering society

Disney appreciation society

Drama society

Canoe society

Fashion society

History society

Cycling society

Jazz society

Magic society

Film making society

Crime and justice society

Lego society

Bowling society

Bed film society

**Another society I would like to either join or perhaps start up myself would be:**

**Write down 3 awesome places to visit for students in and around Norwich:**

**1**

**2**

**3**

It's also important to embrace the city/area in which you are studying. Research the area surrounding your university and find out what it has to offer- shopping, music venues, museums, galleries etc.

# EMPLOYABILITY: PART TIME JOBS AT UNIVERSITY

You have heard that over 40% of students have a part time job during the term at university. You look at the JobShop in the SU. Do you think you should have a part time job? Will it help you budget? Will you be able to have a job and balance your studying and social life?

## Job title

### Bar Staff

#### Job details

At the SU, serving customers, Managing Money and keeping the bar stocked up.

#### Hours per week

10 on Friday nights and 5 on Saturday.

#### Hourly wage

£10.30 (before deductions)

## Job title

### Call Centre Representative

#### Job details

In Norwich, includes answering calls from customers and dealing with their questions and complaints.

#### Hours per week

8 on Wednesday afternoons.1pm - 9pm

#### Hourly wage

£13.10 (before deductions)

## Job title

### After School Assistant

#### Job details

Helping to run an after-school club for Primary School children.

#### Hours per week

10 a week @ 2 hours per day Monday – Friday from 3:30pm – 5:00pm

#### Hourly wage

£7.50 (before deductions)

## Job title

### Checkout Assistant

#### Job details

In Norwich, working on the checkout at a local supermarket, scanning items, taking payments and helping to pack bags.

#### Hours per week

25 – Monday, Tuesday and Wednesday mornings and all day on Sunday.

#### Hourly wage

£9.10 (before deductions)

## Job title

### Student Ambassador

#### Job details

Self-selected tasks and jobs supporting the university with events, activities and open days. Other tasks included.

#### Hours per week

Hours varied between 1 and 8 per day

#### Hourly wage

£10.30 (before deductions)

# MANAGING YOUR WORRIES



## DIAMOND 9 ACTIVITY:



Using the Diamond 9 template:  
Pick 8 worries or concerns that you or somebody else may feel if they are heading to university in September. We have left a space free for you to add your own.

Now write down one coping strategy that you use to manage one of these worries.

**MOST IMPORTANT**

**LEAST IMPORTANT**

## ACTIVITY - LIST OF WORRIES

- 
- 
- Running out of money
  - Leaving home
  - Leaving Friends/Family
  - Cooking for myself
  - Cleaning
  - University Classwork
  - Integration and Friendship
  - Getting a job
  - Moving to a new city/town
  - Finding help
  - Choosing Accommodation
  - Enjoying my course
  - Passing my exams
  - Using new technology
  - Finding my way around campus
  - Covid19 health risks
  - Not getting on with housemates

# NEXT STEPS TO UNIVERSITY TRANSITION



## STILL WORRIED ABOUT GOING TO UNIVERSITY?

**Don't panic, the team at Student Beans have come up with a list of their best tips on how to make the most out of your freshers.**

- **Arrive early** - It's easy to keep putting the daunting concept of socialising with new people off until the last minute... Don't do that. Arrive early, unpack and head straight to the kitchen for some socialising. You may be totally out of your comfort zone, but you'll be glad you pushed yourself further down the line.
- **Join a society or sports team** - There are loads of activities and societies you can join at uni and you already know you've got stuff in common with the people there. Making friends can be daunting, but uni gives you so many opportunities to do things you've never done before, so you'll be able to find people to chat with and make friends.
- **Go to the Freshers' fair** - Your freshers' fair will be held within the first week of term and it's a great opportunity to find out about all the societies and groups that you might be interested in. It's also a great opportunity to nab some freebies from big brands, such as vouchers to branded merch. Student Beans is heading to 20 freshers' fairs across the UK with our Wheel of Fortune this September so come check us out and win amazing prizes for every spin!
- **Be open minded** - You may have joined all the groups on social media and decided who you want to be friends with before you even meet them; however, the key to freshers is being open minded. Try not to go in with pre-judgements of everything and everyone and just be open to new experiences. Give yourself a goal of speaking to one new person every day, and you'll be surprised at how quickly you'll make new friendships.
- **Money tips** - Yes, money can be tight at uni, but it doesn't have to be with budgeting, part-time jobs and student discounts. As soon as you have been accepted to your course, you can sign up for a free Student Beans account which gets you instant access to hundreds of discounts and offers with the biggest brands, shops and restaurants.
- **Don't panic if you're not having the time of your life yet** - The first few weeks of university can be hugely overwhelming so it's natural that you may miss your home comforts, family and friends. With so much pressure on you to be having the 'time of your life', don't feel like a failure if you're not, it takes some people longer to adjust than others.
- **Talk to someone** - If you're having a hard time adjusting, do reach out and talk to your family and friends. If you are not enjoying your course or uni, it's not the end of the world if you reapply to another one. There will be plenty of advisors and your tutor of course will be able to help guide you in the right direction. Some unis have student support centres too, so check out your uni website for more info.



# TAKE YOUR PLACE

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## VIDEO APPENDIX

1. Student Ambassadors, [click here](#)
2. Student Life Opportunities, [click here](#)
3. Accommodation Support  
Bath University, [click here](#)
4. Disability Support, [click here](#)

UEA  
University of East Angles

University  
of Suffolk

UNIVERSITY OF  
CAMBRIDGE

a.r.u.  
Anglia Ruskin  
University

NORWICH  
UNIVERSITY  
OF THE ARTS

Peterborough  
College

Stamford  
College

eastcoast  
COLLEGE

Suffolk  
New  
College

CITY  
COLLEGE  
NORWICH

WEST  
SUFFOLK  
COLLEGE

EASTON  
COLLEGE

The College  
of West Anglia

CAMBRIDGE  
REGIONAL COLLEGE

COLLEGE OF  
ARTS AND  
DESIGN