

# Settling in

University is an exciting time in your life – a new city, new friends and new responsibilities. It's a huge change in a short space of time and for a lot of students it's the first time living away from home.

All of this means it can often feel difficult to settle into your new surroundings. Homesickness or nerves about getting to grips with University life is something a lot of students go through – so you aren't alone.

Whether you're from the UK or beyond, there are plenty of things you can do to feel right at home in Manchester.

# Personalising your space

Whether you're moving into University accommodation for the first time, or you are returning to a new student house, adding some personal touches and home comforts to your room can give you a sense of belonging...

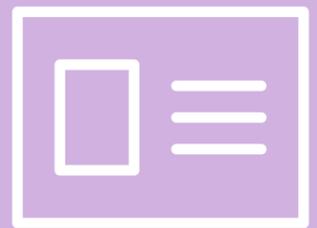
Decorate your room with pictures of friends, family or pets from [freeprints](#) and posters like our [wellbeing calendar](#).



House plants can really brighten up your space. Cacti and succulents are easy to maintain and hardly require any watering.



Make a name tag for your door. This not only helps personalise your room, but is good for encouraging social interaction.



Create a comfortable, clutter free study space to give yourself a positive start to the year ahead. Find some more tips on this page [here](#).



# Socialising

University is a great opportunity to meet new people and make life-long friends. Although it can be scary living away from home for the first time with new people, try to remember that you're all in the same position and always remember to socialise safely. Lots of activities are available remotely this year.

Getting stuck in from the start and pushing yourself out of your comfort zone will help you feel more settled. Although it might feel more challenging at the moment, there are still plenty of ways you can get involved with activities, try new things and meet new people through societies, sports and volunteering.

## Societies



With 400 societies offering everything from knitting to scuba diving, you're sure to find the right society for you. If there isn't, you can get help to create your own.

## Sports



The University offers sports and activities to support our community to be more active. See how you can get involved, from joining the gym to getting involved with sports clubs.

## Volunteering



Volunteering is a great way to enhance your University experience. You can make new friends, become part of the local community and develop new skills which will look great on your CV.

Find some of your course mates on the official SU welcome Facebook page

Visit our connect page for more socialising ideas

# Managing your money

Settling into student life and managing your money for the first time can feel daunting. See below for our top tips for managing your money.

Creating a simple budget using a [budget planner](#) based on your income and outgoings is a solid place to start and can help you enjoy yourself without splurging or feeling stressed.



Try to plan ahead, locate your closest and cheapest supermarket (check out our [supermarket map](#)) and try to stick to a shopping list to avoid overspending once you're there.



Get creative and look for some [cheap, easy meals](#) that you can cook at home, this can also be a great way to bond with your new flatmates.



Make the most of your student discount. Your student card will get you discount in a few places, you can also sign up with [UNiDAYS](#) and the Student Beans app for online discounts.



# Organising your time

The prospect of assignments and exams may feel overwhelming when you start University, however being organised can help you to feel that you are managing your time effectively and able to reach your goals.

By writing down our routine and goals, we are more likely to commit to them and achieve them, try using our daily and weekly planners to help get you motivated. We also have resources to help you maintain focus.

**Daily planner**



**Weekly planner**



**Goal planner**



**Focus  
infographic**



**Motivation  
webpage**



**Focus video**



# Looking after yourself

It is important to take notice of your own wellbeing and look after yourself, particularly during stressful times. Scheduling in time to show yourself some self-care can help you to avoid feeling overwhelmed, even the smallest of actions can make a big difference.

Take a look at our [six ways to wellbeing](#) and the resources below to offer you some inspiration.

**Gratitude  
journal**



**Resilience  
infographic**



**Savouring  
journal**

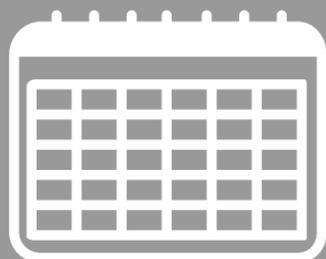


**RAK\* journal**

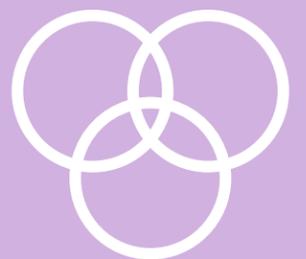
\*random acts of kindness



**Wellbeing  
calendar**



**Wellbeing  
balance**



# Asking for help

During difficult times, you may experience various emotions when settling into university. It's important to remember that these feelings are normal and experienced by your peers.

It is always good to reach out to others for help, you could contact your relatives or a friend for a familiar voice.

Alternatively, the University has various support services who are there to help, so don't hesitate to reach out if needed.

**A good place to start is the student support website:**

**[www.studentsupport.manchester.ac.uk](http://www.studentsupport.manchester.ac.uk)**

Here you can find an [A-Z list of contacts](#) if you can't find the answer you're looking for, or want to speak to someone.