

## Keep on track!

It can be hard to keep your studies on track, particularly if you have other commitments. It helps to set aside a few hours each day to focus on your studies. And try not to miss lectures! Just as importantly, make time to get together with other students, and start building new social and professional networks. Uni is an amazing opportunity to meet new people, try new things, and just enjoy yourself, as well as to learn about your subject.

### Group working at uni

Working in groups is a scary concept but really helps to increase your social circle. It helps to increase your communication skills as well as allowing you to access new ideas from other members of the group. Just make sure you don't try and do everything yourself!

*Ria, Accountancy and Finance*

### Getting results

The going can get tough and it can get hard but when you get your assignments back and you see the results, the feeling you get is so uplifting it makes the effort all the more worthwhile.

*Sarah, Health Science*

# Get ready for university study

## Mature students say...



[www.napier.ac.uk/getready](http://www.napier.ac.uk/getready)

# Mature students say...

What's uni really like?

What might help me make a success of my uni studies? Here's what these students said.

## **New beginnings**

So what's uni really like? Uni is a fantastic opportunity to explore your chosen area of study, and perhaps begin a new career. It can be a life-changing experience! If you're coming back to uni after some time it can feel quite challenging at first, but there is support available if you need it. It's likely that you're very motivated to succeed in your chosen area of study, and the life experience you bring with you will help you achieve. If you enjoy what you're studying, it makes all the difference.

### **Enjoy what you're studying**

I've been very pleasantly surprised by how much I've enjoyed the course and also how well I've managed to cope with the demands of the course so far. I really feel if you enjoy what you're studying, it can make all the difference.

*Nicola, Health and Life Sciences*

### **Be proud of developing as an individual**

When I first came in to Napier I thought I did not have the skills required to get through, but over time I have developed the skills that I need to get through. This has developed my confidence and self-esteem, and the reward that comes from this discovery of myself and my abilities is something that cannot be under-estimated.

*Sarah, Health and Life Sciences*

## **Become an independent learner**

Uni is challenging but it's also exciting - you'll be expected to really stretch yourself both as a learner and as an individual. Most mature students feel insecure about study techniques at first, but you'll soon get to grips with what's required. If you've worked for some time, or looked after a family, then you'll probably be well organized, and you can use these skills to plan your studies from the very start. But try not to put too much pressure on yourself!

### **Manage your workload from the start**

It's important at university to be an independent learner. If you have course deadlines for work for various modules, then it's your own responsibility to plan ahead and stay in control of your own workload.

*Nicola, Health and Life Sciences*

### **Plan your time**

At the beginning of the year you tend to get your submission dates for assignments and things and I usually use a diary and a wall planner to help me plan my time. I've usually got multi-coloured wall planners, so that I can see very clearly, different subject areas.

*Sarah, Health Science*

## **Ask for help when you need it**

At the beginning you might feel uncertain about asking questions. But no-one expects you to know everything! If you have any problems, you can email the appropriate person. Some lecturing staff have times when you can drop into their office and ask for advice. You can also contact student support, or apply for a student mentor, if you'd like informal help from an experienced student.

### **Be proactive if you feel you need help**

The staff are available to help, but the ball is in your court to look for it. When I've had problems with essays - or even just uncertainties - I've emailed my tutors and they've given me great guidance.

*Nicola, Health and Life Sciences*

### **Dealing with pressure**

It's normal to feel stressed and under pressure, especially for mature students with family commitments. If it is getting too much then chat to your fellow students your course leader or academic support advisor. Talking things over does help.

*Alistair, Business & Marketing*