

**STUDENT
SPACE**

Digital communications pack: Preparing for university

Student Space



Student Space is led by Student Minds, the UK's student mental health charity.

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Preparing for the 2021/22 academic year

Starting the 2021/22 academic year marks a challenging time for new and returning students, with Covid-19 continuing to create additional challenges across higher education. Universities implementing their own restrictions means that student experiences across the country will vary.

Students have shared some of their concerns around the uncertainties of university life:

- Not feeling ready for the next level of academic study
- Finances and being unable to fund their studies or find work
- Ongoing issues regarding the coronavirus pandemic and vaccination
- Not having access to all academic and support services due to restrictions
- The impact on academic learning due to online and blended teaching approaches
- Social anxieties, making friends and returning to in-person socialising

[Student Space](#) provides a platform of support for students with resources dedicated specifically to ensure higher education students are supported whilst starting or returning to university.

The screenshot shows the Student Space website interface. At the top, there is a search bar and navigation links for 'Support services', 'Advice and information', 'Student stories', 'Support at your university', and 'About Student Space'. The main heading is 'Preparing for university' with an illustration of a student with a suitcase. Below the heading, there is a sub-heading '10 resources:' followed by three article cards. Each card includes a title, a '2 MINUTE READ' or '3 MINUTE READ' indicator, and a brief description of the article's content.

STUDENT SPACE from student minds

Search our site

Support services ▾ Advice and information ▾ Student stories Support at your university About Student Space

Home > Advice and information >

Preparing for university

A new year at uni can be exciting, but it might also be daunting. Get tips and advice to help with your concerns.

10 resources:

- ARTICLE**
Am I going to be good enough for the next academic level? →
2 MINUTE READ
As a result of coronavirus, you may have experienced disruption to your education. In these circumstances, it's natural that you might feel underprepared for the next stage of study.
- ARTICLE**
Thinking about the uncertainty of the academic year during the pandemic →
3 MINUTE READ
When confronted by high levels of uncertainty about the next academic year, it can be easy to fall into one of a number of thinking behaviours.
- ARTICLE**
Taking a structured approach to making friends →
2 MINUTE READ
If you're a new student, you might be worried about the impact of coronavirus on your ability to make friends.

What is Student Space?

In response to the significant impact of the pandemic on the student population, Student Minds launched [Student Space](#) in August 2020 to help students find the support that they need during coronavirus.


The platform works to support students as they prepare for the 2021/22 academic year through:

Support services

Dedicated support for whatever challenge a student is facing.

- Text support
- Phone support
- Email support
- Webchat support

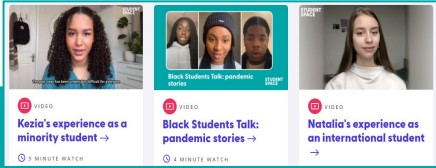
**The support services package is reviewed on an ongoing basis to ensure it is meeting student need.*



Information, tools and student stories

Expert [information and advice](#) written by students and clinicians.

[Stories](#) about how students have responded to the challenges created by coronavirus.



University support directory

A directory for students to find the mental health support available at their university.

Search by university

Resources for students preparing for university

Support for your higher education students

We have a dedicated area on Student Space to support your students with [preparing for university](#).

Student Space: Preparing for university

- [Thinking about the uncertainty of the academic year during the pandemic](#)
- [Am I going to be good enough for the next academic level?](#)
- [Taking a structured approach to making friends](#)
- Student story: [Tips on making friends](#)
- [Building a network during coronavirus](#)
- Student Story: [Navigating university as a minority student](#)
- [Maintaining old networks](#)
- [Will being a student be less fun this year?](#)
- Student story: [Making the most of online learning](#)
- Student story: [Finding focus and motivation for studying](#)

Student Space support for:

- [Mental health and wellbeing](#)
- [Life as a disabled student](#)
- [Studying during coronavirus](#)
- [Friendships and social life](#)
- [Support with money and finances](#)

Student Space also has a [directory](#) for your students to find support at their university.

Additional resources

Student stories on the Student Minds blog

- [My reflections on starting university](#), Grace Anderson
- [Adjusting expectations: How I've learned to manage work, mental health, and remote learning during the pandemic](#), Ginger Abbot
- [Starting uni with pre-existing mental health conditions](#), Kayleigh Brinkman
- [Wellbeing and postgraduate study during Covid-19](#), Chrissie Thwaites
- [Studying with mental health difficulties whilst being a parent](#), Jenna Araniello
- [Accessing free NHS prescription](#), Carys
- [#FresherPressure: Tips for navigating university life](#), Caiyun
- [Why it's OK not to go clubbing at university](#), Ruby Ellis

- Dedicated section for [first year student stories](#)

Student Minds ['Know Before You Go'](#) guide

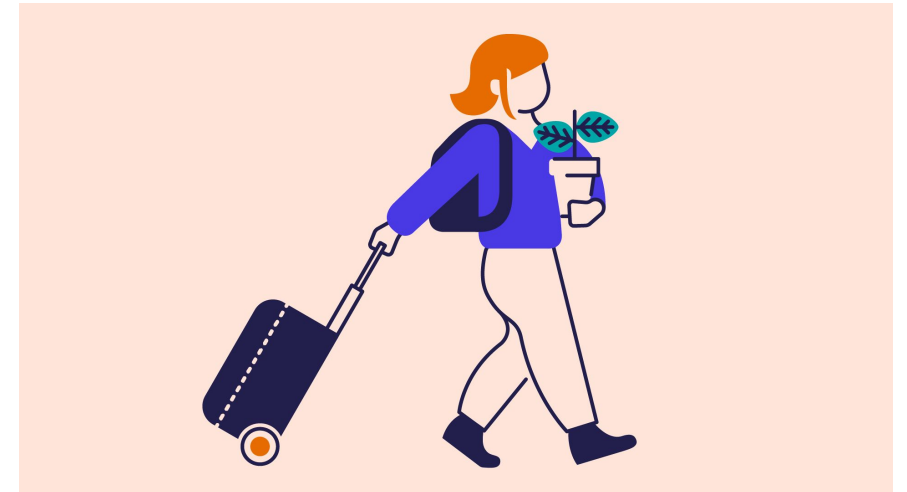
Sharing support for students

How can you share Student Space?

When students first start or return to university at the beginning of the academic year, they are often unaware of the support available to them. It's important that we work together to ensure students are aware of the help and options available to them.

Top ways to share Student Space:

- 1) Post on social media
- 2) Send an email/newsletter/text sharing support for students
- 3) Signpost to [Student Space](#) support on your website



If you share one message in support of Student Space, please share this:

For expert information and support as you prepare for university, #StudentSpace, run by @StudentMindsOrg, provides dedicated support services, information, and student stories to help you prepare for student life: <http://ow.ly/DSDf50FzfQz>

Messages to share across internal and external comms

Short

For expert support and wellbeing advice [Student Space](#), run by [Student Minds](#), is here to help. They provide dedicated support services, tips, tools and student stories to support you as you [prepare for university](#).

Medium

Student Space, run by Student Minds, is here to help you as you [prepare for university](#) with expert support and wellbeing advice. Whether you're stressed about your studies, personal life, or if you have concerns about what university life will look like, you don't have to struggle on your own. Explore their dedicated support services, tips, tools and student stories to find the help you need.

Long

Student Space, run by Student Minds, is here to help you as you prepare for university with expert support and wellbeing advice. They provide dedicated support services, as well as tips, tools and student stories on a range of topics, including:

- [Preparing for university](#)
- [Mental health and wellbeing](#)
- [Studying during coronavirus](#)
- [Friendships and social life](#)
- [Support with money and finances](#)
- [Life as a disabled student](#)
- [Finding support at your university](#)

If you are in need of support please do reach out by texting 'STUDENT' to 85258 to start a conversation today.

Share on social media

Preparing for university

Whatever is causing you concern, @StudentMindsOrg is here to listen. Whether it's your mental health, concerns about studying, or social anxieties, #StudentSpace can support you as you prepare for university: <http://ow.ly/DSDf50FzfQz>

For expert support and wellbeing advice #StudentSpace, run by @StudentMindsOrg, is here to help. They provide dedicated support services, tips, tools and student stories to help you as you begin your next academic level: <http://ow.ly/DSDf50FzfQz>

If you have concerns about your next academic level, take it one step at a time, #StudentSpace is here for you. Explore @StudentMindsOrg tips and advice to help with studying during coronavirus: <http://ow.ly/4YbS50FWmTv>

Are you preparing for university? Concerned about what uni will be like? You're not alone. @StudentMindsOrg share their tips for being a student now: <http://ow.ly/FyGg30rPsPq>

Are you anxious about making friends at uni? Or about staying connected with your friends at home? #StudentSpace is here for you: <http://ow.ly/lBrm50FWmY0>

Academic uncertainty can be challenging, especially after the uncertainty of the past year. Whatever your feeling, focus on how far you've come: <http://ow.ly/FU0B30rPsQ1>.

General Signposting

#StudentSpace, run by @StudentMindsOrg, is here to help students through university life during the pandemic: studentspace.org.uk

Worried about student life during your next academic level? #StudentSpace run by @StudentMindsOrg, is here to help you through the pandemic: studentspace.org.uk

Never struggle alone, #StudentSpace is here to help. Text 'STUDENT' to 85258 to start a conversation <http://ow.ly/EqWe30rPsQi>

Struggling right now? Call 0808 189 5260 to speak to someone between 3pm and midnight, everyday. You are never alone <http://ow.ly/FGfE30rPsQp>
#StudentSpace

Student Minds Social Media

Instagram: [@StudentMindsOrg](https://www.instagram.com/studentmindsorg)

Facebook: [Student Minds](https://www.facebook.com/studentminds)

Twitter: [@StudentMindsOrg](https://twitter.com/studentmindsorg)

LinkedIn: [Student Minds](https://www.linkedin.com/company/studentminds)

Please use #StudentSpace and tag us so that we can engage with your posts!

Share by email

Newsletter

Student Space is run by Student Minds, the UK's student mental health charity, to help students find the support that they need.

The platform works to support students in three ways:

1. Access to dedicated [support services](#)
2. [Information, tools](#) and [student stories](#) on navigating life during the pandemic
3. Help students find what [support is available at their university](#)

Whether you're stressed about your studies, personal life, or if you have concerns about what university life will look like, you don't have to struggle on your own.

Explore their dedicated support services, tips, tools and student stories to find the help you need. Student Space now has a dedicated area for support as you [prepare for university](#).

Email

'Hello [X],

Have you heard of [Student Space](#)?

It is a website run by Student Minds, the UK's student mental health charity.

They provide access to dedicated support services, including phone and text support.

As well as tailored support for higher education students who are [preparing for university](#), students can also explore information, tools and student stories to help them navigate the results period.

Best wishes,
[X]'

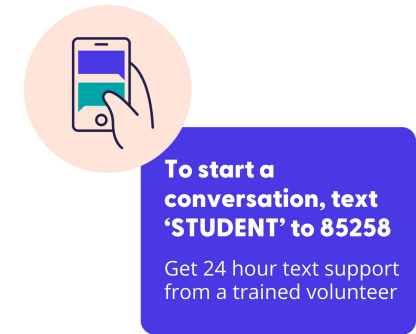
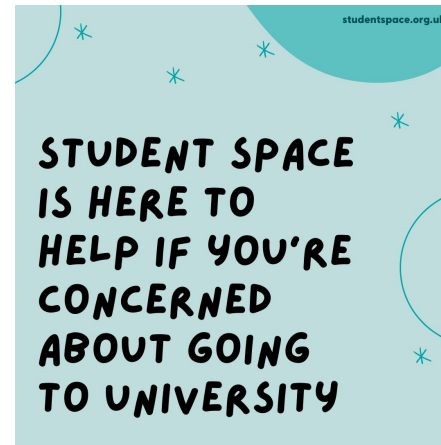
Assets

We have a range of assets, including images translated into Welsh, for you to use such as:

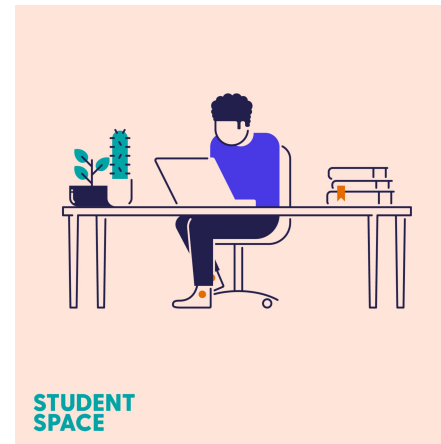
- Social media images
- Website banners
- Posters
- Videos

Our [dropbox folder](#) now includes a dedicated area of new assets to support students as they [prepare for university](#).

If there is an asset you'd like to see included let us know.



STUDENT
SPACE



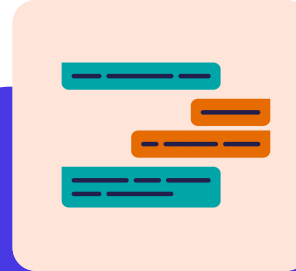
Accessing Student Space support services

Accessing Student Space Support Services



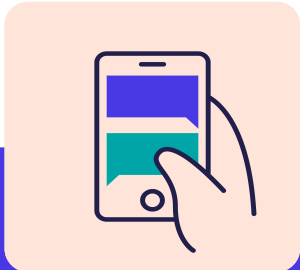
Phone support

- Call 0808 189 5260 for dedicated freephone number which is open from 3pm to 12am, offering listening support, information and onward signposting for students.
- studentspace.org.uk/support-services/phone-support



Webchat support

- Access the webchat through our website from 4pm to 11pm every day to talk to a trained supporter.
- studentspace.org.uk/support-services/webchat-support



Text support

- To start a conversation, text 'STUDENT' to 85258
- 24/7 support from a trained volunteer. It's free, confidential and anonymous.
- studentspace.org.uk/support-services/text-support



Email support

- Email us at students@themix.org.uk to get support from a trained supporter.
- studentspace.org.uk/support-services/email-support

Thank you for your support!

Together we can ensure students get the help that they need as the new academic year starts.

If you have any questions or would like support with sharing student space, get in touch with our Communications Manager:

Grace Anderson
(comms@studentminds.org.uk)

If you have general questions about the Student Space programme please contact:

studentspace@studentminds.org.uk