



CARDIFF  
UNIVERSITY



PRIFYSGOL  
CAERDYDD



*A Guide*  
FOR PARENTS  
AND SUPPORTERS



**to Higher Education at Cardiff University**

[www.cardiff.ac.uk/parentsandsupporters](http://www.cardiff.ac.uk/parentsandsupporters)

# Key Terms

## **UCAS: Universities and Colleges Admissions Service**

Students apply, track and accept university offers through UCAS. Their website, [www.ucas.com](http://www.ucas.com), provides many resources for both parents and students alike.

## **Personal statement**

Students will be expected to write a statement, of up to 4,000 characters, detailing why they should be considered for a place on their chosen course. This statement should be focussed, positive and individual to each student. Work experience and extra-curricular activities will certainly be beneficial, but remember to link the skills/abilities derived from these to the course itself.

## **Conditional offer**

If a conditional offer is received from the students chosen university, this means they have a provisional offer to study at this institute but must meet set academic requirements before the 31st August.

## **Unconditional offer**

An Unconditional Offer means a university is happy to accept the student regardless of any pending examinations.

## **Firm choice**

After receiving decisions from all universities, the student will select one university as their Firm Choice. This will be their first choice university and the one they would really like to attend.



## Insurance choice

Students will also select an Insurance Choice university. This will be their back-up choice should they not meet the requirements set by their Firm Choice university.

## Semester

The academic year is divided into two semesters: Autumn Semester will run from late September to January; whilst the Spring Semester runs from late January to June.

*“My son started visiting open days in the Spring of Year 12, to get an idea of what was on offer at university as opposed to looking for an apprenticeship or a job, which he was also considering. At that point he was undecided about which course he would be interested in studying, so went to several subject talks at his first open day. This helped him narrow it down to two subjects for the next open days we visited. These visits enabled him to decide that he would prefer do a single honours rather than a joint honours, and by that time he had decided which subject he would really like to study. He could then research more universities that offered the course he liked and decide which ones best suited him. Starting to look early in the year allowed the time to do this before he had to start filling in his application form.”*

### **Rachel, Parent**

*“My mum and dad were so helpful and supportive when it came to choosing a uni. My mum trekked all around the country with a stressed out A-level student (I can't say I was very good company) and helped organise the day's itinerary in the way only a mother can. Somehow we made it to every single thing we needed to see - and a few extras. Not only this but she asked questions which I was not only too anxious to ask but also that hadn't even crossed my mind. My dad took on the role of background researcher, scanning the internet for every minuscule piece of information on UK unis. I was totally unaware of so many important things that if it hadn't been for my parents, I would have had a nasty shock at the wrong uni.”*

### **Rowenna, BA English Literature Student**





# Hello!



**Going to university will mark a brand new chapter and will naturally feel like both an exciting and daunting prospect. Many parents and supporters want to advise students in continuing their education. However, the process of finding a place at university, and indeed university life itself, can at times appear something of a mystery.**

If you have limited knowledge of how the application process works, are worried about the financial aspect of university or concerned about how they will settle into student life, this booklet will provide a general overview of what to expect at Cardiff University and aims to answer the key questions that you may have regarding higher education in general.

As Wales' only Russell Group university, Cardiff University has much to offer students. We are particularly proud that 90% of our research has been confirmed as world-leading or internationally excellent in the latest Research Excellence Framework\*. Our modern teaching facilities, expert lecturers and outstanding employment record means Cardiff remains a popular choice amongst students.

There are a number of ways you can help during (and after) the application process. Whether you help to research universities and courses, attend open days or simply are there to talk through their options with them, your support will go a long way. What course and university they choose will depend on their character and interests. Please get involved, take an interest and be supportive ... but remember it is ultimately your son's or daughter's decision to make!

## Contents

Why go to university?	6
Cardiff: a capital city	8
Accommodation	10
Choosing a course	13
FAQs	14
UCAS timeline	16
Bursaries	18
Student finance	19
What you can do	21
Support and facilities	22



**33 acres  
of sports  
fields,  
a Sports Training  
Village and a  
Fitness and  
Conditioning Centre.**

\*Research Excellence Framework 2021. Further information is available at [www.cardiff.ac.uk/ref](http://www.cardiff.ac.uk/ref)

# WHY GO TO UNIVERSITY?

After leaving school, young people may opt to continue in education, complete an apprenticeship, begin full-time employment or take a gap year. With so many options available, it may be helpful to know that studying for a degree will offer them the opportunity:

## To improve their career prospects

In such a competitive job market, gaining a degree can significantly increase young people's career prospects. Studying at university will equip them with the knowledge and skills needed to thrive in the workplace. There are even some professions, such as Medicine and Law, where a degree is essential.

Although it would be misleading to claim that a degree guarantees employment, the quality of teaching and support offered throughout their time at university will certainly put them in good stead. They will have the opportunity to work to industry standards, learn from experts at the forefront of their field and be supported by our very active Careers team.

## To earn a larger salary

Statistics indicate that graduates earn considerably more than those without a Higher Education qualification. With a degree behind them, graduates will have a wider range of options available to them and, depending on their chosen field, may find it easier and quicker to progress up the career ladder.

## To pursue a subject they're passionate about

Passion and enthusiasm for the subject are two of the biggest contributing factors when deciding on what to study at university. For some students, this will be based upon the subject they have enjoyed most in school or college. Since not all subjects need previous experience in the field, however, other students will look to challenge themselves with exciting subjects they may not have previously had the opportunity to pursue. Students may find themselves on archaeological digs, completing fieldwork and lab work, exploring primary resources and journals, debating texts and theories or maybe even composing music. Whichever subject they choose, they will gain an in-depth understanding of their chosen discipline and thrive in an environment of like-minded people.

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*“Cardiff students demonstrate the talent, motivation and enthusiasm that employers are seeking.”*

**Paul Davies, Partner,  
Latham and Watkins LLP  
(UK and International Law Firm)**

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Ranked **11th** in  
the UK for impact

Research Excellence Framework 2021

Proud to be Wales' only  
Russell Group University

**96%** of our graduates were  
in employment and/or further study,  
due to start a new job or course,  
or doing other activities, such as  
travelling, 15 months after the end  
of their course.

Source: Copyright Higher Education Statistics Agency Limited 2021.  
The Higher Education Statistics Agency Limited cannot accept  
responsibility for any inferences or conclusions derived by third  
parties from its data.

## To gain independence

University allows students to challenge themselves both academically and personally and, as a consequence, they will gain much more independence and develop as a person. They will be faced with new challenges such as living away from home for the first time, budgeting, cooking and (on occasion) doing their own laundry!

This new-found independence will lead to more self-confidence and the ability to stand on their own two feet.

## To develop key skills

Besides independence and self-confidence, students also gain a number of other key skills ranging from communication and teamwork, to leadership and problem-solving. Whether putting together a group seminar presentation, getting involved in one of the many clubs and societies or just enjoying day-to-day student life, students will constantly be developing these personal skills; allowing them to adapt to new situations in their future careers and everyday life.

To learn more about the cutting-edge research at UK universities and how this impacts everyday life, visit [www.madeatuni.org.uk](http://www.madeatuni.org.uk)

# CARDIFF: A CAPITAL CITY

**Cardiff caters for many interests. With its affordable prices and friendly atmosphere, the city acts as the perfect base to pursue both old and new hobbies.**

For the shopping enthusiasts, we have an array of modern shopping centres, indoor markets and Victorian arcades to discover.

Whilst those interested in arts and heritage may find themselves in one of our many theatres, galleries or museums – we even have our very own castle which students can enter at discounted rates.

Those seeking adventure, on the other hand, may opt to explore the beautiful Welsh countryside, learn how to sail, go rock-climbing or even grab a surf board and hit one of South Wales' many charming beaches.

## **Sport**

With developments such as the Cardiff International White Water Centre and Ice Arena Wales, joining an array of pitches, athletic tracks and other facilities, students studying in Cardiff have a range of sporting opportunities available to them. The city is also home to a number of iconic venues. The internationally renowned Principality Stadium,

Sophia Gardens and Cardiff City Stadium attract fans from all over the world and the vibrant buzz of the city during international match days is one not to be missed.

## **Transport links**

Cardiff has great transport links which makes it easily accessible from most UK major cities. London, for example, is only two hours away on regular, direct train services from Cardiff Central train station.

## **Nightlife**

Whether young people prefer to party the night away in one of our many bars and clubs, or would be much more comfortable simply grabbing a bite to eat and watching a show, they are sure to find something to do in Cardiff. Our safe taxi scheme will also ensure they get home safely at the end of the night. For more information, see page 11.





To find out more about what makes Cardiff a popular city, visit:  
**visitcardiff.com**

*“Cardiff is a thriving and attractive capital city, widely recognised as an outstanding place to live”*

**The Complete University Guide 2019**

Cardiff was ranked **4th** for monthly rental costs in UK university cities  
**2021 Natwest Student Living Index**

## TOP TIP

**When paying a visit, why not combine it with a trip to see one of the many nationally-acclaimed theatre shows hosted at the Wales Millennium Centre?**

**[www.wmc.org.uk](http://www.wmc.org.uk)**

# Accommodation

**Moving away from home for the first time can be both an exciting and daunting prospect ... and not only for the students!**

Cardiff University residences offer students a comfortable and independent lifestyle at a reasonable cost. Living in University accommodation also provides the perfect opportunity to meet other first year students from a range of courses and backgrounds and, in many instances, make lifelong friends.

A place in University accommodation is guaranteed to all firm and insurance students, providing they meet certain deadlines. We have 17 residences to choose from - many of which are located within walking distance to the city centre and both our campuses. With a selection of self-catered and part-catered accommodation, there are options available for a range of budgets. When discussing accommodation choices, it will be beneficial to consider which facilities are most important to them. Is an ensuite, for example, more desirable than cheaper rent? Or is the opportunity to apply for on-site parking preferential?

## Facilities

Students can expect the following facilities to be provided when staying in Cardiff University residences:

- **Bed and mattress**
- **Study desk with chair**
- **Wardrobe**
- **Shared kitchen/dining area, including access to a toaster, kettle and microwave**
- **Laundry facilities**
- **Bike storage**
- **Free wi-fi**
- **Network connection points**
- **Endsleigh personal possessions insurance**

There are also a number of optional facilities to consider when applying for accommodation. Students, for example, may decide to apply for a residence with:

- **Car parking**
- **Self-catered or part-catered**
- **Ensuite or shared bathroom**
- **On-site sports facilities**
- **Quiet living option**

### **Please note:**

- The residences vary in the numbers of students they accommodate and some are more popular than others, therefore students obtaining their higher preferences can't be guaranteed.
- Aberdare Hall is a female-only residence. Should your daughter wish to live in a single gender hall, she may opt to put this as her preference.
- Similarly, we have designated flats available for Welsh speakers, LGBT+ students, as well as alcohol-free and quiet living flats.

More details on how to apply will be sent to applicants once their offer to study at the University is confirmed.

Why not watch our residences film and find out more?

**[www.cardiff.ac.uk/residences](http://www.cardiff.ac.uk/residences)**



Rent for Cardiff University residences ranges

**from £117–£152 per week\***

\*Prices correct for entry 2022/23. Our 2023/24 rates for University residences are currently under review.

## Residence Life

Our residences provide a supportive, friendly community with exciting events run by the Residence Life team to help you settle in.

## Support

To ensure the safety of our students, we have 24/7 security as well as Residence Life Assistants who live on-site to support our students should any problems arise. The Residence Life Team are dedicated to enhancing the student experience, helping to create a community within residences where students feel a sense of belonging and inclusion.

As well as this, Cardiff Students' Union operates a safe taxi scheme to enable your child to return home safely at night. Students who find themselves without enough money for a taxi simply ring the agreed local taxi company, show their student card to the driver, receive a receipt and pay back the fare at the Students' Union in the following few days.

## Private accommodation

In their second and third years, the majority of students choose to live with friends in rented accommodation near to the University. Students will take responsibility for finding a suitable house, organising finances, paying rent and bills, cooking and cleaning. However, they will be able to access plenty of support. Advertising properties from reputable landlords and providing practical advice, Cardiff Student Letting (run by our Students' Union) will be on hand to help to navigate the transition from University residences to private accommodation.

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*“Moving into halls of residences is the best possible thing a new student in a new city can do. I can't really put into words what a good time I had in halls – all I can say is that I strongly recommend it!”*

**Freya, Talybont South**

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With over 300 degree programmes to choose from at Cardiff University, students may be unsure about which one they will be best suited to. The right course will depend on what type of learner they are, which topics they enjoy and what experiences they hope to gain. You can help by encouraging them to consider the following factors:



# CHOOSING A COURSE

## Tailored programmes

From allowing our students to delay their final degree choice until the end of the first year, to tailoring the degree to suit their interests, to spending a year abroad or in industry; our ultimate aim is to offer flexibility wherever possible. The structure of our degree programmes is a particularly attractive feature. If students are passionate about two particular subjects, they might also consider one of our Joint Honours degrees. This would allow them to study two complementary subjects alongside each other. Why not check out our website or prospectus to see which subjects can be combined?

[www.cardiff.ac.uk/study/undergraduate](http://www.cardiff.ac.uk/study/undergraduate)

## Study and work opportunities: home and abroad

A number of our courses, like Engineering and Psychology, allow students to extend their studies to a four year programme in order to undertake a year in a professional or industry-based placement. With the chance to apply their new found knowledge to the workplace, network with employers and to possibly earn a salary, this opportunity may be one they are keen to pursue. Similarly, a year or semester abroad is another popular option for those looking to challenge themselves in a brand new environment. Having links to over 300 institutes across the world allows us to offer many varied and exciting opportunities.

## Timetable

Timetable demands vary between each subject. Consisting of lectures, seminars, tutorials and (where applicable) practical field trips and lab work.

Typically, students studying science-based courses can expect to attend university for between 20 to 30 hours per week. Students studying humanities-based subjects, on the other hand, can expect around 10 to 15 contact hours per week. The remaining time is expected to be spent working independently, carrying out research and background reading, completing project work and writing essays. Assessment methods will vary between courses but will often involve coursework, exams and assessed practical work.

## Healthcare courses

Health-related courses, based at the Heath Park Campus, may involve clinical placements in hospitals and community settings throughout Wales. This allows students to draw comparisons between the varying demands of practising in both the city and rural settings. Depending on their choice of course, some students will also have the opportunity to gain clinical experience abroad.

# FAQs

## Is taking a Joint Honours degree more work than a Single Honours?

Those studying Joint Honours degrees will be working towards the same amount of credits as those who choose a Single Honours degree. This means that the workload will be the same and will be split between all subjects studied. It is important for students to manage their workload efficiently to ensure all deadlines are met. The two subjects taken will usually be complementary, meaning they go hand-in-hand and can benefit one another.

## What are the main entry routes into Higher Education?

There are a number of ways to access Higher Education. The most common of which are shown on page 15.



## What about gap years? How are they viewed

Many courses accept deferred entry applications, which allow students to secure their place at university for when they return from their break. If the time is put to good use, gap years can be very beneficial and are generally accepted by most universities. Those who spend time travelling, working or volunteering during this year out gain lots of skills and experiences relevant to their application and chosen course. It also allows those who are still a little unsure of their course choice to take the time to complete further research and return to education with more focus and certainty. However, be sure to check how gap years are viewed at each individual institution.

## Where do students study?

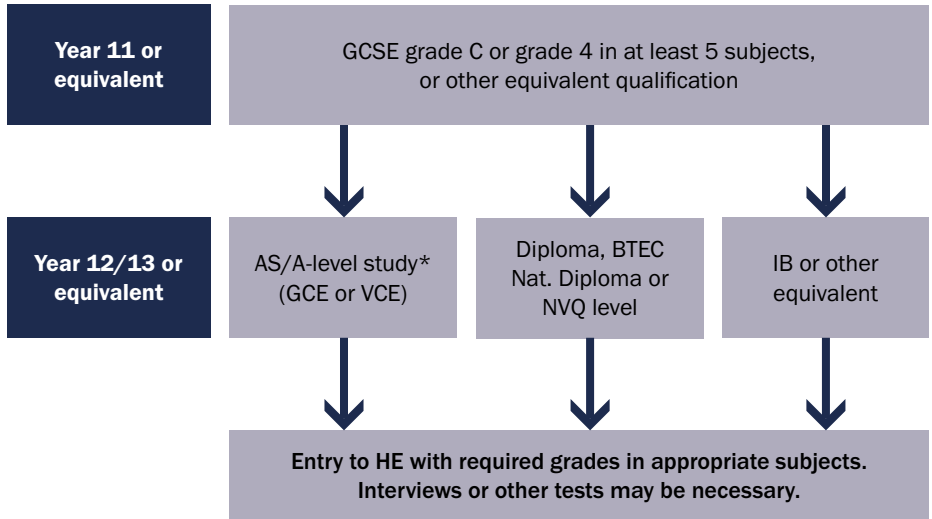
The University's Cathays Park Campus is located in Cardiff's civic centre, very close to the city centre. The majority of our academic schools are based here. The Schools of Dentistry, Healthcare Sciences and Medicine are based at the Heath Park Campus, which is also home to the University Hospital of Wales. Although students at the above schools will spend the majority of their time at the Heath Park Campus, some modules may be taught across both campuses.



## Main entry routes to Higher Education

The majority of students go to university at the age of 18.

A variety of qualifications are offered by students:



\*Please note that, where taken, the Welsh Baccalaureate and Extended Project Qualification will also be considered alongside A-level qualifications.

### Welsh Baccalaureate Advanced Skills Challenge Certificate

Cardiff University accepts the Welsh Baccalaureate Advanced Skills Challenge Certificate for admission to all of its undergraduate degree programmes. The qualification will be accepted in lieu of one A-Level at the same grade, excluding any specified subjects required for the course.

### Extended Project Qualifications (EPQ)

We look to support applicants who are taking the EPQ by recognising a grade A in the qualification to lower the entry requirements for all programmes bar Medicine and Dentistry. Applicants with grade A in the EPQ will typically receive an offer one grade lower than the standard A level offer. For example, AAB offers for an applicant taking the EPQ would be changed to "AAB from A level in 3 subjects OR grade A in the EPQ and grades ABB from A level in 3 subjects." Please note that any subject specific requirements must still be met.

**Key:** GCSE General Certificate of Secondary Education, GCE General Certificate of Education, VCE Vocational Certificate of Education, A-Level Advanced Level, HE Higher Education, AS Advanced Supplementary (1st Year of A-Levels), NVQ National Vocational Qualification, IB International Baccalaureate

# UCAS Timeline



## Pre-September: Before Applying

The months in the lead up to the application stage should be spent researching and attending open days to ensure students make an informed and confident decision about which universities to apply to.

Some courses, particularly health-related ones, will require work experience to show an insight into the relevant career.

Voluntary work within the community is also valuable to these courses.



## 15th October: UCAS Deadline

Application deadline for **Medicine, Dentistry, Veterinary Science** and **Oxbridge**.



## October to May:

Receiving responses from universities

It is important to note that some universities may respond quicker to applications than others and students should not panic if they have not heard back from their chosen institutions at the same time as some of their friends.

For September 2022 entry, all universities must respond by 19 May to applications made by January deadline – although many will aim to respond much earlier. These decisions will be communicated to students through UCAS Hub. Students do not have to respond, however, until they have received all decisions. They must accept one university as their Firm Choice and one as their Insurance Choice. During this time, students will also begin to apply for student finance. See page 19 for further information.



## September: Applications Open

Students begin to submit their UCAS applications.



## 25th January: UCAS Deadline\*

Application deadline **for all** other university courses. Applications arriving after this date will be classed as 'late'.

\*Please note that this deadline relates to 2023 entry. Future deadlines will be on the 3rd Wednesday in January.





**August:**  
Exam results  
and Clearing

Following the publication of results, students who have met the conditions of their offer will have their place confirmed through UCAS Hub and will automatically receive further information from the university.

Those who hold no offers or fail to meet the academic requirements set by their Firm and Insurance Choice universities will automatically enter Clearing.

During Clearing they can contact and apply to universities which still have spaces available. Vacancies will be advertised on the UCAS website and on individual university websites.



**Late September:**  
Starting university

**Student life begins!** Students normally start at the end of September. Those leaving home will be given a few days to settle into their new accommodation and explore their new surroundings before lectures start. Universities will also organise lots of events to encourage students to make friends and join clubs/societies over a one or two week period known as Freshers. After receiving timetables and introductory lectures, students will begin their studies and university life will truly begin.



**February to June:**  
UCAS Extra

If students find themselves in the position of not holding any university offers, they may apply to university through UCAS Extra. For more details, see [www.ucas.com](http://www.ucas.com)



# BURSARIES

Please note that the information below relates to entry 2021 only. Bursaries for entry 2023 are currently under review and further details will be posted on our website in due course.

## Cardiff University bursary

We are committed to ensuring that financial circumstances are not a barrier to undergraduate study among those students identified as having the potential to succeed at Cardiff University. With this in mind, Cardiff University Bursaries are available in 2022 to provide financial support to those households where the total assessed income is less than £35,000. A £1,000 bursary is available in the first year of study (£500 in continuing years) for full-time undergraduate students who meet the terms and conditions available at [www.cardiff.ac.uk/bursaries](http://www.cardiff.ac.uk/bursaries)



You don't need to apply for the bursary separately. A student's eligibility will be determined through the statutory means test conducted by the relevant UK student funding body. The University will need to receive the student's data from their funding body regarding household income. The information is needed to assess eligibility so, if you wish to be considered for the bursary, you will need to ensure that you do not tick the box on the assessment form to withhold consent to sharing this information.

2023 bursaries have not yet been confirmed. Once confirmed, information including the terms and conditions can be found on the website [www.cardiff.ac.uk/bursaries](http://www.cardiff.ac.uk/bursaries)

# STUDENT

# FINANCE



**Funding university costs can initially seem like an overwhelming prospect. Yet with financial support available through the government and, in many cases, the universities themselves, financial worries should never deter students from going to university.**

## Student finance

The funding available to undergraduate students is affected by a number of factors such as what course a student is studying, where they live before starting a course, household income details and if they have previously studied at university level.

For details about the funding available, and how to apply, please check with the relevant funding body, which is determined by where the student is living before they start their course:

- **England:** [www.gov.uk/studentfinance](http://www.gov.uk/studentfinance)
- **Wales:** [www.studentfinancewales.co.uk](http://www.studentfinancewales.co.uk)
- **Scotland:** [www.saas.gov.uk](http://www.saas.gov.uk)
- **Northern Ireland:** [www.studentfinanceneni.co.uk](http://www.studentfinanceneni.co.uk)

If you study a healthcare course in Wales, for example Nursing, Midwifery and Physiotherapy, then you may have the option of two funding routes: NHS funding for those who commit to working in Wales after qualifying (2 years for a degree or 18 months for a diploma) or Student Finance funding. Further information can be found here:

[www.cardiff.ac.uk/healthcarefunding](http://www.cardiff.ac.uk/healthcarefunding)

## Top tips

**Tuition fee funding** is paid directly to the university. The annual tuition fee charge for students who started a course at Cardiff in September 2022 is £9,000 for full-time UK undergraduate students.

**Maintenance funding** is intended to help students cover the day-to-day costs of student life such as accommodation, food, stationery, travel and other general living costs. Maintenance funding is paid directly into the student's bank account, normally in 3 instalments. The first instalment is normally paid within 3-5 working days after they have completed enrolment. Therefore, it is important students arrive with some money to keep them going until their funding is paid to them.



*Did you know?*  
**Cardiff University  
 Jobshop was the first  
 UK university to pay  
 students the  
 living wage.**

**Repayments** on student loans are income contingent. This means that new students only start to repay when they are earning over a certain threshold. The 2022/23 threshold is currently £27,295. This figure is reviewed annually. On undergraduate student loans, students repay 9% of anything they earn over this threshold. If a student receives a tuition fee loan and maintenance loan, these will be combined to form one amount that the student repays once they have finished their course and are earning over the threshold.

Here are some examples:

Income each year before tax	Monthly repayment
£25,000	£0
£28,000	£5.29
£33,000	£42.79
£40,000	£95.29

For more details about interest and the repayment system please see:  
[www.gov.uk/repaying-your-student-loan](http://www.gov.uk/repaying-your-student-loan)

**Part time employment** to gain extra income (and experience) can be very beneficial. With many chain bars and retail stores in Cardiff, your child may consider requesting a transfer from the store they may currently be working at. Our Students' Union also runs a very active Jobshop. Here, your son or daughter may find casual paid work opportunities including retail, bar and ambassador work which can be fitted around their studies. The University recommends working no more than fifteen hours per week so as not to affect academic studies.

**Budgeting advice** is one way to help your child prepare for university. They may not have received large sums of money before and it's important they know all the bills they will need to budget for such as rent, food, laundry, toiletries, books, travel, clothing and socialising. They may have other costs such as mobile phone contracts or need to pay for a TV licence.

It's worth considering which student bank account will be most suitable. Make the most of student retail and travel discounts and explore ways to save money day-to-day such as buying cheaper food alternatives.

You can find out more information about student living costs at Cardiff here:  
[www.cardiff.ac.uk/study/student-life/living-costs](http://www.cardiff.ac.uk/study/student-life/living-costs)

# WHAT YOU CAN DO

**As a parent/supporter you will be keen to provide as much support as possible and there are a number of ways you can help. Whether accompanying them on open days or simply remembering to pack their favourite items when they move into student accommodation, your support will be really beneficial.**

## Open days

Having gathered information from university websites and prospectuses, the next recommended step is to attend some open days and begin to draw comparisons. Students will be studying and living in the city for the next 3, 4, or even 5 years – meaning it must be somewhere they're happy and comfortable with. Accompanying them will not only provide them with a valued second opinion but it will also provide you with the opportunity to ask your own questions and learn more about the city that they may soon be calling home.

To find out more, visit

[www.cardiff.ac.uk/penday](http://www.cardiff.ac.uk/penday)

## The application process

Students may apply for up to five university courses via UCAS. In order to successfully gain a place, they will have to write a persuasive personal statement detailing academic interest, work experience, career aspirations, hobbies and interests.

With a strict limit of only 4,000 characters, they may like to discuss ideas with you and think of ways to make concise, positive points. Offering to proofread the finished draft will also help to prevent any simple spelling or typing mistakes from tarnishing an otherwise strong application. More advice can be found at:

[www.cardiff.ac.uk/applyingtocardiff](http://www.cardiff.ac.uk/applyingtocardiff)

## Settling in

When moving away from home for the first time, small home comforts can really help them to settle into their new environment. Besides ensuring they have all the kitchen and room essentials, why not bake a homemade cake to help them bond with their new flatmates or put together a photo album? It is important to allow students a few weeks to properly settle in before encouraging them to visit home. This will allow them to adapt to a routine and feel more comfortable with their new surroundings. Students who opt to stay at home and commute to university should be encouraged to join clubs and societies and to immerse themselves in student life to help them make a smooth transition to university.

*“As well as attending subject talks at open days, it was really interesting to speak to staff and students at their academic school drop-in sessions, as this gave more of an insight into what day-to-day studies would actually involve, and allowed us to pick up more information. It was also useful to get some idea of what the university was looking for in a prospective student, which is helpful when it comes to writing a personal statement. The information fairs showcased the other opportunities that are on offer alongside studies such as learning a foreign language and studying abroad, as well as finding out about facilities such as libraries and sports. Visiting Halls of Residence and exploring the wider campus allowed my son to envisage what student life may be like at each institution. We also felt it was important to try to get a feel for the city or town that the university is located in. One city that he thought he would love, he really didn't like when we visited and couldn't imagine himself living there!”*

**Rachel, Parent**



# SUPPORT AND FACILITIES

There are approximately 30,000 students at Cardiff University with shared interests and the common goal of gaining a degree. This provides a strong and supportive network where close friendships develop. In addition to this, we also have trained staff who can provide support in a number of ways.

## Support

If students need assistance, personal support or practical advice at any point during their time at Cardiff University there are plenty of people available to help.

We have the following support network:

### A personal tutor

All students are allocated their own personal tutor. Students will meet with them at regular intervals to discuss progress and any concerns that they may have. As an academic staff member, their tutor will be able to give advice and guidance on both academic and pastoral issues.

Branch  
Surgery on  
Park Place



Multi-faith  
Chaplaincy





### **Student Advice, Students' Union**

The Students' Union also provides advice on a wide range of housing, social and financial issues.

### **Student Support Centre**

We have two Student Support Centres, one in our brand new Centre for Student Life on the Cathays Park Campus and one at the Heath Park Campus. These centres have trained staff available to provide information and practical advice on various issues ranging from student finance and housing, to academic progress issues and disability support.

Services include:

- Confidential information, advice and support for students with dyslexia or disabilities as well as a dedicated mental health advisor
- Practical advice and guidance for students on academic issues, specialist funding advice, money skills, emergency funds, bursaries and scholarships
- Confidential counselling service for students feeling distressed or anxious
- An active Careers team which provides advice and information, workshops, events, work experience placements and more.

### **Residence Life**

Our Residence Life Team works across all University residences to enhance the student experience.

They are committed to providing a positive and smooth transition into university life and creating a community-focussed culture, where all students feel a sense of belonging and inclusion. By connecting the living and learning experience, they aim to help students thrive and achieve their potential.

### **Student mentor scheme**

Our student mentors help first year students meet some of the challenges of starting university. New students are matched with students from the same academic school who are trained to assist them with adapting to new ways of learning and teaching as well as living away from home.

### **Welsh-medium provision**

Although our education is primarily delivered through the medium of English, some provision through the medium of Welsh is available and the University has plans to further develop it in the years ahead. Where possible, we will allocate a Welsh-speaking personal tutor to those who would prefer to converse in the language. Students may also submit assessed work and take examinations through the medium of Welsh regardless of the language of tuition.

Please note, this may not be possible in certain science and clinical areas. Information regarding further support opportunities and available scholarships can be found at:

[www.cardiff.ac.uk/coleg-cymraeg-cenedlaethol](http://www.cardiff.ac.uk/coleg-cymraeg-cenedlaethol)

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## Student Bloggers

From study tips to where to eat, to societies, weekend trips and where to get your books, our student bloggers are real students talking about the reality of being a student at Cardiff.

Don't miss their latest blogs for the chance to find out more about what it's like to study at Cardiff: [www.cardiff.ac.uk/study/undergraduate/meet-our-students](http://www.cardiff.ac.uk/study/undergraduate/meet-our-students)

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## Open Days

Meet our staff and students, ask questions, get advice and information, and generally get a feel for what life as a student at Cardiff University is like.

To book your place, visit:

[www.cardiff.ac.uk/openday](http://www.cardiff.ac.uk/openday)

Or contact the Open Day Office directly:

Tel: **029 2087 4455**

Email: [enquiry@cardiff.ac.uk](mailto:enquiry@cardiff.ac.uk)

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## Something we've missed?

If you have any questions, why not give our team a call or email to find out more?

Tel: **029 2087 4455**

Email: [enquiry@cardiff.ac.uk](mailto:enquiry@cardiff.ac.uk)

Web: [www.cardiff.ac.uk](http://www.cardiff.ac.uk)

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