

Student Support and Wellbeing

Although typically at higher education you are more independent, there is a wealth of support that is easily accessible, both academic and social. The wide range of support services are there for you and can help you get the best from your time whilst in higher education.

In this section, we will showcase the variety of support available at the University of York and offer some useful tips to maintain a positive mental wellbeing. When looking at potential universities or colleges, it is always worth researching into the support they offer their students.

Student Wellbeing

It is incredibly important that you take steps to maintain a positive wellbeing whilst studying. This is encouraged by all at higher education in order for you to perform your best and remain motivated and ready to learn.

There are many ways to a positive wellbeing and ultimately it comes down to the individual as to what works best for them. We will share some of the ways you can take some time out to maintain a positive wellbeing.

But firstly, watch this useful video from Rosie. Rosie was a student at the University of York she now works for Student Support and Wellbeing at the University.

<https://www.youtube.com/watch?v=EP56JGcrTHk>

The 888 Model - Students at higher education can be unsure how to manage and balance their time and this can sometimes mean that students are spending long hours on their studies and not spending time to relax and focus on themselves. In order to tackle this, some students take up the 888 model. 8 hours studying, 8 hours socialising/relaxing and 8 hours sleeping. Although you can be lenient and flexible with this model, it is good to stick to this or have your own personal timetable in place.

Extra-Curricular Activities - Joining societies, sports teams or doing some volunteering is a great way to meet new people and gain new skills. However, spending time doing these activities will take your mind off your studies and allow you to focus on something else. In doing so, when you come back to your studies you will feel more refreshed but ultimately you will feel much happier and motivated.

Keeping in Touch - Speaking to friends and family, or even visiting them, is something we would definitely encourage you to do to help maintain your wellbeing. Reaching out and spending time with familiar faces can help you feel more supported and they can cheer you on with your studies.

Eating Healthily - We've all heard that saying 'You are what you eat' and it is something you should keep in mind when living as a student. Ensuring you eat regular meals and eat fresh fruit and vegetables will give you more energy and you will feel much better yourself.

Working towards a positive wellbeing

For this activity, we want you to do something that you enjoy in order to take your mind off studying and to focus on working towards a positive wellbeing. We can guarantee that you will feel better afterwards!

Let us know by clicking on the activity below what you will be doing this week to maintain a positive wellbeing. We will share in the weekly newsletter everyone's way to wellbeing. You might get some inspiration and see a method in the newsletter you want to try yourself!

https://york.qualtrics.com/jfe/form/SV_8ugyAZopPXaKdYp

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