

Parents & Guardians Guide to Student Living

Contact us:

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As a parent or guardian of a first-year university student, it's normal to feel proud and nervous. Your role shifts from direct oversight to support and guidance — here's a practical overview of what you need to know.

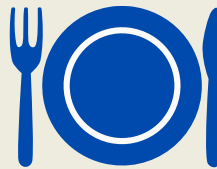
Communication Changes



- You may hear from them less often than expected—this is normal, they are settling in and finding their feet in this new journey.
- They are building independence and their own routine.
- Agree on a rough check-in pattern (e.g., once or twice a week)

Accommodation and Living Skills

Many first-year students live in University owned accommodation as their first time away from home, it is expected that they can:



- Cook or prepare a meal
- Laundry and Hygiene tasks such as bathrooms and kitchens.
- Share communal areas with others and appreciate others have different living standards to themselves.

Student Finance and budgeting

Students will need to manage:

- Tuition fees (loans or direct payment)
- Rent, Food, travel, and social expenses

Overspending is very common in the first term.

✓ Key tips:

- Help them create a simple budget.

Discuss:

- Student loans and repayment basics
- Bank accounts & overdrafts
- Avoiding debt traps (credit cards, buy-now-pay-later)
- We can set up a payment plan when they get their first invoice to help manage this



Mental Health and Wellbeing

Early challenges often include transition stress, homesickness, loneliness, and academic pressure. Universities offer counselling, wellbeing, and mental health support services.

- **Warning signs:** withdrawal, reduced communication, or talk of dropping out.
- The student should contact us or university support services directly, and we will assist.

What you can do:

Make sure they know all of these basic life skills before they arrive. (quick meals are also a bonus)

Privacy & Independence

Once at university, your child is legally an adult. Universities cannot, without the students written consent:

- Share academic performance
- Discuss well-being issues
- Give access to records

Please don't be offended if you call us and we cannot give you an answer, all we can do is pass a message onto the student to call you back.

Quick Parent Checklist

- Understand finances and budgeting
- Discuss expectations and independence
- Ensure they know about support services, Security apps (**safezone**) and maintenance reporting (**Planon**)
- Stay connected—but not intrusive
- Encourage resilience and problem-solving

