

Adjusting to life in the UK



Just as a reminder...

In case of a fire alarm, please remain calm and exit the building to your nearest fire assembly point, which is **directly outside of the Urban Sciences Building**.

There will be a formal **International Welcome Celebration** happening on Friday at 2pm, with speakers, games, and pizza!

If you have questions at any point throughout the week, please ask someone at our **Help Desk** who will be happy to help.

**Throughout this presentation, we will
have questions you can answer on Vevox.**

Go to **vevox.app** and type in the
code **172-199-772**.

What new things in the UK have you noticed that are different to your home country?

There are probably a lot of differences between the UK and your home country to consider! For example...

Food

Meal times, available ingredients, cuisine

Transportation

Public transport availability, how to hail a bus, prices

Business hours

Store opening times, public holidays, working hours

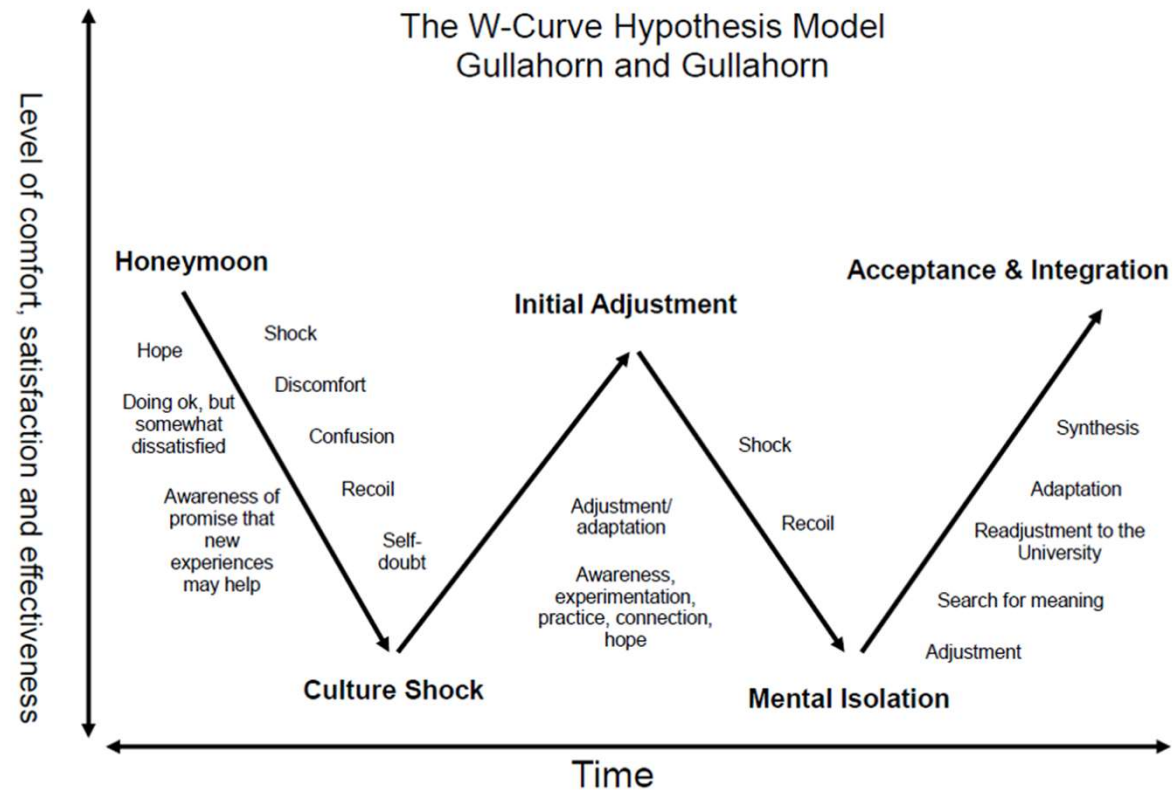
Climate

The UK has famously bad and unpredictable weather. Be prepared for it!

How people talk to each other

Etiquette, what is considered polite/professional

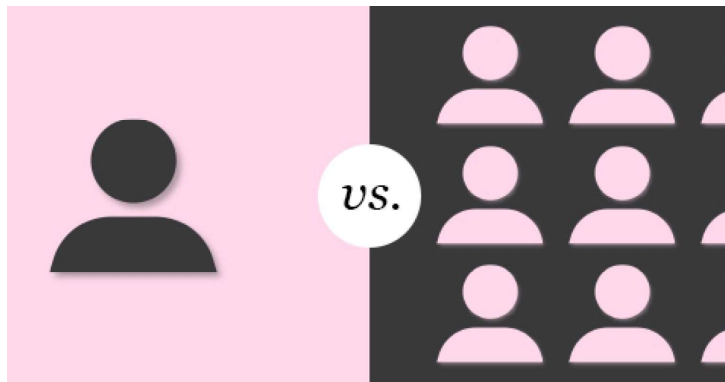
Culture shock is
an ongoing
process.



Source: Hoffenburger, K., Mosier, R., & Stokes, B. (1999). Transition experience. In J.H. Schuh (Ed.), Educational programming and student learning in college and university residence halls. Columbus, OH: ACUHO-I

What do you think of when you think of British culture?

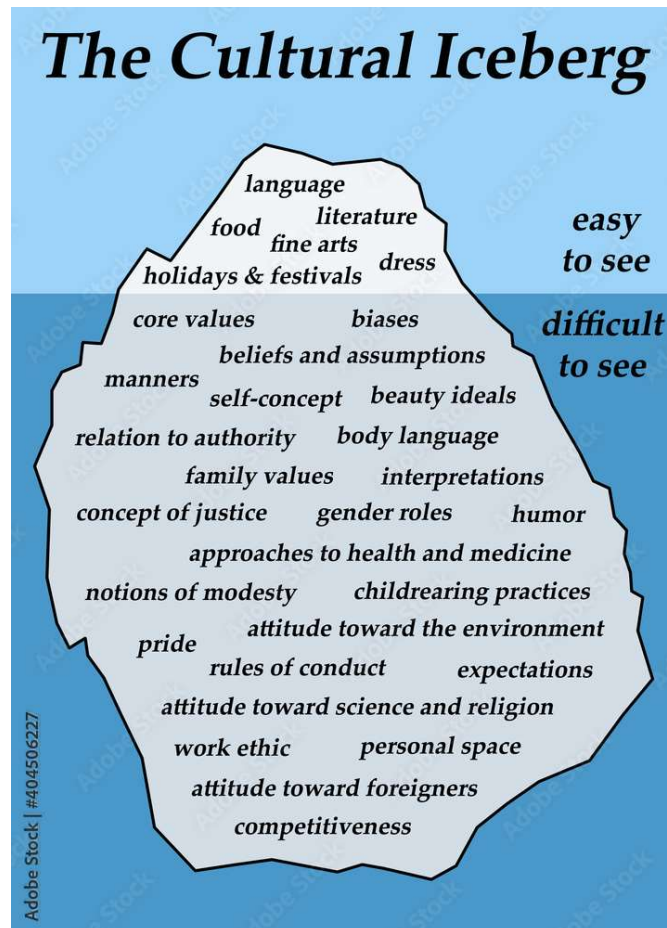
What do you think of when you think of British culture?



From Newcastle. For the world.

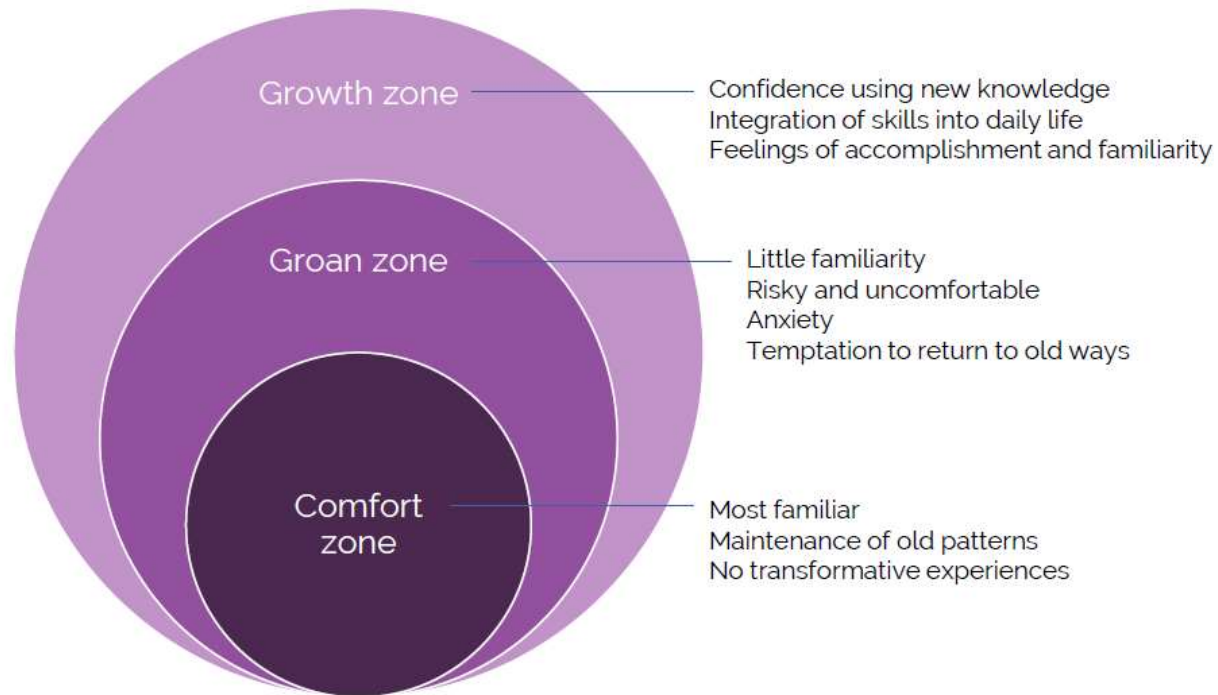
The Great British Quiz Off

Go to **vevox.app** and use the
code 172-199-772.



Can you think of what any of these might look like in your home country?

Moving out of your comfort zone



Source: adapted from J.S. Gerstein (1990)

What can you do to move out of your comfort zone?

What would you do if you were having a hard time while at university?

Who could you get help from?

Disability adviser

Degree programme director

School wellbeing adviser

Careers adviser

NHS

Academic adviser

Counselling

Peer mentor

**These are all people/places
you can get support from at
Newcastle!**

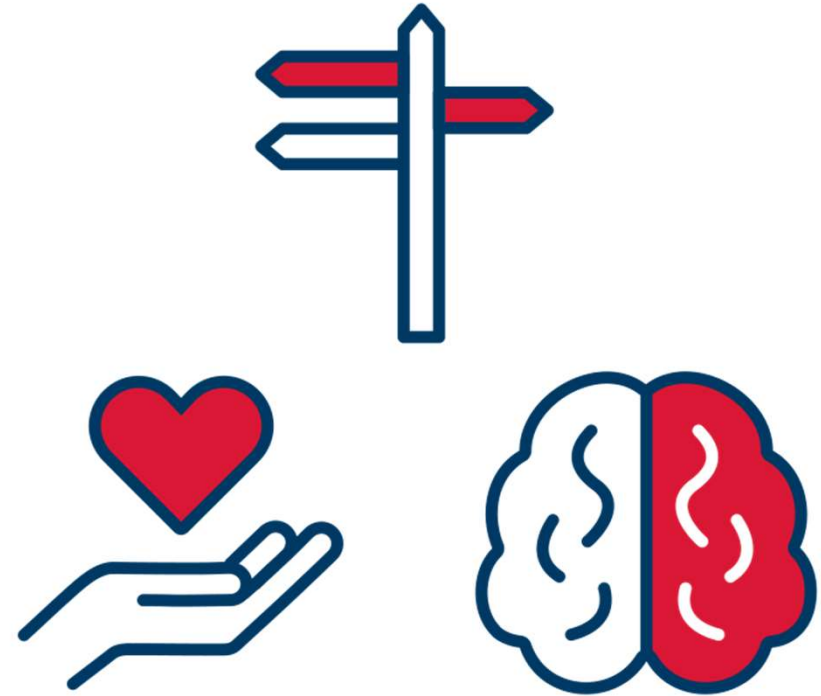
Students' Union

Unsure how to access healthcare?

If you have a health or wellbeing related concern, the **Student Health Hub** is open **9.30am-12.30pm** every **Friday** at **Level 2, King's Gate**.

This is a **walk-in service** run by Newcastle and Northumbria Universities and the NHS. You can access support for:

- physical health;
- mental health;
- domestic and sexual violence;
- drug or alcohol use;
- academic stress;
- disability support;
- ...and more.



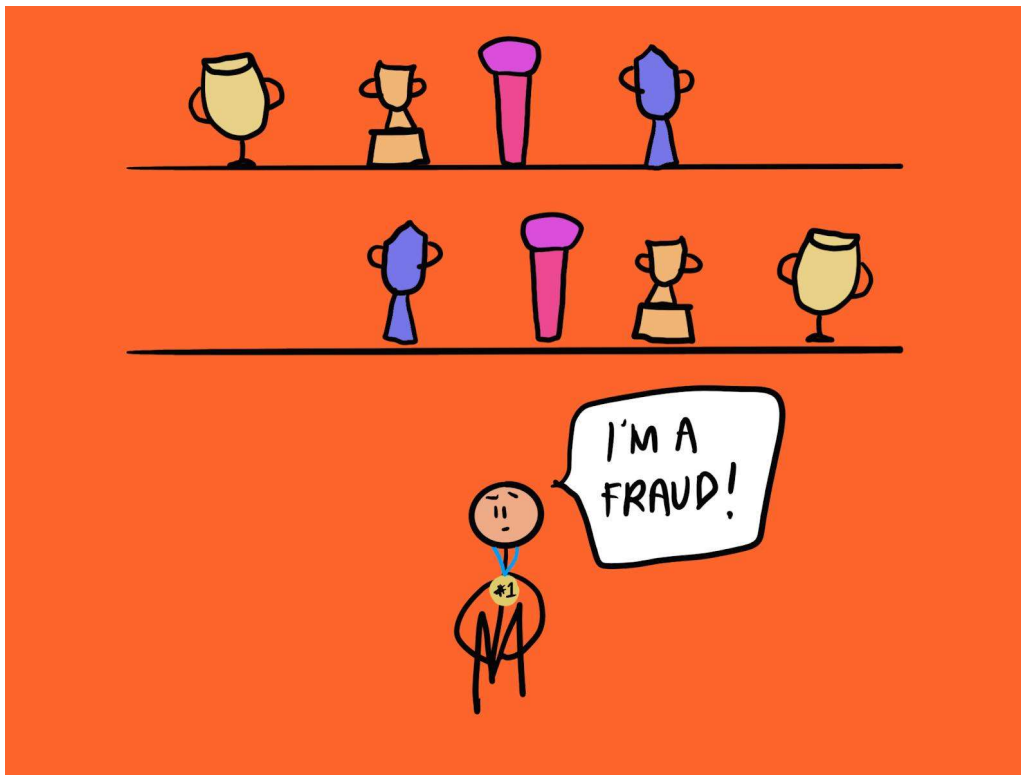
ncl.ac.uk/students/support-wellbeing/student-health-hub/

Self care and wellbeing

What can you do if you were having a hard time while at university?



Imposter syndrome



Imposter syndrome makes you feel “not good enough” or like you don’t deserve your achievements.

This can look like:

- Constantly doubting yourself
- Comparing yourself to others
- Downplaying achievements
- Perfectionism and overworking
- Procrastinating because you feel you can’t do things well enough

Remember that you have earned your place here, and that you do deserve to be here.

What can imposter syndrome look like?

Thought	Example
Feeling others overestimate you	"I'm not as good as my family thinks I am"
Being unable to celebrate success	"Getting a perfect grade is the minimum, not something to celebrate"
Not recognising your own hard work	"I just got lucky – I'm not actually smart"
Perfectionism and unrealistic standards	"I can't get anything less than 70% - my transcript needs to be perfect"
Anxiety around criticism	"I'm too scared to read my assignment feedback"
Procrastination	"I shouldn't bother submitting this formative assessment because I can't do it well anyway"

Managing imposter syndrome

Focus on your strengths, not perfection.

You can't be perfect at everything – that's okay! Celebrate what you're good at instead.

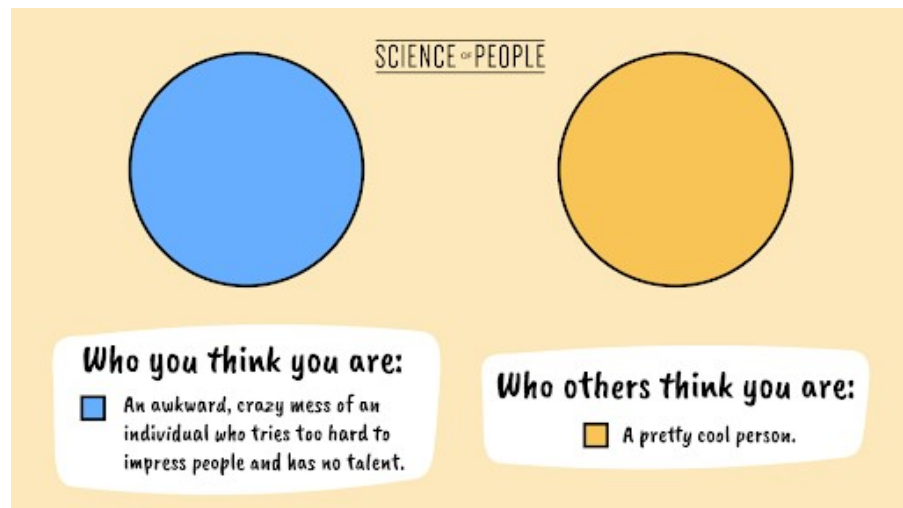
Be careful not to burn out trying to make yourself perfect.

Talk to other people.

They might have useful advice! It helps to contextualise some of how you're feeling – other people can give you a fresh perspective on how you're doing.

Compare yourself to yourself.

Think about the progress you've made rather than how well or badly you do compared to other people.



Loneliness

People often feel lonely when they move away for university. Lots of other people will be feeling the same way.

Loneliness isn't the same as being alone – you can constantly be with other people and still feel lonely.

It might take time for you to find your community. Loneliness is common, but it's important to recognise when you need help.

Read more about loneliness...

- ncl.ac.uk/wellbeing/mental-health/feeling-lonely/
- ucas.com/connect/blogs/feeling-lonely-university-more-common-you-think
- youngminds.org.uk/young-person/blog/overcoming-loneliness-at-university-my-mental-health-journey/
- studentspace.org.uk/wellbeing/overcoming-loneliness-at-university

There are over 26,000 students at Newcastle University.
There are over 324,000 people in Newcastle.
You will find your people. It might just take a while!



From Newcastle. For the world.

Homesickness

It's normal to feel homesick during university, especially if you've moved from another country. You're not alone—plenty of students are going through the same thing!

Some ways to cope...

- keep regular contact with friends and family back home;
- find familiar things that remind you of home;
- have food from home—cook it yourself, or find restaurants/shops;
- keep yourself busy with friends or hobbies;
- get involved with clubs or societies—Newcastle may have a society for your home country.

Finding a community in the UK

Having a community helps make somewhere new feel like home.

You could consider looking at...

- clubs and societies (nusu.co.uk/activities);
- Give it a Go events (nusu.co.uk/activities/giveitago);
- meeting people on your course;
- faith and cultural spaces.

The Students' Union has some tips on finding community and culture spaces in Newcastle here: nusu.co.uk/support/community/bame

Come join our International Welcome Celebration on Friday afternoon!



What else makes somewhere feel like home?

SafeZone App

Allows you to call for help from security, request first aid, or call emergency services by pressing a button

safezoneapp.com



SafeZone

Support resources

If you need help or advice while you're with us while you're getting used to studying in the UK, it's good to know what resources are available to you:

Students' Union

nusu.co.uk/support

University mental health support

ncl.ac.uk/wellbeing/mental-health

Physical health advice

ncl.ac.uk/wellbeing/physical-health

Disability support

ncl.ac.uk/wellbeing/disability-support

Financial support

ncl.ac.uk/wellbeing/financial-support

Academic support

ncl.ac.uk/wellbeing/academic-support

Ambulance, emergency police, and fire services: 999

NHS urgent advice: 111

Police (non-emergency): 101

Campus security: 0191 208 6817

If you are stranded and need a taxi urgently:

call 0191 298 5050, quote reference NEW02, and show them your smartcard

Samaritans for a listening ear: 116 123

Nightline (listening ear service by students):

nusu.co.uk/support/wellbeing/nightline

Events coming up

International Welcome Celebration

18 September. 2-4.30pm. Frederick Douglass Centre. Free food and games—come along to meet new friends!

Bank letter collection

ncl.ac.uk/student-welcome/when-you-arrive/finance-and-bank-accounts
15-25 September.
Lindisfarne Room.

Smartcard collection

ncl.ac.uk/student-welcome/when-you-arrive
15-25 September. Lindisfarne Room.

Wellbeing Health Fair

ncl.ac.uk/student-welcome/when-you-arrive/accessing-healthcare
15-25 September. Boiler House.

Students' Union Big Welcome

21 September – 11 October

nusu.co.uk/welcome

Social events and activities. Attend a fair or get a ticket to free and discounted events to meet new people.

Sports, Societies, and Volunteering Fair

nusu.co.uk/welcome

23 September. University Sports Centre. Find out some of the things you can get involved with while at university.

BioBlitz

25 September. Drummond Quad.

ncl.ac.uk/sustainable-campus/events/event-items/bioblitz

Meet new people and learn more about nature on campus.