



Lancaster  
University



# Making the Most of University Life

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**MARIA CLARK**  
RECRUITMENT & ADMISSIONS

# Introduction

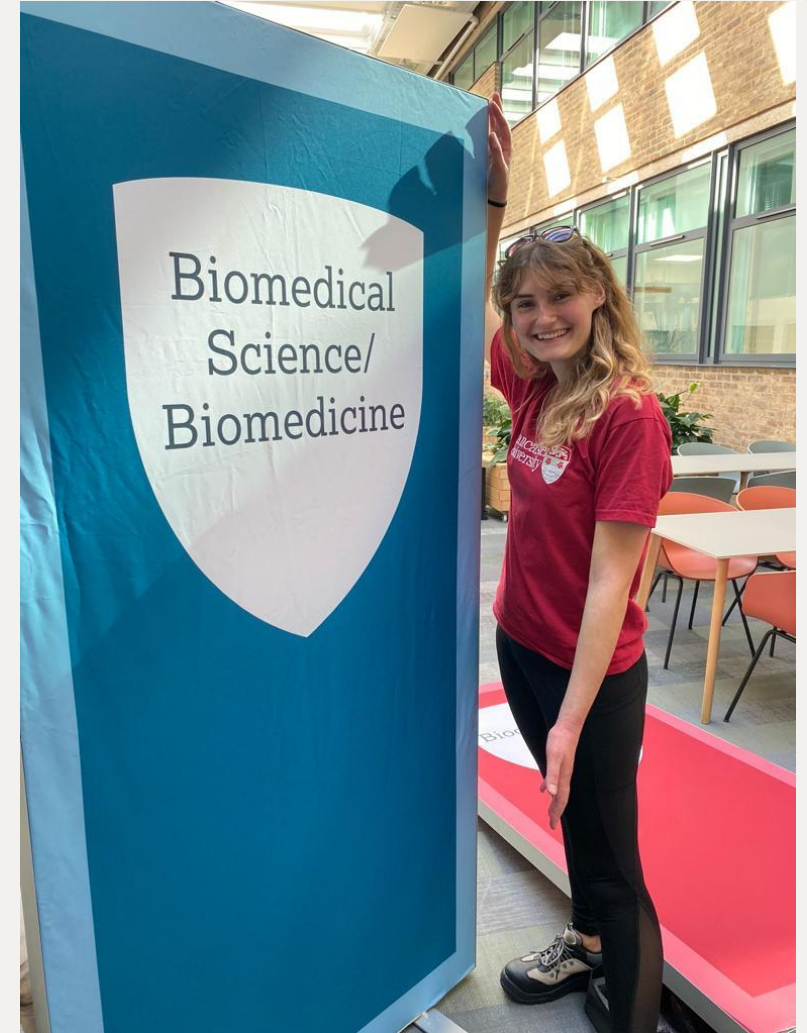
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Maria Clark

Student Recruitment Officer (London & South East)

English Literature, Creative Writing and Practice (Placement Year)

2019-2023





# Where are we?



Well connected with excellent road, rail and airport links to the UK

- London (2.5 hours)
- Manchester (1 hour)
- Edinburgh (2.5 hours)
- Birmingham (2 hours)
- Bristol (3.5 hours)



**Our Campus**  
**560 acres**







Our Campus

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560 acres



# In Today's Session...

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- First Weeks and What to Expect
- Accommodation
- Student Support and Staying Well
- Budgeting
- Sport and Societies
- Study Abroad and Placements



# What Are You Looking Forward to?

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**Societies**

**Being Away from  
Home**

**Freedom**

**Friendship**

**Studying a Subject you  
Enjoy**

**Sports**



# Welcome Week



# Welcome Week

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- First week at university (before you officially start your studies)
- Attend Freshers' Fair and meet societies
- Nights out and on campus events
- Meet new people and make friends



# Welcome Week Activities

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- Welcome Breakfast
- Mocktail Social
- Campus Bar Crawl
- Disney Night
- Freshers Fair
- Clash of the Colleges
- Sports Social
- Library Tour





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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning</b> 9:00-13:00	1 Hour Psychology Lecture	3 Hour Psychology lab session			
<b>Afternoon</b> 13:00-17:00			Hockey Match vs Exeter University	1 Hour Psychology Seminar 1 Hour Criminology Seminar	1 Hour Criminology Lecture
<b>Evening</b> 17:00-22:00	Dance Society Practice	College Bar Sports night	Hockey Social		

# Accommodation



# Things to Consider

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Choosing the right accommodation can impact your university experience

Cost

On or off campus

Accommodation type

Facilities

Contract length

Changing once at university

Typical process and timeline



# Student Support



# Academic

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- **Academic Advisor** – termly meetings with a tutor from your department
- **Office hours** – can chat to your lecturers and tutors in-person
- Email and Teams



# Wellbeing

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- College Advisor Team
- Counselling and Mental Health Service
- Careers support and online tools
- Disability Service
- The Chaplaincy Centre
- Medical Services





# Careers

- Careers advice from the Careers Team
- CV and cover letter workshops
- Mock interviews
- Industry placements
- Employment & Recruitment Service for paid internships
- Students' Union volunteering





# Budgeting

# Sources of Income

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- Maintenance loan
- Part time job
- Help from family
- Scholarships
- Bursaries
- Savings



# Essential Spend

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- Accommodation
- Food
- Transport
- Books and stationery
- Phone bill
- Toiletries/Household supplies
- Laundry
- Printing
- Contingency





# Non-Essential Spend

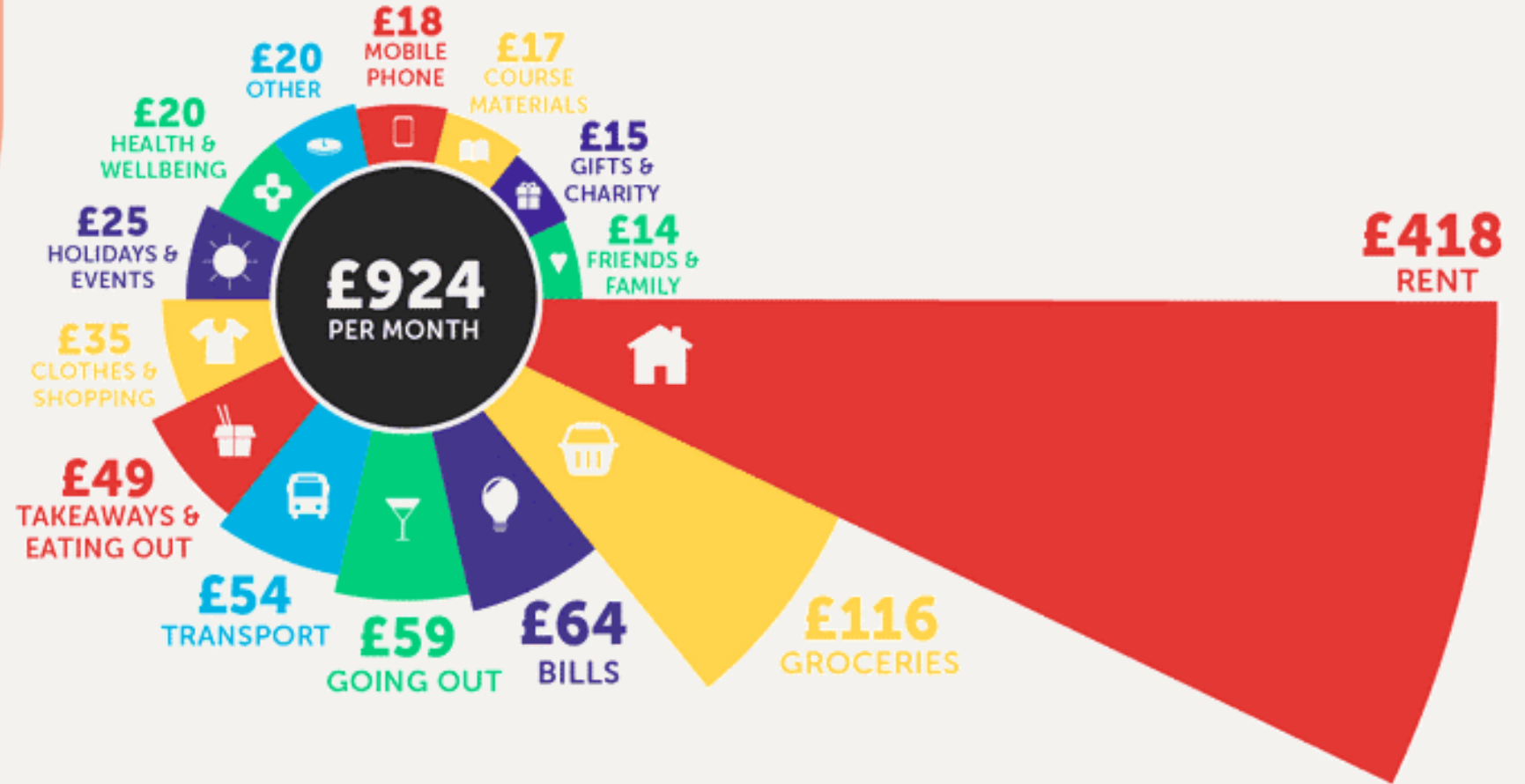
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- Sports membership
- Clothes
- New purchases
- Holidays/Trips
- Socialising:
  - Nights out
  - Meals out/takeaways



# Student Costs

Data from  
Savethestudent.org  
based on Student  
Money Survey



# Sports and Socials



# Clubs & Societies

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- There are over 175 societies at Lancaster
- Over 80 sports teams
- Cultural, Linguistic and Religious Based
- Social, Political and Charitable Causes
- TV, Radio Station and Cinema
- Meet new people and find a community to be part of!



# Niche Societies

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- Baking Society
- Board and Card Game Society
- Harry Potter Society
- K-Pop Society
- Pokémon Society
- Scuba Diving Society
- SwiftSoc
- WHOSoc



# Sport at Lancaster



American Football  
Archery  
Athletics  
Badminton  
Basketball  
Canoeing  
Cricket  
Cycling  
Darts

Equestrian  
Fencing  
Football  
Futsal  
Handball  
Hockey  
Korfball  
Lacrosse  
Martial Arts

Netball  
Pool  
Rowing  
Rugby  
Shooting  
Snooker  
Snowsports  
Squash  
Swimming

Table Tennis  
Tennis  
Trampolining  
Triathlon  
Ultimate Frisbee  
Underwater Hockey  
Volleyball  
Water Polo





# Why Get Involved?

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- Improved fitness
- Increased confidence
- Try something new
- Gain new skills
- Add to your CV and Work Experience



# Roses Tournament

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- The largest inter-university sporting event in Europe
- Contested by **York** and **Lancaster** Universities
- Named after the historic War of the Roses in the 15<sup>th</sup> Century
- In 2023 Lancaster won away from home for the first time since 1985!





# Study Abroad



# Study Abroad

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- Does the university offer a study abroad pathway for your subject?
- If not, what other options do they offer? (e.g. terms abroad, summer schools, field trips?)



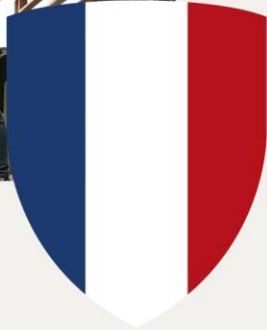
# At Lancaster...

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- Destinations depend on your course
- You pay 15% of tuition fees for a full year abroad programme
- From 2023, Study Abroad pathway degrees are 4 years with students taking the 3<sup>rd</sup> year abroad
- Help and support is available to arrange important practicalities









# Industry Placements

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- Can you take part in a placement year?
- What support is available for those on placements before and whilst you're there?
- What other careers support is available?
- Most placement degrees are highlighted in our prospectus – apply through UCAS

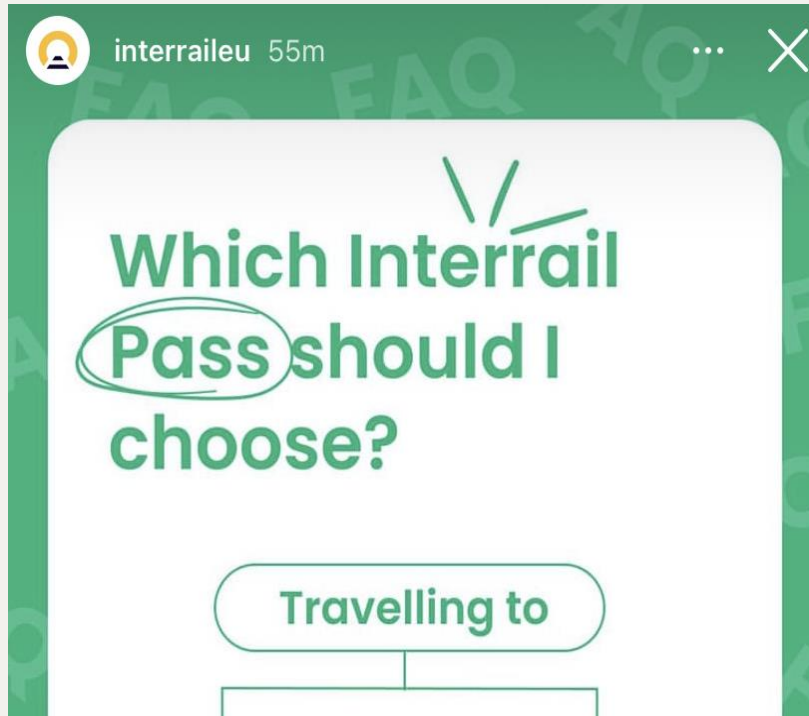






My placement year:

Copywriter for Eurail,  
the Netherlands



# Best Parts of First Year

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**Freshers' Week**

**Studying Your  
Favourite Subject**

**Forging Lasting  
Friendships**

**Joining New  
Societies**

**Exploring a New  
Location**

**Freedom to  
socialise**

**Independence**

**Personal  
Development &  
Growth**



# Final Thoughts

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- University is what you make of it – the more you put in, the more you get out
- It is about more than just getting a degree!
- Take all the opportunities on offer at university and come out a better person







# Discover Lancaster at an Undergraduate Open Day

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- Saturday 29th June
- Saturday 13th July
- Saturday 14th September
- Saturday 12th October





# Thank You for Listening



[schools@lancaster.ac.uk](mailto:schools@lancaster.ac.uk)

