

## Top tips for those heading off to university!

### Find a Christian group/church

This is a great time to meet new people and explore different things and that can include church! There will be lots of events and gatherings for Christian students, plus a town full of churches for you to go and visit. Don't be afraid to explore until you find a group or church that suits you, or join several!

### Find your uni chaplaincy

Most universities will have a chaplaincy. Chaplains are people appointed by faith communities to work at the university to care for the staff and students. There may be Christian events held at the chaplaincy or sometimes a dedicated prayer space. Chaplains can be someone for you to talk to, who can offer spiritual and pastoral support.

### Make new friends!

Making new friends is great – they will be a great source of fun and support for you. You might be concerned about making new friends, but if you join lots of clubs and groups, you'll soon get to know people. If you are living in halls, knock on your neighbours' doors to introduce yourself.

### Make the most of the opportunities available

Make the most of the opportunities on offer. There will be so many new groups/activities for you to try. You will learn lots about yourself during your time at university; you may discover gifts and talents that you didn't know you had, and it will help to develop your character. But don't forget to make the most of the education that's on offer too – make some time for your studies!

### Keep grounded

Going to university can be both an exciting and scary time. Remember that God is always with you, even when you might feel lonely or anxious. In the midst of all the busyness of university, try and make some time for God, keep grounded in your faith and keep talking and listening to God.

There are more links to support that is available on our webpage for students:

[www.methodist.org.uk/forstudents](http://www.methodist.org.uk/forstudents)