

The Parents' Guide to
UNIVERSITY
2021-2022

Contents

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Click me if you want to
go to the chapter*

How to get the most out of this guide

Useful links

If you want to delve deeper and find out more, we've included useful links to other reliable sources. Simply click on the picture icons to be taken to our recommended websites.

Key terms

Easy to understand definitions are provided throughout this guide in the key terms boxes. Don't let tricky terminology stop you from supporting your child.

Key information boxes

Information we think is particularly important has been highlighted throughout this guide; pay special attention to these!

Summaries

To help save you time, we have provided useful summaries at the end of each chapter containing the key points.

Interactive

To make moving around this guide easier, the contents and chapter headings are interactive. Simply click on a heading to be taken to the chapter or page you would like to read. Selecting the page number (bottom corner of the page) will return you to the main contents page.

This guide does not need to be read sequentially – browse what interests you most.

- Join us -

If you're interested in regular updates about other ways you can help your teenage children, *click here* and join our online community.

Introduction

The prospect of your child going to university is very exciting. Attending university can offer them a great foundation for their future success and happiness; both in obtaining further qualifications and in providing a protected environment to transition from teenager to adult.

It's an exciting time for you too. Yes, it's only their hard work that can get them to university, but you've contributed along the way with love, support and encouragement. It can be a daunting time as well. There is pressure to make the right choices, a myriad of options available and, especially in the case of a first or last child leaving home, the likelihood of a whole different way of life, not only for them, but for you too.

Selecting the right university will be one of the most important decisions your child faces in shaping their future and you will want to help them every

step of the way. The “right” university means the right university for them: one which offers courses they'd like to study; where they will fit in and feel comfortable; one that will stretch their abilities without breaking them; and one where they will feel safe and happy. The “right” university will differ from child to child – even within the same family. So how do you decide what is right? We'll guide you.

Of course, whilst going to university is first and foremost about getting a higher-level qualification, it offers much more than that. It's about learning to research independently, create professional relationships, develop lasting friendships, living without parental supervision, adopting fun and meaningful hobbies and interests. It's learning to be a grown-up: self-reliant, resourceful and confident. It's a time when you'll watch your teen become an adult.

Providing the information you need

The selection and application process can seem complicated, especially if you have not been to university yourself. If you have, that may have been some time ago and things have probably changed. There's plenty of great information online for students, but very little designed specifically for parents, so it can be quite complicated to track down the exact information you need.

That's why we've created this straightforward guide covering the application process, starting from what your child should consider in making good choices to what happens on results day once they've completed sixth form - and everything in between.

This includes step-by-step information on:

- What to look out for when considering different universities and courses;
- The UCAS application process;
- What to do on results day, whether predicted grades have been matched, surpassed or missed.

With so much depending on it, the thought of applying to university can be stressful for parents and children alike. We believe that once you understand the process and timelines, this will eliminate much of the stress for you (and, in turn, your child) ensuring energy is focused in the most constructive way to get the best possible outcomes.

Our aim is to help you eliminate doubt and anxiety, so you can provide calm and informed support. This will empower you to offer more helpful guidance to your child, with the ultimate goal of helping them create a future to fulfil their potential and make themselves (and you!) happy.

Researching universities and courses should be an enjoyable experience, not a headache. Don't forget: your child has as much choice and influence in selecting the right university as the university has in selecting the right students.

Choosing the right university

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I had a preferred university when I was researching potential courses, but I changed my mind after visiting.

Types of universities

Ancient, Russell, Civic or Plate-Glass? Different terms are used for different types of university and this can be confusing. Some universities are members of more than one group whilst others choose not to be members of any. There are over 150 universities vying for applications. What's the difference and do the names mean anything?

Broadly speaking, the categories of university relate to the time at which they were established. This lends itself to different subject specialisms and teaching styles.

Ancient Universities

The original seven “ancient” universities were established before 1600. The earliest was the University of Oxford in 1096 and the latest was the University of Dublin in 1592.

Red Brick Universities

“Red Brick” (or “Civic”) universities were established during the industrial revolution of the 1800s, usually in cities. They got their name because of their iconic red brick - a popular building material at the time. The original six members (Birmingham, Bristol, Leeds, Liverpool, Manchester and Sheffield) specialised in much needed vocational skills such as medicine and engineering (rather than the arts, language and theology as

studied at earlier universities). Some other universities established after the 1800s are also included in this category, although some dispute whether they deserve the classification – irrespective of the fact that, being built later, their architectural styles are not in red brick.

Plate Glass Universities

The “Plate Glass” (or “plateglass”) universities were established during the 1960s and, like red brick, take their name from the construction materials of the buildings – typically plate glass in concrete frames. Plate Glass Universities were the next batch of universities to be given royal charter between 1963 and 1992.



New Universities

“New” universities generally refer to what were previously called polytechnics until gaining university status from 1992 onwards.

Russell Group Universities

Some universities belong to the “Russell” Group. The name originates from informal meetings held in the Russell Hotel of 17 university heads who were keen to ensure their interests were represented to government. The group was incorporated in 2007 and there are currently 24 Russell universities, all of which have an excellent reputation for research, teaching and industry

sector links. They are considered the top universities in the country, and certainly benefit from high levels of funding (they receive almost two-thirds of all research funds) and, given their strong reputation, entry requirements are likely to be high. Does obtaining a degree at a Russell university make a difference? No doubt, there's a certain kudos attached, but other universities might offer more appropriate opportunities so try not to be biased.

FOR A LIST OF ALL RUSSELL GROUP UNIVERSITIES CLICK HERE



Important factors to consider

Teaching and learning

Most universities follow the academic year of schools, starting in September / October and finishing in June / July with three terms.

Ancient Universities (such as Oxford, Cambridge, Edinburgh) have been established over many centuries and tend to offer traditional subjects (Maths, English, languages) taught in a traditional style. By contrast, newer universities (such as Loughborough, York and Suffolk) offer more vocational subjects taught using less traditional methods. Personal learning styles are important to consider. If your child excels when given lots of direction and little autonomy, a more traditional learning environment might help them achieve better results and vice-versa if they perform better when left largely to their own devices.

Industry links

Try to find out about the university and its industry links. Strong ties with industry often indicate excellent internship and placement opportunities which is very attractive for post degree employment prospects, especially important if you do not have these links within your own families and contacts.

University size

Like secondary schools, universities can vary enormously in size and the advantages and drawbacks should be considered depending upon your child's learning styles. Large universities offer a much wider subject choice, alongside greater social opportunities with an astonishing array of clubs that could give your child the chance to learn a wonderful new hobby that lasts a lifetime. Smaller universities cannot compete with this (especially specialist establishments); however, they may offer a greater sense of community and belonging.



Campus or city

The big question here is “to campus or not to campus”. The great advantage of campus universities is that everything is in one place – lectures, accommodation, clubs, laundries, shops etc. They are usually situated just outside or on the borders of larger towns – “a town within a town”. The impression can be that they are safer, offer less distractions and provide a stronger sense of community because, in the main, students tend to stay campus based.

City universities offer the same facilities, but they are split up across

the town so travelling (sometimes some distance) from one place to another is part and parcel of the package. This provides a closer experience to life in the workplace for most people and it gives students a chance to become fully immersed in the city itself. Whilst approved accommodation may be offered in the first year or two, later in their degree students are often required to find their own accommodation independently. In some cases, universities won't offer accommodation in halls if the family home is within a certain mileage, so it's worth checking the university website.

CARDIFF UNIVERSITY - A CAMPUS BASED UNIVERSITY



Proximity to home

Flying the nest is more appealing to some than others! This is an important consideration. Attending university is, for most students, the first time they've lived away from home. For some, this is exciting and appealing, for others it's traumatic and challenging.

Of course, there are practical implications too. If the university is close to home, it may be possible to avoid accommodation costs, although continuing to live in the family home can dilute the university experience in many ways – although this can be combatted by signing up to plenty of clubs and socials. But as parents it will be different for you too! Your lifestyle will change if your child continues to live at home but is attending university rather than school.

Is it important that your child can easily pop home at weekends or will they adjust favourably to only returning during holiday periods?

Rural or city based

Another consideration is whether your child prefers town or country living. A university's location could drive many of the social activities they offer, so if your child is happiest immersed in the countryside and loves trekking, mountain-climbing and cross-country, they could feel short-changed by being plunged into an urban setting and vice-versa.

If your child has a particular passion, it is worth checking out whether the university already has a group focused around this hobby or, if not, how easy it would be to set up. Don't consider it trivial to focus on pastimes, happiness is a primary driver for success, and a university's environment can contribute hugely.

Try to be neutral

The tough challenge here is putting aside your preferences as a parent and supporting your child in the choices that are right for them – particularly if they are polar opposites to your own. Don't forget, it's natural to feel protective of your brood and want to keep them close but university provides a good opportunity for them to fly the nest in a protected environment.



Questions for an open day - what your child can ask

- Will I still be considered if I do not meet my predicted grades or if I do not have the GCSE entry requirements stated on your website?
- What is the university looking for in a student's application / personal statement - is there anything I can do to increase my chances of being offered a place?
- How many hours of timetabled teaching does the university provide and what is the ratio between lecture and seminar teaching?
- What additional support does the university provide if a student finds certain parts of the course particularly challenging?
- Does the university provide any additional support for students with a particular learning difficulty (e.g. dyslexia)?
- What does the university offer with regards to career support and guidance?
- What type of careers / jobs do students go on to have after graduating?
- Can a student take on part-time employment whilst studying?
- Does the university provide opportunities to study abroad / work in industry (or can you tell me more about these opportunities)?
- Will the coronavirus pandemic affect the way the course will operate this year?

Summary

University is about much more than obtaining further qualifications. To succeed, your child must feel comfortable.

1. Think about location, size, and atmosphere of the university;
2. Choosing the right course is more important than the university type;
3. Will distance from home affect your child's success and happiness;
4. Will your child do better in a closed (campus) or townbased (non-campus) environment;
5. Take advantage of open days or university visits, and try to ensure your child prepares in advance.



Advice from parents



Virtual tours of the campus and accommodation might not be as good as the real thing, but they're still worthwhile and give a good idea about what's on offer.



Don't worry if the right university for your child is far from home and you don't get to see each other as often as you would like. Sara could only come home during the holidays, but we found lots of ways to keep in touch - Facetime and Whatsapp were our favourites.



Make sure the university offers facilities for your child to enjoy their hobbies. The Olympic sized swimming pool at Birmingham university enabled Chris to continue competing on a national level.

Choosing the right course

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After a lot of research, I decided to do a degree course in Space Science and Robotics. I may never be an astronaut, but I could develop equipment that gets used in space.

Types of courses

Most university courses offer a three-year undergraduate programme, but some offer “sandwich” courses which last four years, one of which is spent in the workplace (which could be overseas). There’s also the opportunity to obtain certificates of education, diplomas, higher national diplomas and foundation degrees.

Bachelors

Usually three or four years long, these can be single subject, dual subject (dual or joint honours) or several subjects (combined honours). Typically there’s a quantity that everyone studies – the core – and then options to specialise by taking different modules. Some bachelors offer sandwich courses, which means an additional year in a work placement as part of the degree. In some cases there’s the option to convert the bachelors to masters by studying for an additional year.

Bachelor of Arts or Science?

The major difference between a Bachelor of Arts (BA) and a Bachelors of Science degree (BS or BSc) lies in the subject chosen for study (i.e. more science focused or arts focused). For some subjects, this classification may differ between universities, such as economics and psychology. In this case, a BSc in economics or psychology is normally more suitable for students with an aptitude for maths and scientific study compared to their BA equivalents.

Foundation years

This is a one-year study period that can count as the first year towards a degree or as a standalone course. Foundation years are designed to increase knowledge in specialised subjects required for a degree course and are usually taken if students didn’t meet the entry requirements of the university either because of poor grades or different subject combinations.

Diploma in Foundation Studies (art and design)

A route towards art and design courses allowing specialisation in a student’s specific area of art or design.



Foundation degrees

Not to be confused with foundation years, foundation degrees last two years and offer an alternative if a pupil hasn’t reached the grade for a degree course, doesn’t want to commit to three or more years at university, or prefers more vocational study. They can be “topped up” with a final year to equate to a bachelors degree.

Degree of bachelor level apprenticeship

This is a comparatively new university offering, allowing students taking an

apprenticeship to gain a bachelors (or masters) qualification by both working and studying at university part time.

Higher National Certificates (HNCs) or Diploma (HNDs)

The Certificate takes one year and is equivalent to a first year degree course, whilst the diploma takes two years and is equivalent to the first two years of a degree course. Both can be topped up to a full degree by extending the course or joining a degree course at a later stage. The benefit here is to be able to study for a degree in stages.

FINDING THE RIGHT COURSE FOR THEM IS A TOP PRIORITY FOR YOUR CHILD



Suggested starting points

There is plenty of information about university courses available, and whilst it's up to your child to do the research, as parents you can help guide them by checking that the courses they shortlist fit their personality. For example, a child that likes to be active and enjoys practical

studies and getting involved is likely to do better on a course that has plenty of experiential learning rather than one that is largely based around lectures and seminars. Here are some suggestions for things to consider when deciding whether a course meets your child's needs:

Is your child academic or practical?

- Do they enjoy being in the classroom?
- Do they enjoy learning in a studio or outside?
- Do they enjoy writing essays and researching topics or prefer to make and produce things?

Which school subjects do they enjoy?

- Is there a particular part of a school subject they have enjoyed?
- Do they have a natural flair for a subject?
- If they enjoy more than one subject, are there any common themes?

What are your child's hobbies?

- Is your child particularly passionate about any music, sport or art related activities?
- Think about your child's personality traits
- Try to think outside the box - do they have a particular interest in current affairs? Gaming? Helping others?

Has your child expressed interest in a particular career?

- Try to think of subjects that will help them pursue this career without narrowing their options too much if they change their mind later

Rory's story:

By the time I began Year 13, I had narrowed my degree to two possible choices - an art related course or biology. Whenever I explain this to people, they are always surprised. I enjoyed both, I was on track for As and I had no idea about a potential career path.

Having attended a fairly academic school, there was a certain pressure to choose biology. However, it was the comments of one friend that made me finally choose a degree in illustrations. He said I should choose an art based degree as I was always seen doodling in my sketch book. His comments made me realise what I actually had a passion for - outside of the classroom and during my spare time.

I have never regretted this decision. Dedicating three years to a subject I enjoyed beyond study led to some of the best years of my life. I am now working for a large marketing company creating online illustrations for a range of clients - a career choice I never considered when I was at school.



League Tables

National league tables

National league tables are published annually by the Complete University Guide, The Guardian and The Times / Sunday Times. They cover a range of factors including student satisfaction, entry standards, facilities and academic services amongst others and focus on full-time student experience (not part-time).

Well established universities have had a long time to hone their subject offerings and know how to perform well in league tables. By contrast, new universities do not have this advantage but often excel by offering new, innovative subjects which can prove more relevant to today's working environment. A variance of 20-30 places could indicate as little as a couple of points difference, so bear this in mind when considering where a university is ranked. It's also worth noting that universities that rank highly in national tables don't always rank well in international tables as the criteria applied are different. If you spot a big difference, it's worth visiting the university website directly, as they sometimes offer explanations - or you could call them.

Subject specific league tables

It's worth reviewing subject league tables to see how the chosen university delivers in the specific subject areas of interest. This is different from national league tables, which shows how a university performs overall. It's possible that a university may rank low on overall league tables, but be very strong and well-respected in a particular area of study (and vice versa). Also, check for professional accreditation by approved membership bodies if seeking out a professional degree – this is a good indicator of whether the course is highly regarded within industry and whether or not it's equally valued both within the UK and internationally.

The Teaching Excellence and Student Outcomes Framework (TEF)

To assess the quality of teaching within a university, consider the TEF rating as decided by an independent expert panel including students, academics and employer representatives. Ratings awarded are gold, silver or bronze. Participation is voluntary, so not all universities will have TEF ratings.

Useful links

*The
Guardian
University
Guide 2021*

*The Complete
University
Guide 2021*

*The Times
Good
University
Guide 2020*

*The TEF
Ratings*

SUBJECT- SPECIFIC LEAGUE
TABLES ARE MORE RELEVANT
THAN NATIONAL LEAGUE TABLES

The UCAS process



“

My school provided a lot of help about how to fill in the UCAS application, but I still needed to do some research myself.

Understanding UCAS

All university applications are made through the University and Colleges Admissions Service (“UCAS”). There is a strict process and application procedure so it’s vital to know what information needs to be provided, in what format and when it needs to be submitted. Unlike schools that can sometimes flex deadlines for academic work, the UCAS deadlines are fixed and late applications may not be considered so it’s important to respect the timetable outlined.

Seven sections for completion:

1. Personal details
2. Additional information
3. Student finance
4. Choices
5. Education details
6. Personal statement
7. Employment

Plan ahead

The process itself is reasonably straightforward but much of the content requires considerable preparation before submission so this is absolutely not something to leave until the last minute. Applications that have been rushed and insufficiently thought-through are obvious and a slap-dash approach could jeopardise opportunities so ensure your child invests plenty of time in making the application.

Nominated access

Whilst your child needs to complete the application themselves, in the personal information section, there’s the option for them to add your name as “nominated access” which means that, with a few of their personal details, you will be able to track progress with their application directly either with UCAS or the universities they’ve applied to. This is very handy if they are travelling and out of contact, or not very good at keeping you updated on progress.

Facilitating information sharing UCAS doesn’t make applications for finance, but giving permission for them to share details on the application could speed up fund applications for either tuition or maintenance fees.

Choose wisely

Applications can be made for five choices this can be five versions of the same course at five different universities, or five different courses all at the same university or any combination thereof.

Usually, it doesn’t make much sense to only apply to one university, as entry requirements are likely to be similar whatever the course and this could prevent your child going to university at all if they fail to make the minimum grades. In fact, some universities prefer applicants to be focused on one course, so multiple applications to the same

university could indicate a lack of focus and count against the applicant. In some cases, universities automatically offer similar alternatives if an applicant doesn’t make their preferred choice, so using applications for multiple variations of a similar degree is a wasted opportunity.

A scattergun approach may backfire

Applying for courses that are completely different – irrespective of university location – could be interpreted that your child doesn’t

know where their interest lies and is unlikely to be looked upon favourably. If this happens, it might be better for them to go back to the drawing board and reconsider their course choices.

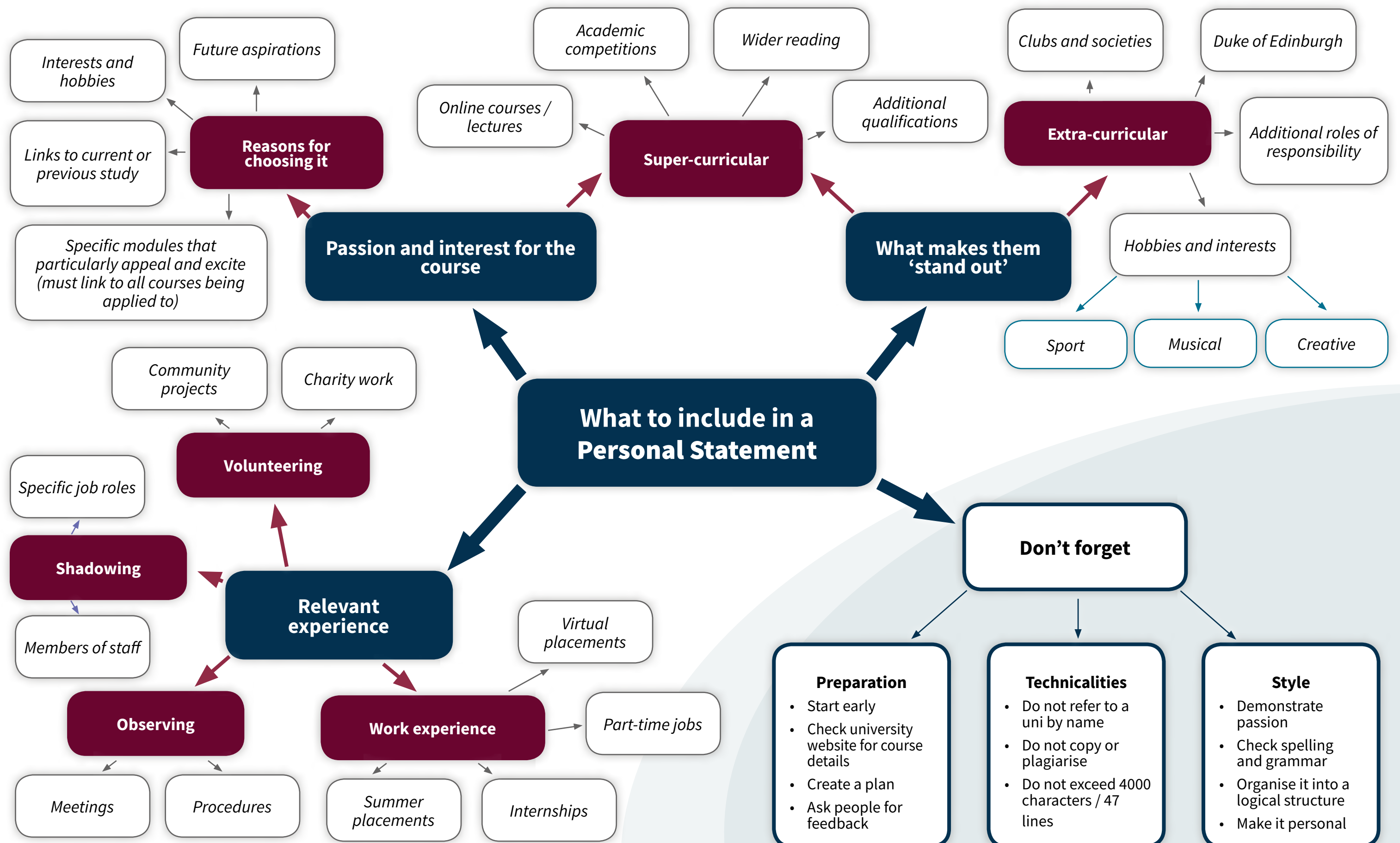
UCAS parent newsletter

For regular parental updates regarding the UCAS application process it is worth signing up to the UCAS parents newsletter.

[Sign up here](#)



Personal statement Mindmap



Tracking the application

Once the application's been submitted, there isn't much to do other than sit back and wait. Different universities have different criteria on when they make their decisions and their timelines can vary, so responses to applications won't be made at the same time. Don't worry if your child's friends get replies before you do: a delay in response does not necessarily imply bad news.

There are firm deadlines and, in the event that universities haven't responded by the appropriate deadline, their response is automatically deemed as a rejection. On this basis, it could well be worth telephoning them a few days ahead of the deadline if there has been no news to ensure there hasn't been an error in losing the application.

UCAS records progress and status through their online programme "track" which has a secure login. At present there is no track app for phones. It needs to be accessed online.

Universities will make either a conditional offer (the application is accepted so long as the student achieves a certain level of grades when taking sixth form qualifications) or unconditional – the application is accepted and either the student has already met their minimum requirements (for example, if they have already taken their exams) or there are no pre-requisites notwithstanding exams have not yet been taken. Whilst an unconditional offer ahead of final examinations is good news for a child because it eliminates additional pressure ahead of exam time, it can be bad news for you (and them!) in that the incentive to work hard and achieve the best sixth form grades possible is no longer necessary.

UCAS Track

Welcome to Track
Please log in to view your choices and track your application

Personal ID

Password

Log in >

[Having trouble logging in?](#)

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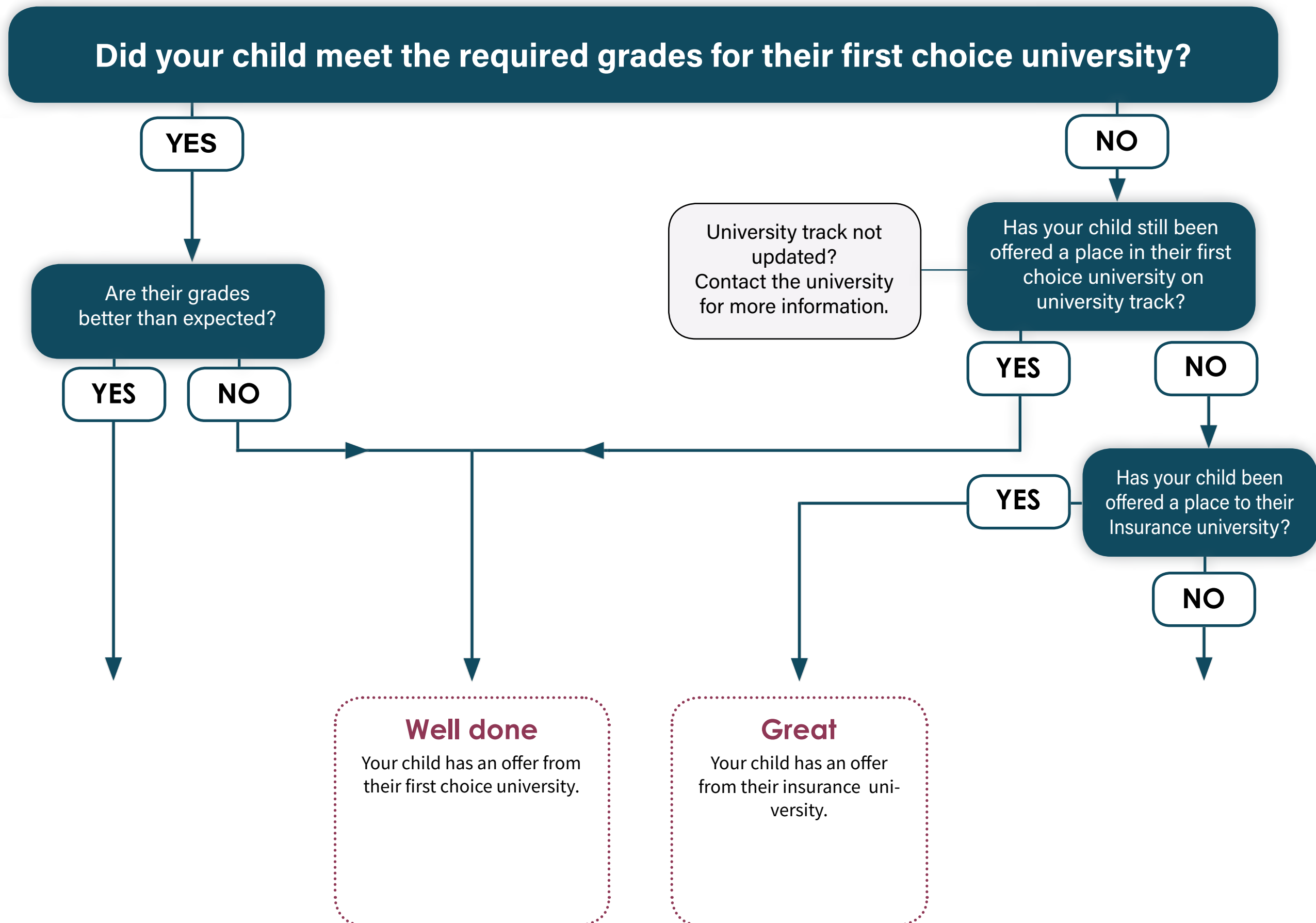


Results day 2022

“

My results were better than my predicted grades which was thrilling, but I still wanted to go to my first-choice university, rather than apply for somewhere more competitive.

Results day flow chart



Other choices

It is important to understand that university isn't for everyone. Some children may know straight away, whilst for others it may only become apparent during the university application process. An increasingly popular alternative is apprenticeships and traineeships. Or there are school leaver programmes which give a direct route into employment and can result in further qualifications. If your child needs more time to figure out their next steps, a gap year can offer breathing space.

Apprenticeships:

Apprenticeships combine study at college or university with work. If your child knows what sort of job they might like to do, this provides an ideal opportunity to go straight into the workplace whilst still formally developing their skills and gaining a qualification. It's certainly not an easy option – holding down a full-time job (albeit with one or two days each week to attend university) and keeping up with studies can be tough. But with a salary, holiday entitlement

and sick pay along with access to the university experience and no post qualification loan (their employer and the government fund all costs), it makes for an attractive proposition. Most apprenticeship last for about two to four years and the minimum wage is £3.90 per hour. There are entry requirements at four different levels, from the equivalent of five GCSE passes to the equivalent of a master's degree.

Traineeships

Traineeships are much shorter and last six weeks to six months. They are a great way to prepare for apprenticeships (if your child doesn't have the minimum entry requirements) or to get first-hand experience of what a job is like.

School leaver programmes

School leaver programmes offer opportunities to join the workplace straight after sixth form studies and commence skills development and career progression through experience as well as studying to obtain a nationally recognised qualification. Entry requirements vary from employer to employer.

Useful links

The Parents'
Guide to

UCAS

*I'm interactive! Click me
and I'll take you to their
website*

TO FIND OUT MORE DOWNLOAD THE
PARENTS' GUIDE TO APPRENTICESHIPS



ONE IN TEN STUDENTS WILL
TAKE A GAP YEAR AFTER
FINISHING SCHOOL

Gap year / deferred entry

Taking a year out between school and university can provide the opportunity to find out a little bit more about personal preferences rather than being directed by schools, colleges (and parents!). It's also a good opportunity to find out how your child fares fending for themself.

A gap year can be taken while entry to university is being deferred, once a place has been accepted (allowing a year between leaving school and starting university), or if university is not the next step at all.

Traditionally, this is a year spent travelling overseas, but it needn't focus exclusively on that. Volunteering and work experience can also be incorporated and inform your child's

likes and dislikes, as well as giving them valuable first-hand experience in a variety of areas they may not have had chance to try out. However, for some a gap year can be distracting and, if not well-planned, could prove somewhat directionless, which is unlikely to be beneficial.

Some may want to enter the world of work straightaway or, if they haven't achieved the results they had hoped, they could always try retakes or other sixth-form subjects.

University reapplication

Should your child decide to reapply to university for any reason, be sure they save a copy of their UCAS application so they do not have to rewrite everything, as the original application is deleted from the central database each year.

Useful links

GOV. UK
Foreign Travel
Advice

Trail Finders

Gap 360

*I'm interactive! Click me
and I'll take you to their
website*

Next steps



I never imagined my daughter could budget for herself, but with a few tips she proved really good at it.

University shopping list - *click here for our best buys*

*I'm interactive!
Click each item for
inspiration!*

BEDROOM

Essentials:

- ☐ Alarm clock
- ☐ Bin (small)
- ☐ Books
- ☐ Coat hangers
- ☐ Mirror

Extras:

- ☐ Beanbag
- ☐ Cushions
- ☐ Door wedge
- ☐ Extra storage
- ☐ Family photos
- ☐ Over door hangers
- ☐ Plant
- ☐ Rug
- ☐ Wall art / posters

BATHROOM

Essentials:

- ☐ Bath towels
- ☐ Deodorant
- ☐ Hairbrush
- ☐ Hand towels
- ☐ Nail clippers
- ☐ Razor
- ☐ Sanitary towels
- ☐ Shampoo
- ☐ Shower gel
- ☐ Toilet roll
- ☐ Toothbrush / paste
- ☐ Wash bag

Extras:

- ☐ Bath mat
- ☐ Flip flops
- ☐ Hair dryer
- ☐ Make-up
- ☐ Moisturiser

KITCHEN

☐ Complete sets

Essentials:

- ☐ Baking tray
- ☐ Bowls
- ☐ Cheese grater
- ☐ Chopping board
- ☐ Cling film
- ☐ Corkscrew
- ☐ Cutlery
- ☐ Glasses
- ☐ Knives
- ☐ Mugs
- ☐ Plates
- ☐ Pots and pans
- ☐ Scissors
- ☐ Tin foil
- ☐ Tin opener
- ☐ Tea towels
- ☐ Wooden spoons

Extras:

- ☐ Casserole dish
- ☐ Colander
- ☐ Masher
- ☐ Measuring jug
- ☐ Plastic bag sealers
- ☐ Recipe books
- ☐ Scales
- ☐ Shot glasses
- ☐ Slow cooker
- ☐ Spice jars
- ☐ Tupperware
- ☐ Vegetable peeler
- ☐ Whisk
- ☐ Wok

CLOTHING

Essentials:

- ☐ Casual clothes
- ☐ Evening clothes
- ☐ Fleece
- ☐ Gym clothes
- ☐ Smart clothes
- ☐ Pyjamas
- ☐ Smart shoes
- ☐ Sports equipment
- ☐ Socks
- ☐ Rain jacket
- ☐ Swimwear
- ☐ Thermals
- ☐ Trainers
- ☐ Underwear
- ☐ Winter clothes

STUDY

Essentials:

- ☐ A4 folders
- ☐ File Dividers
- ☐ Highlighters
- ☐ Notepad / paper
- ☐ Pens and pencils
- ☐ Plastic wallets
- ☐ Post-it notes
- ☐ Stapler
- ☐ White-tac

Extras:

- ☐ Calculator
- ☐ Desk lamp
- ☐ Diary / planner

ELECTRICS

Essentials:

- ☐ Batteries
- ☐ Chargers
- ☐ Extension lead
- ☐ Laptop
- ☐ Laptop case
- ☐ Multi plug adaptor

Extras:

- ☐ Mouse
- ☐ Keyboard
- ☐ Printer
- ☐ Printing ink
- ☐ Speakers
- ☐ Television

SLEEP

Essentials:

- ☐ Bed sheets
- ☐ Duvet
- ☐ Duvet set
- ☐ Mattress protector
- ☐ Pillows
- ☐ Pillow cases

Extras:

- ☐ Diffuser / oils
- ☐ Mattress topper
- ☐ Night lamp
- ☐ Warm blanket

FIRST AID

☐ Complete sets

Essentials:

- ☐ Antibacterial wipes
- ☐ Antiseptic cream
- ☐ Hot-water bottle
- ☐ Hydration salts
- ☐ Painkillers
- ☐ Plasters
- ☐ Sewing kit
- ☐ Torch
- ☐ Tweezers

HOUSE KEEPING

Essentials:

- ☐ Coat hangers
- ☐ Door wedge
- ☐ Iron
- ☐ Laundry bag
- ☐ Washing powder
- ☐ Wet wipes

Extras:

- ☐ Drying rack
- ☐ Mini vacuum
- ☐ Laundry basket

DOCUMENTS

Essentials:

- ☐ Bank accounts
- ☐ CV and references
- ☐ Discount cards
- ☐ Exam certificates
- ☐ NHS number
- ☐ NI number
- ☐ Passport
- ☐ Passport photos
- ☐ Uni paperwork

Extras:

- ☐ TV licence

FUN & GAMES

Extras:

- ☐ Bicycle
- ☐ Board games
- ☐ Computer games
- ☐ Dress-up costumes
- ☐ Fairy lights
- ☐ Games console
- ☐ Gym equipment
- ☐ Photo albums
- ☐ Playing cards
- ☐ Polaroid camera
- ☐ Projector
- ☐ Recipe books
- ☐ Sports equipment



Final Words

You're bound to feel excited and proud about what your child's achieved as they embark on their first independent step towards adulthood by attending university. But it may be tinged with an element of sadness as you realise your parenting role is about to evolve into something different. Please don't forget your child still needs you very much - albeit in a different way.

Be there for them! Leaving school and long-term friends to start a new life is exciting but it's emotional too. For your child, potentially everything is about to change. The life that has been so familiar to them (especially if they've been at the same school since Year 7) disappears. They have new teachers, a new place to live, new subjects to study in a different way from how they're

used to studying, and a new peer group in which to find friends.

Even if they are not moving away to study, there's still much in their new life that will be different from before. In this sea of change, you are likely to be their only familiar anchor. Yes, they need space to adapt at their own pace, but they may also need to know you are still there for them and that there is some certainty and consistency in a fast-changing environment.

And finally ... don't forget about yourself! University is a short-lived experience that leaves a life-long impression so, alongside your child, make sure you also enjoy all the rewards and challenges this unique experience offers.

Join us

If you're interested in regular updates about other ways you can help your teenage children, click here and join our online community.

[Sign up here](#)

A-Z University listing

*I'm interactive!
Click on the university name
and I'll take you to their
website*

A

University of Aberdeen
Abertay University (formerly University of Abertay Dundee)
Aberystwyth University (Prifysgol Aberystwyth)
Anglia Ruskin University
Anglo-European College of Chiropractic
Archbishop of Canterbury, The
Arden University (formerly known as Resource Development International)
Ashridge Business School
Aston University

B

Bangor University (Prifysgol Bangor)
University of Bath
Bath Spa University
University of Bedfordshire
Birkbeck, University of London
University of Birmingham*
Birmingham City University
University College Birmingham
Bishop Grossteste University
University of Bolton
Arts University Bournemouth
Bournemouth University
BPP University
University of Bradford
University of Brighton
University of Bristol*
Brunel University London
University of Buckingham
Buckinghamshire New University

C

University of Cambridge*
Canterbury Christ Church University
Cardiff Metropolitan University

(Prifysgol Metropolitan Caerdydd)
Cardiff University (Prifysgol Caerdydd)*
University of Chester
University of Chichester
City University London
Courtauld Institute of Art, The (degrees awarded by University of London)
Coventry University
Cranfield University
University for the Creative Arts
University of Cumbria

D

De Montfort University
University of Derby
University of Dundee
Durham University*

E

University of East Anglia
University of East London
Edge Hill University
University of Edinburgh, The*
Edinburgh Napier University
University of Essex
University of Exeter*

F

Falmouth University

G

University of Glasgow*
Glasgow Caledonian University
University of Gloucestershire
Glyndŵr University (Prifysgol Glyndŵr)
Goldsmiths, University of London
University of Greenwich
Guildhall School of Music and Drama

H

Harper Adams University
Hartpury University
Heriot-Watt University
University of Hertfordshire
Heythrop College (degrees awarded by University of London)
University of the Highlands and Islands
University of Huddersfield
University of Hull

I

Imperial College of Science, Technology and Medicine (also known as Imperial College London)*
Institute of Cancer Research
Institute of Education, University of London

K

Keele University
University of Kent
King's College London*
Kingston University

L

University of Central Lancashire
Lancaster University
University of Leeds*
Leeds Beckett University (formerly Leeds Metropolitan University)
Leeds Arts University
Leeds Trinity University
University of Leicester
University of Lincoln
University of Liverpool*
Liverpool Hope University
Liverpool John Moores University
Liverpool School of Tropical Medicine
University of London

London Business School
London Institute of Banking and Finance, The
London Metropolitan University
London School of Hygiene and Tropical Medicine
London School of Economics and Political Science, The (LSE)*
London South Bank University
University College London*
Loughborough University

M

University of Manchester*
Manchester Metropolitan University
Middlesex University

N

NCG
Newcastle University*
Newman University, Birmingham
University of Northampton, The
Northumbria University
Newcastle
Norwich University of the Arts
University of Nottingham*
Nottingham Trent University

O

Open University, The
University of Oxford*
Oxford Brookes University

P

Plymouth University
University of Portsmouth

Q

Queen Margaret University, Edinburgh