

Support at university

For a variety of reasons, you may need extra help during your time at university.

You might have failed a module or placement or decided that the course you originally chose is no longer right for you. You may need support for a disability or have health or personal problems.

Counsellor and student

See our information about the support available to you.

See our information about the support available to you if:

- [things go wrong](#) ^[1]
- [you have a disability or health or personal problem](#) ^[2]

This section also has hints and tips about:

- [your first placement](#) ^[3]
- [your electives](#) ^[4]
- [your first job after university](#) ^[5]
- [going from student to newly qualified](#) ^[6]

All the pages in this section include real-life stories from people who've made use of support services at their university, so have a look around.

- **Work-life balance**

Many students have part-time jobs but take care to ensure that this doesn't have a negative effect on your studies. Even if the job is related to the professional area you're training in, your course should take priority. You'll also need to be able to work the hours required by your placements, which can include 12 hour shifts, weekend and night working. Any existing work commitments must allow for this.

If you're having difficulties juggling work or home commitments with your course, you should speak to your personal tutor.

Most universities provide services to enhance your student experience and help with work-life balance. These may include:

- money management workshops
- stress management classes
- leisure and sports activities

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Links

[1] <https://www.healthcareers.nhs.uk/i-am/considering-or-university/support-university/if-things-go-wrong>
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