



### **Making the Most of Year 1**

You are the beginning of your university journey

Make the most of your first year by considering the following:

- Making the right choices for you
- Having the right attitude
- Knowing where to go for information & support

### **Goal Setting**

What would you like to achieve this year?

What do you need to do to achieve it?

What about your long term goals?

What you can do now to make sure you achieve them

Focus to achieve!

What do you need to be successful in HE?

Self-reflection

What are my strength and weaknesses?

What can I improve?

What works well and what could be done differently

**Skills Academic** – academic writing, critical thinking, problem solving, research skills

**Skills Personal** – communication, problem solving, time management, self-motivation, teamwork, organizational skills

Enjoyment! Enjoy your course, enjoy your social life and ensure you have a good work life balance.

## **Positive Attitude**

See challenges or problems as opportunities

Accept that there will be some difficult moments and disappointments

Develop a growth mind-set

Learn from mistakes or a poor grade!

Stay positive, determined and motivated!

## **Use feedback effectively**

Academics and personal tutors will give you critical feedback

- View it positively
- Use it to improve your next assignment
- Even if you did well, you can always improve!

Look after your self

Get enough sleep

Eat properly

Enjoy yourself but don't over-do it!

Ensure that you have effective time and stress management techniques

## **Key people who will support you**

**Personal tutor** – every student has one. They are there to support and advise you with your academic and personal development

**Student Services** – for advice and guidance on a wide range of issues such as finance, accommodation, well-being and disability

**Student Union** – you are already a member! They have an advice unit and a variety of clubs and societies to help you love student life!

**Subject librarians** – help with finding the information you need to complete your assignments

**Chaplaincy** – pastoral support for students of any faith and none

## **Opportunities**

- Clubs and societies
- Peer mentoring
- New friends

## **Academic and personal development**

Use other sections in LEAP Online to explore aspects of this video that you think will be useful and relevant for your personal journey. See the links in the 'If you found this useful' section.

Access LEAP Online at: [www.bolton.ac.uk/leaponline](http://www.bolton.ac.uk/leaponline)