

STUDENT LIFE - ACADEMIC STUDENT LIFE

An occasionally forgotten aspect of Student Life is often that we are indeed here to study a course at university!

Every course in every university is different in terms of:

- Contact hours (hours spent in lectures or seminars - see our FAQs for details!)
- Assessment (how you're marked for each piece of work)
- Materials (books and the like).

For a look at different courses try looking at www.ucas.com and typing in your favourite subject - or taking a quiz to see what you might like to pursue, given your current interests.

I can't tell you that studying at university is any harder or easier than GCSEs or A levels, but the skills you develop by studying for those exams are really useful for the **transition into university**. Some people might find that they thrive in a university environment, as you're given more time for independent study and more room to research what **you** are interested in.

Others may find the jump difficult, but help is on hand! Universities have staff within them to help with essay writing, spelling, grammar or just helping you get used to proof reading work.

For an example of a student day I will present you with two short excerpts, one of what is often assumed of a student life and one of a standard day.

This is without lectures.

What the media will have you think a day will look like...

- 12:00pm I wake up, unwashed and put on yesterday's clothes. For breakfast I eat some pizza that may or may not have been on the kitchen counter for up to 12 hours.
- 3pm Prepare for Tipping Point with Ben Shepard, eyes penetrating the TV screen and directly into your soul.
- 4pm-5pm The Chase with Bradley Walsh, best thing on television (Challenge TV)/Tipping Point if it's a repeat
- 5pm-6pm The Chase with Bradley Walsh (see above) (ITV)
- 6pm The Simpsons (New episodes, unfortunately)
- 7pm Eat some more leftovers from the previous day. Or, steal some cheese and wrap it in bread. In extreme circumstances you may opt for the reverse sandwich, two slices of ham with a slice of bread filling.
- 8pm Spray the last of my house mates' deodorant over my clothes and walk to the library, carefully selecting shoes which smell the least when rested under a desk for 6 hours.
- 10pm Arrive at the library, neck several cans of 49p energy drink and talk loudly in the corner, irritating every other person in the vicinity by discussing how great it is that the library is open 24 hours a day.
- 12am A coffee to feel professional and finally settle down to do some work. The deadline I've been ignoring is still 24 hours away and I've got the books I need in front of me.
- 1-3am 500 words and 10 compilation videos of Gordon Ramsay angry about the lack of culinary skills in a group of primary children. Time for some fried chicken and a sleep intercepted by the heart palpitations of Blue Bull Best Energy.

A more realistic day will look more like this!

- 8am Wake up, consider staying in bed, do so but only for about 30 more minutes.
- 8.45am It turned into 45 minutes but that's okay. I'll have a coffee and some eggs with a slice of bread (brown - for my brain).
- 9.30am Walk to the university library and set up shop. Potentially another coffee, but **don't overload with caffeine**, it's not great for concentration. Make sure to open a word document and take a note of everything I read and take notes on in the day.
- I may be working on an assignment: a presentation, a group project, an essay or a social media page. The work on different courses at different Universities will be varied and interesting. Look back on our Wellbeing resources for a timetable activity and think about how you might break down your university day!
- 10am-1pm Work in 35-45 minute cycles with small rest breaks to walk around, snack lightly or watch Gordon Ramsay shout at an incompetent OAP for not putting enough pepper on their scrambled eggs.
- 1.30-2pm Lunch break. Luckily, I pre-packed a sandwich using shop bought ingredients so that I didn't have to spend £3.00 on a meal deal. This cuts costs and leaves me with savings to spend on other things, like more meals or the occasional soft drink.
- 2-4pm Work in 35-45 minute cycles with small rest breaks to walk around, snack lightly or watch Gordon Ramsay shout at himself in the mirror crying out 'why am I like this all the time I just want people to enjoy my food and their food but more importantly my food'. His existential crises break's your concentration for a moment and you consider all the things you would say back to him when he criticises you for using lime instead of lemon for a side salad dressing.
- 5pm Arrive home, get The Chase with Bradley Walsh on ITV, the evening is yours to enjoy.

You have completed the (vaguely) 9-5. Now you can socialise, cook, live free and dance into the reasonable hours before doing it again tomorrow, only slightly later.

So, you will learn to self-manage and gain a lot of independence! Plus, the work is (hopefully) something you are **actually interested** in.

Please ask us more questions on academic life at university – trust me, it’s not as bad as you definitely think it is!

If you have any questions, you can live chat a member of our team [here](#).

We’d love to know if you found this resource helpful, let us know [here](#).