

RETURNING FOR YOUR FINAL YEAR

Returning to your studies after placement may feel exciting *and* daunting all at once.

Make the most of your final year with our Top Tips!



1. DON'T BE AFRAID TO ASK FOR HELP!

It's normal to feel stressed in your final year but remember you're not alone with support from UWE.....

MENTAL HEALTH

Don't suffer in silence!

If you're struggling talk to someone from the [Wellbeing team](#)

Build your 'Bounce-back-ability'

Develop skills to cope with uncertainty and adversity with UWE's [Resilience workshops](#)

Take some 'you' time

Do activities that nourish you to help your overall productivity



FINANCIAL SUPPORT



Speak with a **Student Money Adviser** if you need to discuss finances.



STUDY SKILLS

Forgotten how to write an essay?
Feeling rusty with referencing?

UWE's library offer [Study Skill Support](#) and run [events](#) to help you brush up on your skills

2. ENGAGE WITH UWE CAREERS



- Attend the 'How to' [Careers Essential](#) workshops
- Use the [Careers Toolkit](#) to apply for jobs
- *Unsure of your direction?* Complete the [Career Pulse Workbook](#)
- Discuss your options with a [Careers Coach](#)



3. CONNECT WITH PEOPLE

You may have lost UWE friends during your placement so meet new people to help combat the stress of your final year.

- Join a [UWE Society](#) or a [Sports Club](#)
- [Volunteer](#) to make a difference to the community and your CV

4. USE YOUR TIME WISELY



- Use a paper or online **diary** to track deadlines and plan work.
- **Maintain balance** - schedule time for relaxation *and* study.
- Continue your **9-5 working structure** to maximise productivity.
- **Eliminate distraction** - turn off your phone, closing irrelevant tabs!
- More tips [here](#)...

For any further support please contact: placements@uwe.ac.uk