

Hello, First Years!

Here at Student Counselling,
we compiled our Top 10 Tips
on

*How to thrive at
university...*



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

Denkleiers • Leading Minds • Dikgopolo tša Dihalefi

Top 10 Tips for 1st Years

How to Thrive at University...



(1) Be the FRIEND you wish you had

- Introduce yourself and then get the conversation going with small talk
- For example:
 - "That coffee looks good. Where did you buy it?"
 - "You seem to know this campus well. Is there a short cut to the cafeteria?"
- Listen actively to what people are saying and maintain eye contact with them when they are talking to you. This shows that you are actually interested in them and their opinions.
- Most people are generally friendly and genuinely happy to talk to you.



Top 10 Tips for 1st years!!!

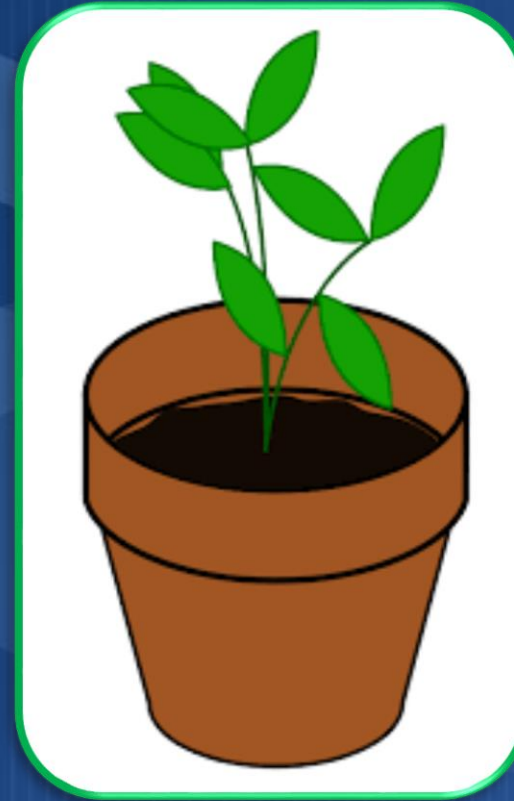
How to thrive at university...

(2) ADOPT A GROWTH MINDSET

"Huh? What's that?" we hear you ask...

Tell yourself - "Even if I struggle a little now, I will soon be able to develop the skills to succeed at university"

Take action towards developing those skills



Top 10 Tips for 1st years!!!

How to thrive at university...



(3) FIND OUT ABOUT IMPORTANT RESOURCES THAT CAN HELP YOU SUCCEED

DID YOU KNOW YOU HAVE A...

- Faculty Student Advisor, Residence or Day-House Mentor, a Faculty House Representative, a Subject Librarian
- All these people are valuable resources towards success



Top 10 Tips for 1st years!!!

How to thrive at university...

(4) WORK CONSISTENTLY

- everyday, in small bits
- nobody gives you homework anymore
- make your own "homework" to stay on top of your workload

(5) BE CALM

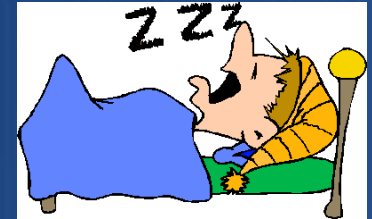
- when you notice you're "freaking out" with info overload, take a breather!
- in time you will know the what, how, where, when of university.
- just **ASK SOMEONE**



Top 10 Tips for 1st Years

How to Thrive at University...

(6) GET ENOUGH SLEEP



- Sleep is important for health and wellbeing
- You need at least 6- 8 hours of sleep to function at your best
- Some people need 10 hours (yes, we're talking to you Night-Owl Gaming Dude...)
- Rest enough, your brain needs restful sleep to optimally concentrate, to regulate mood and energy levels and also (believe it or not) control your appetite
- Learn to say **NO** to some of the many late night invitations you will receive and

Get an early night!!!



Top 10 Tips for 1st Years

How to Thrive at University...

(7) BRAIN FUEL AND BODY FUEL IS IMPORTANT

- Make time to eat regularly and healthily
- Keep control of those fast food fixes...



(8) GET OUT

- whether it's going for a walk or sitting on the Aula lawn with friends, the fresh air will do you good. Have constructive leisure activities planned.

Take action! Be proactive and attend new and interesting events.



Top 10 Tips for 1st Years

How to Thrive at University...

(9) Find a routine

Boring, right? Wrong!

Routines are helpful to combat anxiety, anchor you in a new lifestyle and give you a sense of control

Not every day has to be the same, but try to find a rhythm to your week

In that way you'll find time to get to the **important** stuff - not just the **urgent** stuff

Wellness includes many dimensions - academic, physical, spiritual, social, psychological, financial - try to prioritize a time to address them all

Wellness Wheel



Top 10 Tips for 1st Years

How to Thrive at University...

(10) Give people a chance

- You are going to meet many people from many different walks of life
- Universities are places of open-mindedness and enquiry, so develop and enquiring mind
- You may find that ideas you previously thought were undeniable facts, are not held by others
- Be interested in the perspectives others hold
- You don't have to agree, but you can certainly listen and learn

Remember

"I do not agree with what you have to say, but I will defend your right to say it" - Evelyn Hall



**We hope that you will adjust well and
will be very happy here at Tuks!**

Best Wishes

From

The Student Counselling Team

*MENTAL
HEALTH
MATTERS*



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

Denkleiers • Leading Minds • Dikgopolo tša Dihalefi