

I AM NORTHUMBRIA

IT'S YOUR FUTURE
GET CLEAR ON
CLEARING

**SUPPORTING YOU
AT EVERY STEP**
Discover our mental health
and wellbeing services

**UNCOVER THE
COST OF LIVING**
Newcastle, the
affordable choice

**BUILDING
RESILIENCE**
FEEL CONFIDENT
STARTING
UNIVERSITY



**Northumbria
University**
NEWCASTLE

FEEL CONFIDENT IN YOUR NEXT STEP

You've had a lot to adapt to over the past year, but now it's time to look to the future. University is one of the most exciting times in your life, and you want to make the most of it. So, as you get ready to take the next step in your education and your life, here are some simple things you can do to prepare for your university adventure.

Learn more about life at Northumbria

You've made your final decision and know which university you want to attend. Now you're starting to imagine what your life at Northumbria will be like. Well stop imagining and start investigating. Through our immersive virtual platform, NU World, there are plenty of ways to find out more about your life at university and studying in Newcastle.

Here, you can explore where you are going to live and browse a wide range of vlogs and blogs that tell the story of what it is like to live in Newcastle. You can discover our beautiful coast and countryside. You can take a deep dive into our accommodation - with virtual tours and student testimonials to give you a real insight into student life.

You can find out more about the subject you're going to study and check out our campus and learning spaces through 360 virtual tours. You can listen to talks from academics on your course. You can even find out more about the people you might meet and the things you can do through videos from current students, information about societies you can join, and sports you can take part in.

To experience Northumbria and find out more, visit nuworld.northumbria.ac.uk

Prepare for success

Moving from school or college to university might feel a bit intimidating. You might even be wondering whether you will be able to meet expectations when it comes to the next level of study. Well don't worry, because we will be there with you, every step of the way. Before you even arrive, we will share lots of information and support to help you prepare for your university learning experience through our I Am Northumbria hub: northumbria.ac.uk/iamnu

Here you'll find lots of invaluable information about how you will learn, life on campus, wellbeing support and the fantastic facilities we offer, including one of the UK's best academic libraries. Over the summer, you can get to know your subject more through reading lists, recorded taster talks and there are even some subject challenges for you to try. You'll also find easy 'how to' guides for setting up your University email, IT access, and how to enrol. We'll stay in touch with lots of emails including useful hints and tips and links to more information - so make sure you check your inbox.

From July onwards, you can also access your Preparing to Study guide. This material is designed especially for you, to help you move onto the next level of your studies. It includes information about what it means to be a successful student, developing the essential learning skills required for university and beyond, and how to access all the help and support available to you. There are even online training courses you can sign up for over the summer, including a short course about sustainability at Northumbria and how you can make an impact. All of this is available on your I Am Northumbria hub.

Once you enrol, you can access even more information about your University and programme induction activities, which will provide you with support and information to help you get prepared for and settle into your life as a Northumbria student.

Of course, once you start studying, Northumbria University staff are always on hand to help and support you. You can speak with your academic and personal tutors at any point via email or during their office hours.

Make new connections

Meeting like-minded people and making friends for life is one of the best things about going to university. But the prospect of finding new friends and meeting new people can feel daunting.

Don't worry, at Northumbria our students are at the heart of everything we do, and it is our sense of community that makes Northumbria such a fantastic place to be. We make sure there are plenty of opportunities for you to get involved and be part of the action.

You can even make connections before you get here. When you apply for accommodation through the Student Portal, you can pick the building, flat, and bedroom of your choice. The online system will also tell you if anybody else has booked the flat, so you can select flatmates with similar interests, if you wish. Once you complete your booking, you can also join dedicated Facebook groups for each building to connect with flatmates before you move in.

Another great way to make connections is through our social media channels. Get chatting with like-minded students via dedicated social accounts, whether it be the Students' Union, university societies, or subject and course level accounts. Get connected at northumbria.ac.uk/socialmedia

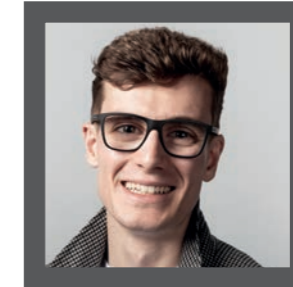
Once you arrive, at Welcome Week and throughout your induction, you will also get to meet people on your course and be able to join a variety of clubs and societies.

Welcome Week is the perfect opportunity to find out what's available and experience university life. Our Students' Union have lots of fun events planned to welcome new students during Freshers' Week such as BBQs, karaoke nights and city tours, as well as the societies and freebies fairs.

Whether you're interested in joining sports clubs or taking part in Students' Union activities, university is a great time to try new things, create connections and make friends for life.

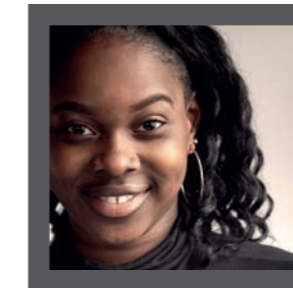
Find out more about Northumbria's Students' Union at mysu.co.uk

WE ARE NORTHUMBRIA



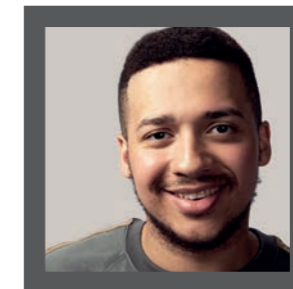
"I've been involved in boxing, rowing and running societies whilst studying at Northumbria. These offer a chance to meet new people who have similar interests but are probably on different courses, which is a great opportunity to make new friendships that could last your whole life."

Jack Smith, BA (Hons) Fine Art



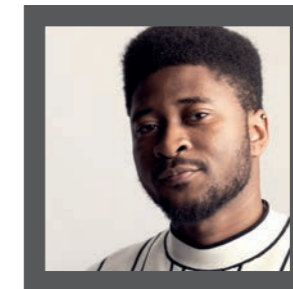
"Northumbria is really good for it's practical, hands-on teaching approach. This is great for students as it means when we graduate, we have the necessary skills and knowledge from our course to apply in a real work-based setting."

Grace Fashanu, Law LLB (Hons)



"Northumbria University really brings the best in me. It brings out my confidence, and it brings out my extroverted nature. I really feel like I can just be who I am in this city with no judgement at all. And be part of this university with so many different people from so many different places. It's like a home for me."

Khobhi Kromel-Agamah Williams, Humanities Foundation Year



"Northumbria is just like home. I am part of the Afro-Caribbean society, where individuals of African and Caribbean descent can actually come together and have meetings. We host different events like parties, fundraisers and charity events to help further the cause that we hope to achieve, and just have a great time with people from back home."

Samuel Akanya, BSc (Hons) International Business Management



IT'S YOUR FUTURE, GET CLEAR ON CLEARING

A-level results day can be a stressful time for students and feeling worried or anxious is totally understandable. The best way to make sure you stay calm is to be prepared for all outcomes. You may do better than expected or things might not go to plan. Whatever the result, Northumbria can guide you through the process.

So, what exactly is Clearing?

Clearing is a route that enables you to secure a place at university, but it means different things to different people.

It's a great opportunity for students, no matter what their circumstances, to find a place on a course or university.

There are four key reasons why students might apply through Clearing.

The Traditional Clearing Student	Students who haven't secured one of their original UCAS choices or have received lower grades than expected.
The Direct Applicant	Students who didn't apply to university before receiving their results and are applying for the first time through Clearing.
The Mind Changer	Students who use Clearing to move subject or university as they've changed their minds about where or what they want to study.
The Adjustment Student	Students who are entering Clearing because they received better grades than expected and so want to explore their options at other universities.

Got the grades you need?

If you get the grades you need for your first choice, the university will confirm your place automatically and UCAS track will update to show your offer as unconditional firm. The university will then be in touch with your enrolment information.

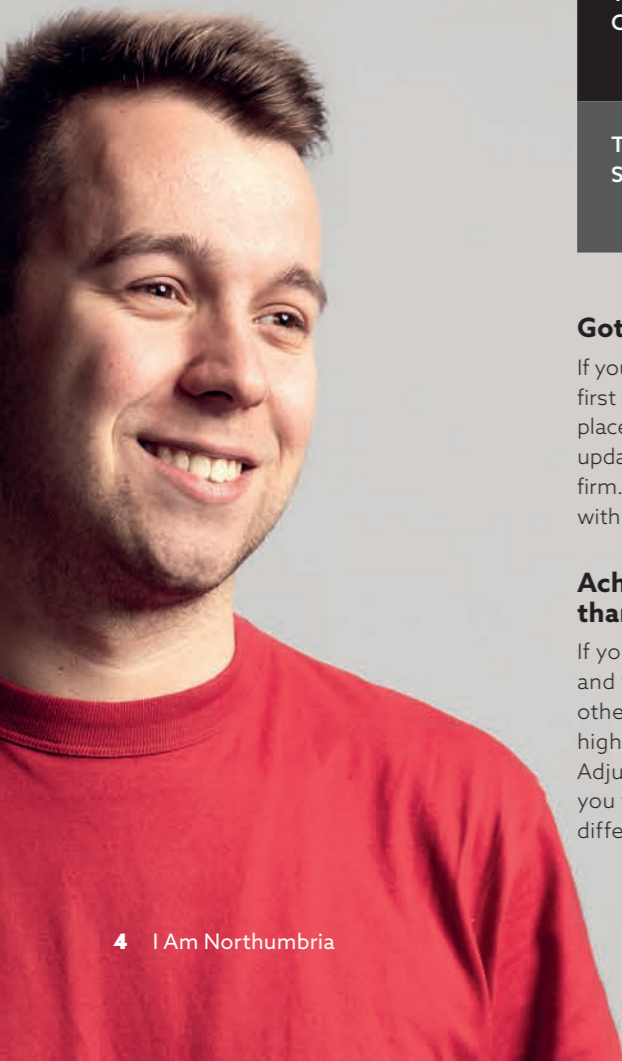
Achieved better results than expected?

If you have done better than expected and want to 'trade up', you can explore other universities that may have higher entry points and apply through Adjustment. UCAS Adjustment allows you to look for other courses, or different universities.

You are only eligible for Adjustment from the day your firm university confirms your place. If you decide Adjustment is for you, you can register via UCAS track. You will only have five calendar days to look for a different course or university. It is important to know that Adjustment places are not advertised, so you will need to call the universities or colleges directly.

The institution will check that you exceed the conditions of your unconditional firm choice and will then tell you if they can offer you a place.

If you are accepted through Adjustment, your UCAS Track screen will be updated, and you will receive a confirmation letter from UCAS. If you don't find another course, you keep your original offer.



Missed out on the grades you need?

If things haven't gone to plan and you don't have a university offer, don't worry, you can apply for a course through Clearing.

If you really have your heart set on your firm choice university, there may be other options. At Northumbria, for example, we offer a range of foundation year courses. So if you don't get the required UCAS tariff points, we may make you a change course offer to a foundation year, which will enable you to come to Northumbria to study for a preparatory year before progressing onto your course of choice.

View our Foundation Year courses at northumbria.ac.uk/foundation-year

How do you apply for a place using Clearing?

If you find yourself in Clearing and didn't expect to be, don't panic! You can go to the UCAS website where you will be able to view the full list of course vacancies available through Clearing.

If there is a particular university you're interested in, you can go direct to their website to see their available courses and make a note of their Clearing hotline number. Here are a few things you can do to prepare:

- Make a short list in priority order. Do you know that 56% of students accept the offer from the first university they contact?
- Be organised and have all the relevant information to hand (UCAS Clearing ID number, qualifications), as it's usually first come, first served.
- Be ready to explain why you want to go to that university and study a particular course.
- Contact your chosen universities via their Clearing hotline number and find out if they're willing to make you an offer.
- Remember - universities need to speak directly to students, not to parents or teachers.

Once you have an offer, how long do you have to decide?

At Northumbria, if you're offered a place through Clearing, we will confirm this by email. The offer will then be held open for 48 hours to allow students time to consider their options before making a final decision.

Once you accept a Clearing offer, what do you do next?

Once you've secured your place, it's time to get planning!

At Northumbria, accommodation is guaranteed for all of our first and foundation year students, so check out the options and apply for your place.

It's a good idea to book a campus tour if you can, to take a look around.

If your course has changed from the one on your application form, then you need to let Student Finance know.

You can also check out the **I Am Northumbria Hub** (northumbria.ac.uk/iamnu), for regular updates on what's to come, including preparing for university and your programme induction.

“The Clearing process can be beneficial to both students and universities alike. Some of our most successful students have come to Northumbria through Clearing.”

Helen Bower, Assistant Director Marketing, Student Recruitment



WE'RE HERE TO GUIDE YOU

With A-level results day approaching, we're here to guide you through the process. Our advice is not to panic - we'll give you all the information you need to make the right choice for you.

Piper Dobbie recently completed a Foundation Year in Humanities after securing her place at Northumbria through Clearing 2020.

When her plans for her original choice of university didn't work out, Piper didn't give up hope. She was helped by our Clearing team to find a course she loves and is now looking forward to starting an undergraduate degree in History at the University.

Reflecting on her experiences, Piper said: "When I look back now, I'm so pleased with how things worked out. I was planning to do a different course at another university, but when I didn't get a place, I stayed positive as I knew there would be light at the end of the tunnel."

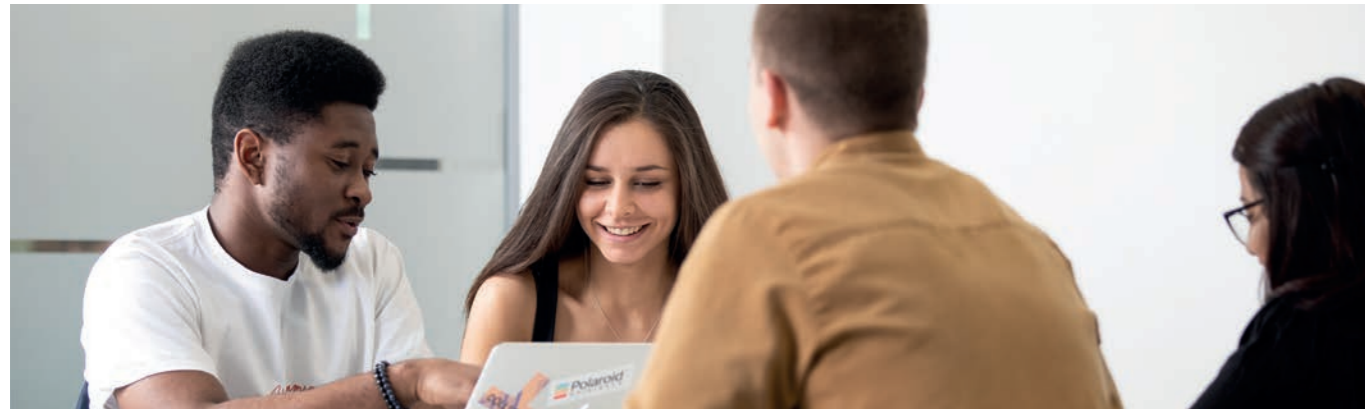
Piper's advice for other students who find themselves in a situation they weren't expecting is: "Don't worry, or panic. It's not the end of the world if things don't go to plan. If you speak to the team at Northumbria, they will guide you in the right direction. I'm so happy I chose to come here."

Northumbria University has Clearing places available.

Call our Clearing Hotline **0800 085 1085**

SUPPORTING YOUR MENTAL HEALTH AND WELLBEING

Mental health and wellbeing are just as important as physical health. At Northumbria, mental health and wellbeing support has always been available whenever and wherever you need it.



What mental health support is available at Northumbria?

We take a holistic and responsive approach to student needs, providing a range of individual and personal support for you at any point in your student journey, in a way that suits you.

Sue Broadbent, Assistant Director of Student Health and Wellbeing, said: "Students have missed so much time during A-levels and we recognise the difficulties they have faced because of the pandemic.

"Any concerns that students have are completely understandable, it's a totally new and different world we are living in.

"The journey to university life will be different for every student, but we have a thorough, phased approach to providing support and a huge variety of options.

"Our enhanced duty of care has always reflected best practice, but we've also built in additional support options because we know that with the right help, students will come out of university even more resilient; demonstrating the skills, attitudes and attributes that we know are required for their future careers, making them ready to take on tomorrow."

Early support

Before students join us, we offer 24/7 support from a wide range of services including the wellbeing team and our Students' Union.

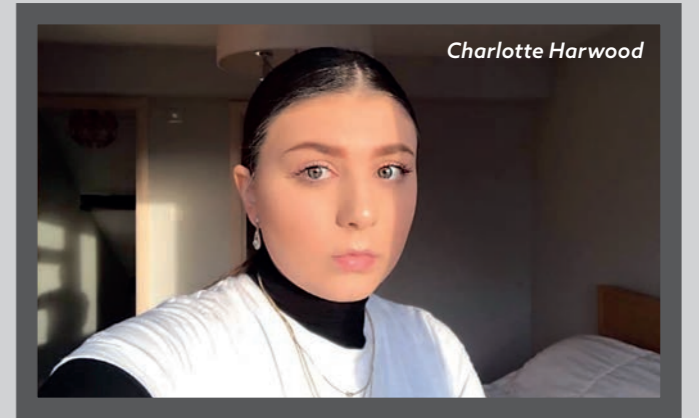
As part of enrolment, students are encouraged to join two initiatives that will support them throughout their university journey. The Mental Health and Wellbeing, and Educational Analytics programmes use readily available data, such as attendance in classes, to ensure students are supported to succeed on their programmes. If data suggests that students may be in need of help, for example, if they miss a number of classes, they will be contacted and provided with access to appropriate health and wellbeing support where required.

Always there

- Ask4Help – available 24/7 during term-time, Ask4Help is the first point of contact for all student support enquiries.
- Pastoral care offered by reception staff in University accommodation and security through our free SafeZone app, which connects all students directly to the University's security team whenever students need help.
- Kooth Online Support and Counselling – providing free, safe and anonymous online counselling and emotional wellbeing support which students can access on their mobile, tablet or desktop.
- Students can also access self-help information and guidance via their Student Portal.

“We know that with the right help, students will come out of university even more resilient.”

Sue Broadbent, Assistant Director of Student Health and Wellbeing



Charlotte Harwood

ALWAYS SUPPORTED

We're passionate about supporting you throughout your entire student journey. Whether that's finding your dream course through Clearing, reaching your full academic potential, or even applying for additional funding, we'll be there to help at every step.

Charlotte Harwood applied to Northumbria in 2020 and successfully secured a place on our Law LLB course. She has recently been elected as a Disabled Students' Officer in the Students' Union and shares her positive experience at Northumbria.

"My personal tutor at Northumbria was very responsive and supportive, and helped me apply for disabled students' allowance.

"I have a mental health disability but because of disabled students' support, I now have the assistance I need through the provision of a laptop, recording device for lectures, 180 hours' worth of sessions with someone to help keep me on track and extensions if I need them.

"I feel so proud to have been elected as a Disabled Students' Officer and I want to use this platform to help other students next year.

"My advice to new students would be to make the University aware of what you struggle with straight away. This will get the ball rolling and give you support from the offset.

"Two weeks after starting university I had my first meeting with the mental health team. If you have an awareness of your issues, make other people aware and they will help you."

Find out more at northumbria.ac.uk/studentsupport

“My advice to new students would be to make the university aware of what you struggle with straight away. This will get the ball rolling and give you support from the offset.”

The National Clearing Survey 2020 found that mental health and confidence are two of the biggest barriers for students wanting to go to university.

Only 20% of applicants for 2022 entry described their mental health positively.

(QS UK Domestic Survey 2021)

Resources and courses

- Online self-help resources – there are a wide range of digital resources available to help students solve their own problems or achieve their goals without the direct supervision of professionals. These tools help students expand their knowledge and understanding of themselves, whilst providing advice and guidance on how to manage the issues concerning them.
- Guided online self-help courses are structured to allow students to help themselves with support from another person. These courses require students to work with the contents of the self-help material to overcome any problems and achieve their personal goals.
- Wellbeing workshops, covering subjects including Social Confidence, Getting Things Done, Stress and Worry, and Mindfulness help students deal with the pressures of university life.

Further support

One-to-one sessions with a professional practitioner are available if needed. This service is available to all enrolled Northumbria University students who are a resident in the UK. Once registered, students are contacted within two working days unless they require urgent support, which can be accessed immediately.

Find out more at northumbria.ac.uk/mentalhealth

UNCOVER THE COST OF LIVING IN NEWCASTLE

The National Clearing Survey 2020 revealed that the cost of living was one of the top three barriers for students wanting to go to university.

Newcastle is an affordable and exciting choice, as many of the living costs associated with student life are lower in comparison to other cities. We found that the average monthly cost of living for a student in Newcastle is £750, compared to the UK average of £795 (National Student Money Survey 2020).

Prior to starting your course, you should consider budgeting for additional costs such as accommodation, food, travel and study materials, along with your tuition fees.

You can expect to pay on average £438 per month for your accommodation and between £50-80 on groceries every month. You can get a four-week Nexus student travel pass costing £60.60 which allows you to travel on the bus, metro, ferry and rail.

How much does accommodation cost?

Accommodation is probably going to be your biggest expense, but there are plenty of options that can fit within your budget.

Living in student accommodation is cost-effective and prices range from £80 to £132 per week, as bills such as Wi-Fi and electricity are included, and it is a great way to meet new friends.


You can choose to live in catered or self-catered accommodation and have the option of en-suite bedrooms or shared facilities.


Tanita Petrova, Accommodation Administrator, said: "We understand that where you live is a big aspect of student life, so we offer a range of accommodation to suit different styles, requirements and budgets and guarantee all our students somewhere to live."

"Students can choose from budget friendly accommodation with shared facilities, to our modern en-suite accommodation with multi-functional social spaces. All of our accommodation includes everything – there are no hidden costs, which helps students to budget."

Average Monthly Costs

 Groceries £50 - £80

 Personal Expenses £49

 Eating Out £124

 Travel £60

What part-time jobs are available?

While it's great fun, the costs of student life can soon add up. Even though you can apply to Student Finance for your tuition fees and maintenance loan, you might want to consider getting a part-time job to help supplement day-to-day expenses.

This not only helps you earn extra money, but it is a great way to develop new skills and meet new people. If you do find a part-time job, we recommend that you work no more than 15 hours per week to ensure you have a healthy balance with your studies.

Our careers service, Graduate Futures, is on hand to help you find part-time employment opportunities with local companies and within the University, which we advertise through JobsOnline – our online vacancies portal.

Nita Lear, Head of Career Planning, said: "As soon as students enrol, they will get a university email address and can access JobsOnline to view work experience placements, volunteering opportunities, part-time and casual vacancies. It is important to engage with Graduate Futures early on, so you get the most benefit throughout your course as we can help you with your CV, covering letter and interview skills."

"Our team are on hand to help students find part-time employment. As well as advertising positions within the local area, we also offer paid opportunities for students to work on campus in a variety of roles, such as working as representatives for our on-campus events, handling enquiries through our Live Chat support service and in our Telecentre."

“Most of our accommodation is within walking distance of the city centre campus, so students can save on travel costs as everything is on their doorstep.”

Tanita Petrova, Accommodation Administrator

THE NORTHUMBRIA LEARNING EXPERIENCE

At Northumbria University you'll benefit from blended learning, with a mix of in-person teaching and online learning. Depending on the type of course you study, this year you will be able to enjoy more options to suit your preferred style of learning.



What are the benefits of blended learning?

Students have told us that they enjoy learning in smaller groups and on-campus teaching will give more opportunities for group discussions and feedback, so it's a more personalised learning experience.

Lauren said: "This past year we've seen students who are distance learning really excel through online teaching. Students with disabilities have told us how much more accessible they find the blended learning approach."

What is blended learning?

At Northumbria University, we offer a blended learning approach which combines a mix of on-campus and online teaching. For 2021/22, core learning is delivered on campus through seminars, workshops, specialist lab sessions and tutorials. While online content and materials provide greater flexibility to fit around your own personal circumstances.

How does it work?

We know that different courses have different requirements. For example, if you are studying on a more practical course such as Nursing, Design or Architecture, then your learning will remain in person for the most part.

For other courses, like Law, Business or the Humanities, some teaching will be online, but you will still benefit from on campus classes, workshops and tutorials.

What can you expect to see online?

You will have 24/7 access to pre-recorded content, eBooks, academic papers, live-streamed content where appropriate, and opportunities for online discussions with tutors and fellow students.

The library has an extensive collection of digital resources and you can also use the 'click and collect' service for print texts, or request books to be delivered to your university accommodation.

Lauren Bell, Vice President Activities at Northumbria Students' Union, said: "Resources are readily available to students so that they can watch them when it's convenient for them. There are polls and quizzes online which lecturers are using to help engage students before their exams. They're also great for gathering student feedback. The university has really listened to students and worked hard to improve their learning experiences."

What other activities and support are available?

A series of pre-induction 'transition' activities are offered to enable students to develop their digital and academic fluency, familiarise themselves with our online learning resources, and connect with fellow students and their programme team.

Lauren continued: "Blended learning means that there will be so much support to help students with the transition to university life. It offers the best of both worlds and if students feel anxious about coming onto campus, there are still lots of opportunities for them to meet people and join in the fun."

All information is accurate at the time of sharing. Courses starting in 2021 are offered as a mix of face-to-face and online learning. We continue to monitor government and local authority guidance in relation to Covid-19 and we are ready and able to flex accordingly to ensure the health and safety of our students and staff. Contact time is subject to increase or decrease in line with restrictions, potentially to a full online offer, should restrictions increase in future. Our online activity will be delivered through Blackboard Ultra, enabling collaboration, connection and engagement with materials and people.

IT'S YOUR FUTURE IT'S YOUR FUTURE IT'S YOUR FUTURE

**Get Clear on Clearing
Virtual Event - 28 July**

Book Now

northumbria.ac.uk/clearing

OUR WORLD IN YOUR TIME

On Campus. Virtual Events. On Demand.

Want to experience what it's like to study at Northumbria first hand?

Book an open day or learn more about Northumbria from the comfort of your own home.

BOOK NOW

northumbria.ac.uk/ugopendays

