If you are reading this, it is likely that you are currently not quite happy with your present situation. There could be any number of reasons for this: below are some of the ones most commonly given by students.

- **THE SUBJECT**: It is not what you thought it would be like; you find it boring or difficult; you are just not interested in it any more.
- **THE COURSE**: The content is not what you expected, you can’t get motivated, the assessment style doesn’t suit you, the way you are taught isn’t to your liking.
- **ACADEMIC RESULTS**: failing exams or being advised by academic staff to look for an alternative course.
- **THE ENVIRONMENT**: The university is too big/too small, your accommodation isn’t what you wanted, you don’t like the local area;
- **THE PERSONAL SIDE**: You’re homesick, you are lonely, you are finding it hard to manage financially, you feel out of your depth, you are too far from home.
- **THE CAREER**: You chose your degree to fit a particular career path and are now having second thoughts about that.
- **EXTERNAL CIRCUMSTANCES**: family problems, illness, etc.

As you can see, you are not alone in thinking of changing or leaving your course. Have any of the above rung bells with you? It is helpful to try and write down your reasons and think about the ways in which you might deal with them and what help you would need to do this.

Whatever your reasons there are a range of options you can consider:

- Staying on and make the most of your present course.
- Changing from a single to a joint honours degree
- Changing to a completely different course, at the University of Kent or elsewhere. You will probably have to restart your degree the following year and reapply via UCAS unless the course you are transferring to is very similar to the one you are leaving, or unless you change in the first few weeks of the course.

www.kent.ac.uk/ces
Intermitting - take some time out (usually up to a year) to consider your options, while leaving open the possibility of returning to Kent to resume your studies.

Choosing to leave full-time study. This doesn’t have to mean abandoning study altogether – there are many options for studying by part-time or distance learning while you work.

It will take time to consider these options and weigh up the advantages and disadvantages of each, but you don’t have to do this alone. Careers advisers will be happy to talk over your reasons for wanting to leave university and help you choose the best option for you (see the last page of this leaflet for details of how to book a confidential guidance appointment), but you may also want to talk to your tutor, student support officers, student union advice service or a student counsellor. Talking to family and friends can also be useful. The rest of this leaflet lists some useful sources of information, advice, help and guidance.

University of Kent Careers & Employability Service web pages

- Help for students thinking of leaving University [www.kent.ac.uk/ces/student/targetedinformation.html?tab=thinking-of-leaving-university](http://www.kent.ac.uk/ces/student/targetedinformation.html?tab=thinking-of-leaving-university)
- Time Out [www.kent.ac.uk/careers/alternatives.htm#TIME](http://www.kent.ac.uk/careers/alternatives.htm#TIME)
- Links to courses, including part-time study and distance learning [www.kent.ac.uk/careers/distance.htm](http://www.kent.ac.uk/careers/distance.htm)
- Volunteering [www.kent.ac.uk/careers/workin/voluntaryWork.htm](http://www.kent.ac.uk/careers/workin/voluntaryWork.htm)
- Self-employment [www.kent.ac.uk/careers/selfemployment.htm](http://www.kent.ac.uk/careers/selfemployment.htm)
- Working Abroad [www.kent.ac.uk/careers/sitesint.htm](http://www.kent.ac.uk/careers/sitesint.htm)

Help and support at the University of Kent

- Student Services [www.kent.ac.uk/studentservices](http://www.kent.ac.uk/studentservices)
- Student Support [www.kent.ac.uk/studentsupport](http://www.kent.ac.uk/studentsupport)
- Student Learning Advisory Service [www.kent.ac.uk/ueLT/about/slas.html](http://www.kent.ac.uk/ueLT/about/slas.html)
- Student Finance [www.kent.ac.uk/finance-student](http://www.kent.ac.uk/finance-student)
- Kent Union Advice Centre [www.kentunion.co.uk/advice](http://www.kentunion.co.uk/advice)
- GK Unions Advice Centre (Medway) [www.gkunions.co.uk/advice/aboutus](http://www.gkunions.co.uk/advice/aboutus)
- Student Support at Medway [www.kent.ac.uk/locations/medway/support/index.html](http://www.kent.ac.uk/locations/medway/support/index.html)
Finance
- Government Student Finance website www.gov.uk/student-finance
- Professional and Career Development Loans www.gov.uk/career-development-loans/overview
- Scholarship Search www.scholarship-search.org.uk
- Student Loans Company (SLC) www.slc.co.uk
- Family Action Educational Grants Programme www.family-action.org.uk/what-we-do/grants/educational-grants

Graduate Prospects
- Interview Tips www.prospects.ac.uk/interview_tips.htm
- Job Hunting www.prospects.ac.uk/job_hunting.htm
- Job Application Advice www.prospects.ac.uk/job_application_advice.htm
- Self-employment www.prospects.ac.uk/self_employment.htm
- Work Experience www.prospects.ac.uk/work_experience.htm
- Working Abroad www.prospects.ac.uk/working_abroad.htm

Contacts and resources
- Changing or Leaving your Course from Target Jobs http://targetjobs.co.uk/careers-advice/career-planning/434249-changing-or-leaving-your-course
- The National Careers Service http://nationalcareersservice.direct.gov.uk
- Finding a Job www.gov.uk/browse/working/finding-job
- Universities and Colleges Admissions Service (UCAS) www.ucas.ac.uk
- “I don’t want to go to University” www.thesite.org/work-and-study/what-qualification/i-dont-want-to-go-to-university-2088.html

Any advice or information contained in this document is supplied in good faith and is accurate to the best of our knowledge and belief. However, the Careers & Employability Service (CES) has no responsibility or liability with respect to any loss or damage that may arise from the advice or information or the use of it. This document contains links to websites that are not under the control of the CES or the University of Kent. The CES has no control over and will accept no responsibility or liability for the material on other websites.

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Drop-ins & Appointments at the Careers & Employability Service

Canterbury Campus

Drop-in
The Careers & Employability Service building is open from 9.00 – 5.00, Tuesday to Friday, and 10.30 - 5.00 on Mondays.

Drop-in sessions for quick queries and CV/application form feedback are available Monday-Friday (term and vacation) between 10:30am - 12:30pm and 2:00 - 4:00pm.

You do not need to book an appointment for the drop-in sessions.

Booking an appointment
If you want a longer meeting (up to an hour) with a careers advisor please pop in or telephone the office on 01227 823299 to book an appointment. Let us know your degree subject and we will ensure you see an advisor with the relevant expertise. All careers guidance interviews are confidential and impartial.

Medway Campus

The Careers Resources Room (G0-05, Gillingham Building) is open from 9.00am–5.00pm, Monday–Friday, but during term-time you can also access the room until 9.00pm (contact Estates in the Medway Building if the room is locked).

Drop-in
The drop-in service for quick (10-15 minute) queries is available from 2.00pm – 3.00pm, Monday – Friday (term-time only). Go to the reception desk in room G0-05, Gillingham Building.

Booking an appointment
Email medwaycareers@kent.ac.uk to arrange an appointment for a confidential and impartial career guidance interview (40 minutes).

Both the Canterbury and Medway offices are closed on public holidays and when the whole University shuts down over the Christmas period.