Getting Started

1. **Adjusting to change**
   University studies offer exciting opportunities for personal and professional development. You will need to develop your skills in time management and good organisation, as well as building up subject knowledge and academic skills.

2. **What strengths do you already have?**
   It is important to be aware of the skills that you bring with you to university. Some of the existing attributes that you have may include:
   - Interest in learning
   - Determination
   - Enjoyment in working with others
   - Previous experience that contributes to your knowledge
   - Career or personal goals, related to your studies

3. **Skills for academic study**
   Whilst you are at university you will develop many academic skills such as managing deadlines, critical thinking, research skills, reflective learning, evaluating information, interpreting data, working with others, oral and written communication. SLAS has information and advice on developing academic skills. [http://www.kent.ac.uk/learning](http://www.kent.ac.uk/learning)

4. **What is expected?**
   The university aims to prepare you to be an independent learner therefore you will be expected to keep up with required reading, meet assignment deadlines and manage your own study time. Knowledge of the library and accessing its resources is also critical to your success at university.

5. **Co-curricular and extra-curricular opportunities**
   There are a great many co-curricular opportunities at Kent such as becoming a course rep, a student ambassador, a student volunteer or a peer mentor. These are great ways to get more involved at university and develop your skills.

   The University also has a wide range of sports and social clubs which will help you to feel part of the university. For more information:
   - Canterbury [http://www.kentunion.co.uk/](http://www.kentunion.co.uk/)
   - Medway [http://www.gkunions.co.uk/](http://www.gkunions.co.uk/)
6. **Path to success**
   - Read your course handbook.
   - Read recommended texts.
   - Organise your time and balance other commitments
   - Have a space to study away from interruption
   - Establish a study network.

7. **To sum up:**
   Prepare for university study by:
   - thinking about your strengths and goals
   - considering areas that you might need to work on
   - joining a club, or society
   - using the learning resources in the library and SLAS

**Additional reading**