

10 University Survival Tips



Real life hacks, tips and info from Ford graduates to get you through the first year

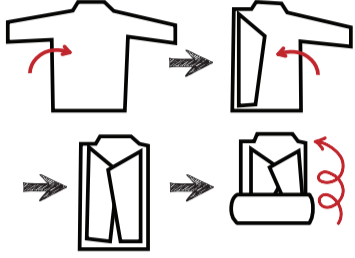
1. PACKING

- Don't fold clothes, roll them!
- Rolled up pants and socks fit nicely into shoes to save space
- Save space, buy toiletries once you're there

Tip

Top five items to take:

1. Mattress topper
2. Smartphone
3. Power extension cable
4. Bottle opener
5. Blu Tack



2. GETTING THERE

Sharing a house/flat? Get there early! It probably wouldn't hurt to take a crate of moving in beer with you either

Tip

This might be the longest solo drive you've made so far

- Check oil, water levels and tyre pressures of your car
- Study route and make sure you have postcode for navigation devices
- If you get tired, there's no shame in stopping for a coffee or quick nap



3. DECORATING

Save your deposit; use wall-friendly washi tapes to mount posters. Use wine/beer bottles as vases or candle holders

Tip

Stick sheets of wrapping paper to walls with tape, giving a colourful surface to attach photos, notes and magazine tear-outs on



4. FRESHERS' WEEK

Companies hand out free stuff at Freshers' Fairs. Take advantage! Get your student ID/ discount card for money off at your favourite clothing shops

Tip

Take a fancy dress outfit as you're bound to need it. Also take something smart to wear as most universities hold a Freshers' Ball at the end of Freshers' Week. There's likely to be another ball at the end of the year too



5. EATING

Meals in mugs

Hot breakfast – spray mug with non-stick spray, crack egg, whisk and microwave for one minute. Add cheese or vegetables for your perfect scrambled eggs

Dessert – use half a cracked and whisked egg, add five tablespoons of chocolate spread, two tablespoons of flour. Mix together in mug then microwave for one minute for tasty chocolate cake

Tip

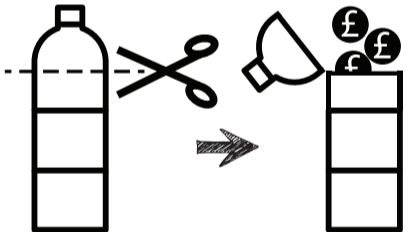
Chilli con carne, stew, or curry; make batches and freeze for later



6. SECURITY

Students can be easy targets for thieves so make sure you hide valuables

- Use an old shampoo bottle to create covert hiding place
- Alternatively, create a 'book safe'



Tip

Stay comfy in your room, but stay sociable with a door stop

7. STUDYING

- Make notes in lectures as if you're making them for someone else. They will end up much more useable.
- Miss a lecture? Have a lecture buddy whose notes you can use
- Whatsapp group of friends to rotate seat-saving in busy libraries
- Caffeine is your friend, even in tablet form

Tip

Online social media blockers. Find one. Use it



8. HEALTH

- Beat the cold; old socks stuffed with t-shirts as draft excluders - and take a hot water bottle
- Get a local GP, you will get ill
- Stock up on rehydration sachets to combat your hangover. Sugary foods can help stop any trembling but rehydration is key. Water, soda waters and isotonic drinks help

Tip

Between the parties try to keep drinking plenty of water, eating fruit and vegetables, and taking vitamin supplements

9. EXAMS

Create 'memory palaces' that are visualisations in your mind of places or routes you know linked to the information you need to store. The association to something so familiar makes recall much easier

Tip

- Teaching somebody else what you've just learned helps you to keep it in your own mind
- Take a bottle of water with you. Some exams are long!
- Get in the zone. Answer easy questions first



10. GOING HOME

Baking soda is excellent for cleaning and deodorising. Use it liberally. Get your deposit back

Tip

It's likely you'll have more to take home than you came to university with. Start sending stuff home with parents or friends in the last weeks before you leave