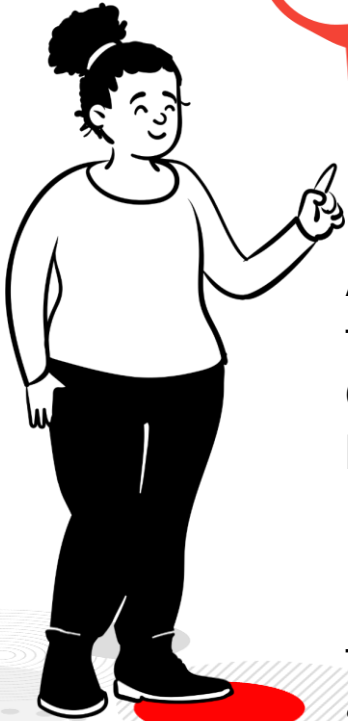


Scottish Funding Council  
Comhairle Maoinachaidh na h-Alba

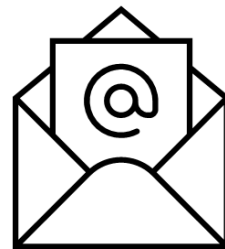
**Hello S6  
Pupil!**



As you take your first exciting steps on the road to life in Higher Education, LIFT OFF has compiled this short booklet to help guide you along the way!

Here you'll find information on everything from budgets to blended learning (with some student recipes in between!).

Remember you can get in touch with the LIFT OFF team by email  
[Lift.off@abertay.ac.uk](mailto:Lift.off@abertay.ac.uk)



# Making your Choices

Making your choices after school can seem confusing – but the good news is you have *lots* of options and we'll guide you through these in this section. Check out the links and videos below for information on college and university applications and how to make your replies.



## [Choices and Replies: College](#)

## [Choices and Replies: University](#)



### College Check-list

- Find out the application deadline, it is different at every college.
- Apply directly on the college website.
- Watch the video below for an example of how to apply to college.

### University Check-list

- Keep up to date on the progress of your university application on [UCAS Track](#).
- Understand your [UCAS offer](#).
- Check out the latest UCAS videos on their [YouTube channel](#).

# Applying to College

[Click here for an example of how to apply to college](#)

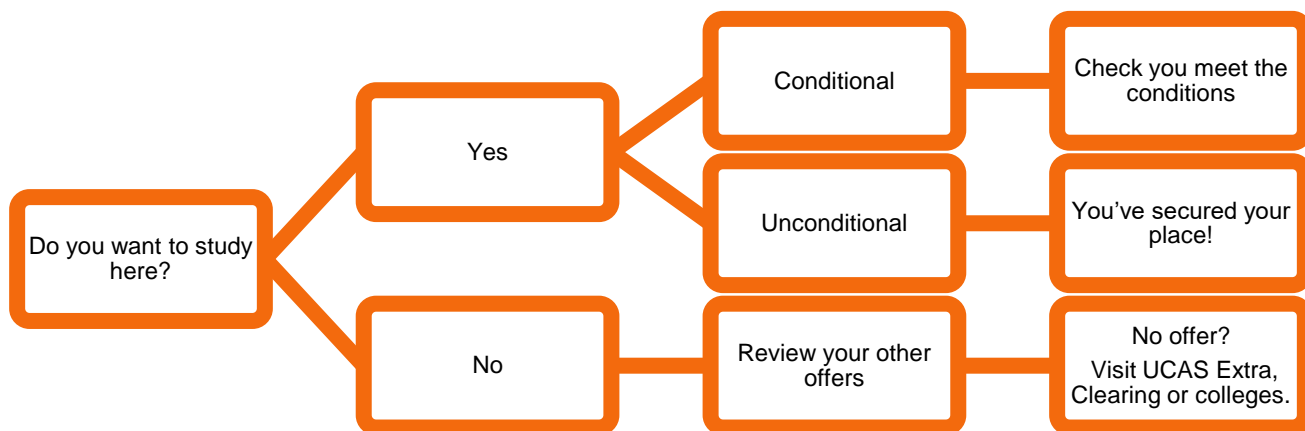


Find more info on Alternative Routes, UCAS Extra and Clearing on the Alternative Routes page.



## Decision time

Making your final choice can be difficult, use the matrix below to help think about your options.



Do I want to  
move away or  
stay at home?

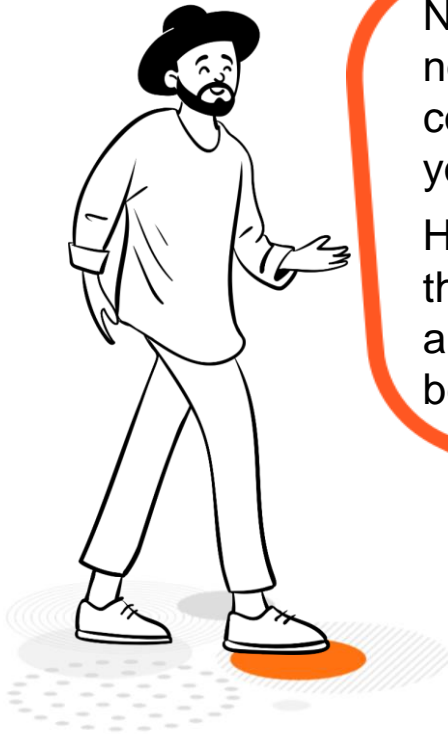
Do I want to  
study this  
subject?

Is this choice  
right for me?



**Ask yourself...**

# Alternative Routes



No matter what you hear, there is no “correct” route to take when it comes to higher education and your plans for after school.

Here is some extra information that might help you along the way and to help find which route is best for you...

[Alternative Routes, UCAS Extra and Clearing](#)



## Articulation

Studying a HNC/HND course at college could allow you to use “articulation” to progress on to university.

This is where you can enter a degree in a later year of study to avoid repeating any learning.

This can be the best route for many if you didn't quite get the grades for your chosen degree or just don't feel ready for university yet.

Check what articulation routes are available on the [Pathways](#) website

**What is Articulation?**

## What is Clearing?

### Clearing

Clearing is a service that allows you to find alternative options if you have not received an offer to study at University or did not meet your offer conditions.

UCAS Clearing runs from July - October and allows you to look and apply for course places that have not been filled.

For more information visit [UCAS Clearing](#).

### Apprenticeships & Employment

You might be more interested in gaining a qualification while you work, which you can do through an apprenticeship.

Many jobs offer more specific on-the-job training which could be another option if you want to start working right away.

Find out more information on [Apprenticeships](#) and [employment](#) from Skills Development Scotland.

I'm not sure if I want to go to College or Uni...



## Find your route...

- Think about what is best for you.
- Check college course articulation options
- Does your chosen career offer apprenticeship routes/on the job training?
- Check qualifications needed for career.
- Think about back-up options.

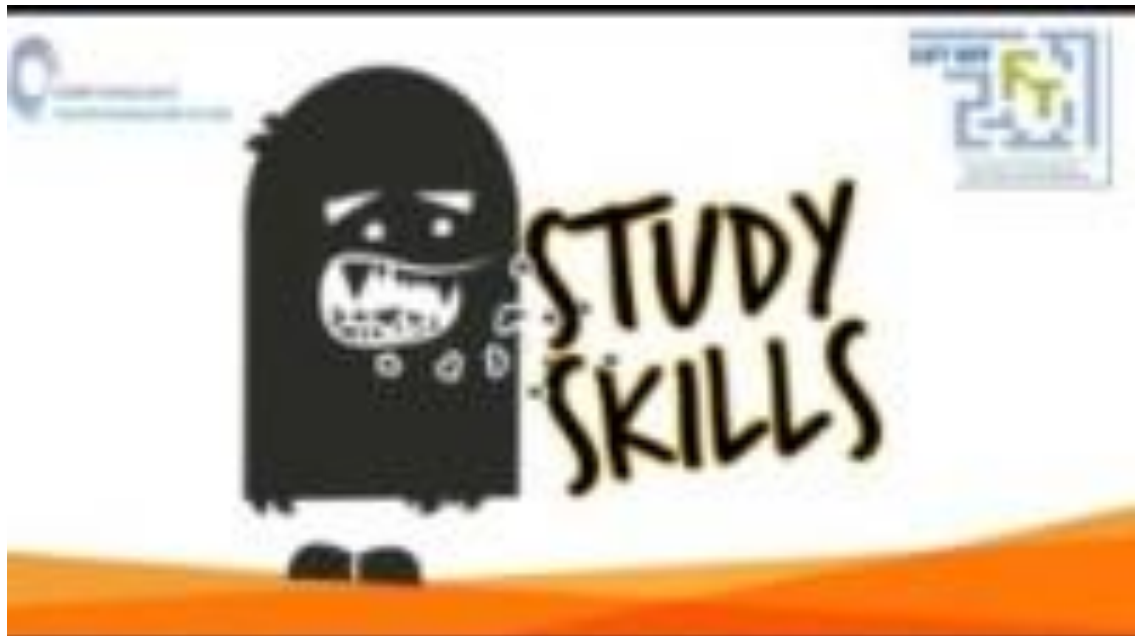
# Academic Learning

Adapting to new ways of learning at college or university will take a little getting used to, but the information and tips below should help you to hit the ground running!



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## LIFT OFF Volunteer Study Skills





## Blended Learning

This year there will be a great emphasis on online learning through Virtual Learning Environments (VLEs). Here you will be provided with all your online learning materials, take part in online classes, and submit your assignments.

You'll also have the opportunity to meet your classmates and set up study groups through discussion boards and group chats. Each Higher Education Institution (HEI) will have its own platform, but all will provide guides and training on how to use their system. You can even start researching them now!

## Independent Learning

Being able to effectively take notes, to organise your time, and to critically evaluate sources are all part of independent learning, **but**, the ability to work effectively with others is an equally important skill to being an independent learner.

Engaging with others and seeking support, as well as reading all course handbooks, will equip you with the confidence to develop as an independent learner.

Click on the resource links to find out more information.

## Resources

- [Writing effective emails](#)
- [Free study skills courses](#)
- [Hear others' experiences and join a community](#)








## Effective Communication

1. Always use your institutional email address.
2. Check your emails every day.
3. Contact lecturers, tutors & institution staff by email to ask questions.

Top Tips!



## Checklist

-  Take every opportunity to engage with classmates on online portals.
-  Take up training opportunities on Virtual Learning Environments (VLE's).
-  Check out Open Learn Study Skills Courses.
-  Check emails daily.
-  Ask lecturers questions—they are there to help!
-  Attend all Institutional welcome events.
-  Find which study styles work best for you.

# Wellbeing

Your health, mental health and general wellbeing are extremely important and you should take care of yourself!

Being at college/university can be very beneficial for your wellbeing, but it can also be a stressful time with students juggling academic workloads, deadlines, exams, moving away from home and paying bills.



## Your overall wellbeing is about looking after YOU



### Top Tips!

- Exercise**- You don't need to train like an Olympic athlete. Simply getting out and going for a walk is a great way to break up your study time.
- Diet**- Regularly drinking water and eating fruits and vegetables are excellent for both your physical and mental health.
- Sleep**-A good night's sleep has positive effects on your general health, energy levels, attention span and thinking skills.
- Socialise**-Feel good about yourself by joining a group/team that you enjoy.

Your college/university is here to help you through their Mental Health and Wellbeing services. This is sometimes called student services.

If things are getting on top of you—just ask for help.

**Remember!**

Click on the resource links to find out more information.

## Resources

- Student Mental Health Scotland- [Think Positive](#)
- The [Scottish Association for Mental Health](#)
- [SeeMe](#)- end mental health Discrimination
- [NHS Live Well](#) (Diet, Exercise, sleep, Mental Wellbeing)
- [Student Minds](#)- empowering students to develop skills to look after their own mental health.

Click  
for BBC  
[Soundscapes  
for wellbeing](#)

## Checklist

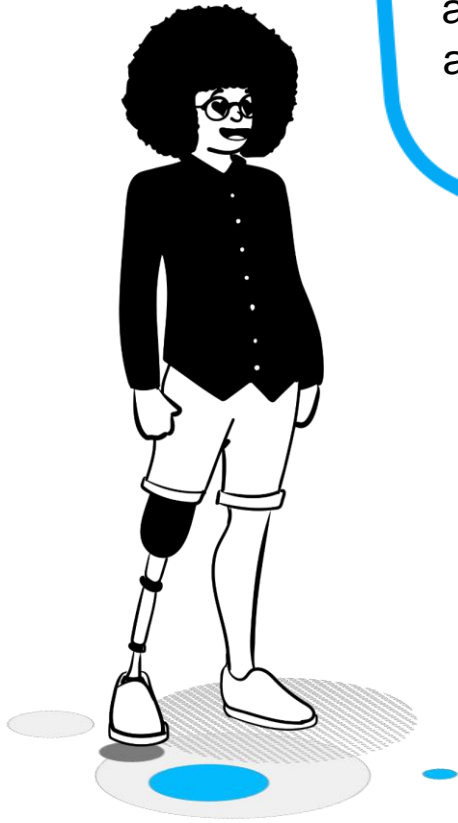
- Hydrate!
- Do something you enjoy
- Establish good sleeping habits
- Eat a balanced diet
- Exercise
- Spend time outside
- Catch up with friends or family
- Take some 'me time'



# Support

Everyone needs a little help sometimes!

There is **a lot** of different support available to **all** students at college and university; from financial, academic, counselling, career guidance and much more.



## Support Available at College and University



## Positive Disclosure

If you have received support throughout your time at school, chances are you are entitled to similar support at College or University.

You can let institutions know via your **UCAS** application or **contacting student services directly**. Having support in **before** you start your course means that its there to fall back on if life gets tricky!

I received support at school...

**I have caring responsibilities...**

## **Caring Responsibilities**

If you are aged 16-25, have a caring responsibility, and provide regular care to a family member: you are considered a 'young adult carer' and may be eligible to access additional support while studying.

## **Care Leavers**

If you are a care leaver, looked after child or estranged from your family there's support available to help you with finance, settling in and accommodation.

**I am a Care leaver ...**

**I have additional learning needs...**

## **DSA**

DSA (or Disabled Student Allowance) is a fund to support students with additional learning needs who might incur additional costs as a result.

If you are studying at HNC or above you can apply through SAAS. You might need to provide evidence of your support needs through a doctors letter.

**Check out what support's available at your institutions student services.**

**You can also contact LIFT OFF at [lift.off@abertay.ac.uk](mailto:lift.off@abertay.ac.uk)**

**Top Tip!**

Click on the  
resource  
links to find  
out more  
information

## Resources...

- [Student Support](#)

### Disclosure

- [UCAS - Support at College or University](#)
- [My Gov Scot - Support at University](#)
- [Telling People you're Disabled](#)
- [Student guide- Disability Rights UK](#)

### Caring responsibilities

- [Student Carer Resources for College and University- Carers Trust](#)
- [UCAS Students with Caring responsibilities](#)

### Care Leavers

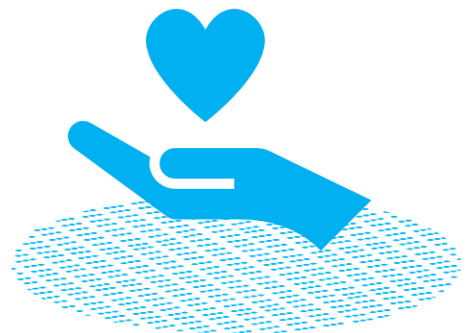
- [UCAS Undergraduate Support Care Leavers](#)
- [Propel - Care Factsheets](#)

### DSA (Disabled Students' Allowance)

- [SAAS Guide to DSA](#)
- [Notes for DSA Application](#)

## Checklist

- Find out what you're eligible for.
- Check what student services are on offer.
- Have you disclosed your needs?
- Have you applied for DSA and supplied evidence?



# Budgeting, Accommodation and Life Skills

The first few weeks studying in a new environment or living in a new place can feel a little overwhelming, but the list of resources below gives you the information you need to navigate student life!



[Click to read student experiences of week one in Higher Education](#)

## [Accommodation and Budgeting](#)



## Money Matters: Budgeting and Discounts

- [Student Budgeting](#)
- [All things money related](#)
- [Student discounts](#)
- [Young Scot Discount Card](#)

How do I make the most of my money?

I am moving away from home...

## Accommodation Advice

- [How to pick the right accommodation](#)
- [Council Tax Discount Info](#)
- [Registering with a Doctor surgery](#)
- [Registering with a Dentist](#)
- [Get your TV Licence](#)

## Student Life Skills

- [Top Skills Required for HE](#)
- [Become a master chef](#)
- [14 Life skills to survive University](#)
- [Make new friends](#)

What skills do I need?



## Checklist

- Set a budget
- Book your accommodation
- Register with local medical services
- Build your life skills
- Try out some new recipes



# Funding and SAAS



Making sure that you have all your funding in place and that you have access to all the correct financial support is key to success in Higher Education. Check out the resources below to keep ahead of the game.

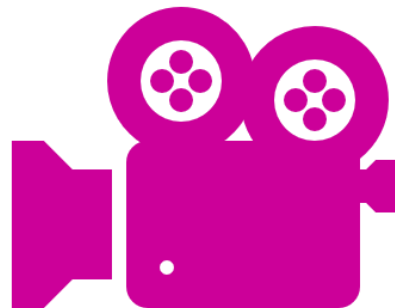
[Funding and SAAS](#)



**SAAS** | Student Awards Agency Scotland  
Funding your future

Register and apply online:  
[SAAS Website](#)

Watch the latest  
video content  
from SAAS on  
[YouTube](#)

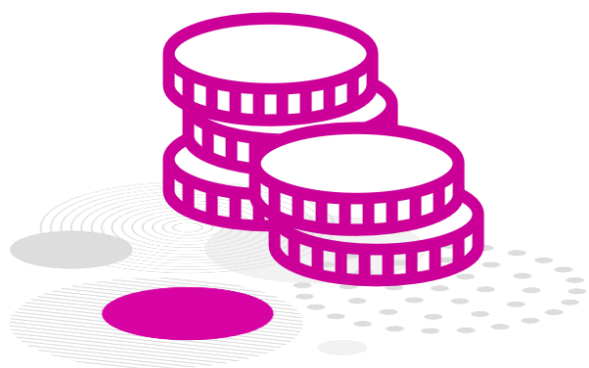


### Grants and Bursaries

This is a type of funding that **does not** have to be paid back in the future. Grants and bursaries are usually awarded on academic merit, means testing or to support specific courses.

- DSA- [Disabled Students' Allowance](#)
- [Nursing and Midwifery Funding](#)
- Save the Student [guide to Bursaries](#)
- Care Leavers [Celcis - Care Experienced Bursary FAQs](#)

Can I access  
additional  
funding?



### Checklist

- ★ Applications for SAAS open in April – try to submit before the end of June to secure funding before the start of your course.
- Research any extra sources of funding available at your institution.
- Once you have been notified of your SAAS award, start thinking about your budget.