

My first year at the University

Leave the nest

A manual to facilitate students everything they need to integrate into university life



A publication of

docsity.com

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Made by

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It is becoming more and more common place for many pre graduate students to leave their home town for places with better classified universities or ones which offer the course they wish to study.

If all has gone to plan and adulthood has been reached, one would suppose that at the age of 18 one would be ready to fly the nest, but as we all know, it can be more difficult that it seems.

It is a time of many changes. Many things to leave behind but also many new things and places to discover, new friendships to be made, emotions to be felt and experiences to be had even if there may be some disappointment along the way.

We tend to turn to those friends and relatives that have already taken this step and seek their advice on how to make this transition go as smoothly as possible. We look for someone to help guide us through this period in which there can be many difficulties of an economic, social and also professional nature .

This has lead me to thinking how it would be if there was a guide book or manual that could help with the relocating to another city for university. A sort of university bible for fresher's which dealt primarily with the university or city as many students come from small towns and villages.

Starting from this basis I started asking my co-students, friends and family what would be the main things that could be of help to a fresher who has just arrived at university in a new city.

From this first survey, the four key points for someone going to university in a different city that arose are as follows:

- 1- Finding a place to live
- 2- Surviving without Mum
- 3- University
- 4- How to get about the city

Obviously there are many more issues to deal with which arise from these four key points which I have developed for fresher's. Without a doubt it is a guide that will answer the questions and doubts of many students that find themselves for the first time away from home and about to study at university.

By Docsity's Staff

My First year at the University – leave the nest

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1 – How to look for a flat?



Gone are the advertisements in newspapers, real estate search on even the bulletin boards. Being the 21st Century you can find pretty much everything online.

A word of warning! Just because you can find everything with ease online, doesn't mean that it is the best option or more importantly, the most trustworthy one.

Unfortunately the internet is a useful source for everyone be them honest or tricksters and the real estate sector is one of the worst for online scams.

Therefore my advice would be as follows:

a) Start researching online.

Compare prices, areas within the city, different types of housing etc and look at the links that you find most appealing

b) Whilst researching order your results.

Making an organised list according to your priorities and requirements

c) Contact the landlords/agencies.

Following the list you have made get in touch with all of the landlords requesting additional information and more importantly photographs of the property. If the advert has no photos do not hesitate to ask for them. If the landlord is not wanting to send them then warning signs should go off.

d) Start viewing the properties

This is a critical part and the following should be taken into consideration:

- If your chosen city is fairly close and easily accessible then numerous properties can be

viewed over a few days.

- If your chosen city is fairly close then on a day trip a number of properties can be viewed. Make sure to have organised the viewings well, having allowed sufficient time to get from property to property.

- If your chosen city is fairly far away then it is likely that you will have to spend a couple of days there in order to view your chosen properties and whilst there ask about other possibilities.

- If your chosen city is really far away and visiting just to look at properties would be very costly then in this case it would be advisable to organise a good list of properties to visit and to get in touch with the landlords before moving there definitively. Obviously you should aim to arrive a few days before lessons start in order to settle yourself in.

Book yourself into a hotel, hostel or bed and breakfast (depending on your budget) for the first few days whilst you are looking at properties. Aim to find one as quickly as possible in order to costs to a minimum.

No matter what your situation you should not rent a property without having first seen it or having only seen photographs.

Nor should you transfer money or leave a deposit for properties that you have not yet viewed without having a written contract drawn up stating so.



1 – How to look for a flat?

1.1 Halls of residence or shared flat?

Up until now we have been referring to a shared flat but this is not the only option available.

Many first year students chose to spend their first year in halls of residence.

1.1.1 How to obtain a place in halls

Usually to obtain a place in halls you need to apply via the university. There is almost always a place for every student in halls if required. The main requisites to obtain a place are:

- You must be enrolled at the university
- You must meet all the requirements regarding your family income (only in the cases that a subsidiary or reduction is offered)
- You must submit your request within the given timeframe. This usually means planning ahead and submitting in advance. For short term stays, requests can be made at any point during the term
- You must have paid the deposit and have proof of payment. In some cases a security deposit is required. In both cases the total due is usually a month's rent.

These are the most common requirements but please note that they may vary from university / city.

You should bear in mind that for the breaching of the rules or for any damages occurred the security deposit will not be refunded.



1.1.2 A shared flat: To share with friends or strangers?

When a student is about to rent a room or a flat the first question they ask themselves is: Who am I going to live with?

For this reason here are a few words of advice to bear in mind whilst visiting flats/rooms:

- Primero y principal, conocer a tus futuros posibles compañeros de piso. Cuando vayas a ver una casa, exige ver a tus futuros compañeros e incluso hablar con ellos, eso te ayudara a tener una mejor idea de lo que te puede esperar. Podrías incluso preguntar qué estudian, a que se dedican, ya que esto puede suponer un punto de inflexión para tu elección.
- If you are like me and like everything in order and nice and tidy and clean then focus on the cleanliness of the flat and this should give you an idea of the type of people you will be living with. Look closely at rooms such as the kitchen, bathroom which are along with the living room will be the rooms that you share.
- When you meet your potential flatmates take note of how they are presented, the state of their clothes and their personal hygiene. Look out also for any pets they may have and if they use the shared rooms to study, if they have friends round, what they are like etc. Any little missed detail could grow into a problem during the year.
- Check out the rest of the building both inside and out. Your new room will be your new study so you need to find out if the building is both quiet and relaxing.



1 – How to look for a flat?

1.2 Rules regarding renting and flat sharing

Once you have found the type of property that meets all your needs, whether it be halls or a shared flat, you need to bear in mind that you will have to abide and adapt to a certain number of rules since you will be sharing with others.

1.2.1 In Halls

Halls are governed in a certain way in order to provide a quiet and relaxed environment in which to study and are usually strict with those who disrupt the peace and quiet of other students.

Even though the rules may differ from one hall to another there are always a core set:

- First and foremost to be up to date with the monthly instalments. No discussion here you have no option, you have to pay
- Visitors entering the halls are monitored. Not only are those entering and leaving kept an eye on but there is also an out of hour at which point visitors can no longer enter the halls and those already inside must leave.
- The consumption of alcohol and drugs is prohibited within the halls.
- The peace and quiet of other students must be respected meaning no parties in rooms.
- Respect those who work in halls.
- Use with care all appliances and services provided.
- Pranks on freshers in their first year are strictly prohibited.

There are many other rules and regulations but these are the main ones. Failure to comply with them could result in expulsion, loss of security deposit or punishment from the Principal of the University.

1.2.2 A shared flat

Living in a shared flat is different and firstly two things must be distinguished.

On the one hand the stipulation of renting the property and on the other the house rules agreed upon by the people living there.

Tenants' rights: Obviously I cannot go into great detail and dictate all the articles according to the laws of renting but there are a great number of blogs and websites relating to this topic where answers to all questions can be found.

Having said that here is some advice to avoid any possible problems:

- Do not rent anywhere paying cash in hand and without a contract
- Before signing a contract, read all parts thoroughly. If you have any doubts whatsoever it is best to consult a professional who can clarify the clauses of the contract.
- If the contract does not include any of the clauses which are considered integral, the landlord should be made to modify the contract and include them.



This concerns the legal aspect of renting, however the smooth running of day to day living with flatmates should be organised by a few basic points such as cleanliness, bills and use of the communal areas.

The best way to get along is to be respectful towards the others and appeal to their better nature.

This may seem obvious but not everyone thinks in the same way and it is for this reason that rules exist to establish and maintain a sense of order in a shared house.

1 – How to look for a flat?



1.3 The best place to live: near the University of near the centre?

Another thing to consider when deciding on a place to live is which is the best area.

The answer depends on your intentions as a student:

- Living as close as possible to the University campus means you are nearby your classes and may help with a good attendance record.
- Living near to your faculty without a compromise, not too far from your classes and a decent social life at the same time
- Living in the actual centre is fine if travelling to classes is not a problem, at least being in the centre you can get around easily.

1.4 How to organise household tasks

This is an extremely important issue. How you organise this can shape your flat sharing experience, for this reason it is vital to establish each person's household tasks

1.4.1 Costs

- Living as close as possible to the University campus means you are nearby your classes and may help with a good attendance record.
- Living near to your faculty without a compromise, not too far from your classes and a decent social life at the same time.
- Living in the actual centre is fine if travelling to classes is not a problem, at least being in the centre you can get around easily.

1.4.2 Cleaning

There are two options regarding cleaning:

- Hire a cleaner which is an extra cost but it saves time and possible arguments
- Make a chart with all the chores to be done and who will be doing them and take turns.



1 – How to look for a flat?

1.4.3 The Kitchen

Estos son algunos consejos para organizaros en la cocina:

- Speak with your flatmates and try to come up with a solution to keep the kitchens always free. You could take turns in cooking in order to avoid arguments.
- Avoid problems regarding the availability of cooking utensils. Always wash up what you have used when you have finished cooking in this way leaving it free for the others and at the same time keeping the kitchen nice and tidy.
- Do not eat your flatmates food. If you need something and cannot get to the shops always ask before taking it.

1.4.4 The shopping

The food shopping is always another controversial topic:

- There are those in favour of doing a joint shop.
- Those that prefer to just buy their own food in and have their own space for this. They would also buy their own toiletries and cleaning products.

From my experience those that started with joint shops had problems.

My advice would be to go for the second option as you tend to avoid problems, especially if sticking to the following rules:

- Do not use your flatmates things without permission
- Do not fall into the habit of borrowing things and not replacing them when you cannot get shopping in due to time or lack of money.

1.4.5 Parties and Gatherings

So we arrive to the pinnacle of student flats; parties. Everyone wants to plan a good party, invite lots of people but no one wants the responsibility of organising everything or even worse, cleaning up after it. My advice for this would be:

- Whoever organises the party is in charge of tidying and cleaning.
- Tidy up as much as possible the day before.
- Use plastic plates and glasses as you will never have enough and this way you avoid the washing up.
- Keep an eye on who is being invited to avoid any unwanted surprises.
- Lastly, move any valuable or fragile items out of harm's way.



2 - How to survive without Mum's cooking

2.1 How and where to buy your meal

Here are different options you have, for doing the shopping and why.

2.1.1 Market

- Advantages: Most economical and best quality and also biggest variety. It is perfect if you have to do a big shop.

- Disadvantages: If you do a weekly shop you will have to have a decent sized fridge and freezer in order to be able to buy such quantities. It could also be far from your house.

2.1.2 Local shop/supermarket

- Advantages: Greater availability, various brands and variety of products. Personal service.

- Disadvantages: High prices, lesser quality fruit and vegetables.

2.1.3 Specialised shops (Butchers, Fishmongers, Fruit & Vegetable shops, Hardware stores)

- Advantages: Good variety of quality products, different brands, personal service.

- Disadvantages: Higher prices time consuming going to different shops for different products. In the case of fishmongers there is less availability.

2.1.4 Superstores and Wholesalers

- Advantages: High variety of branded products, can do all your shopping at once, excellent quality price ratio, long opening hours.

- Disadvantages: Impersonal service, always busy, long queues at the tills and can often be far from your house.

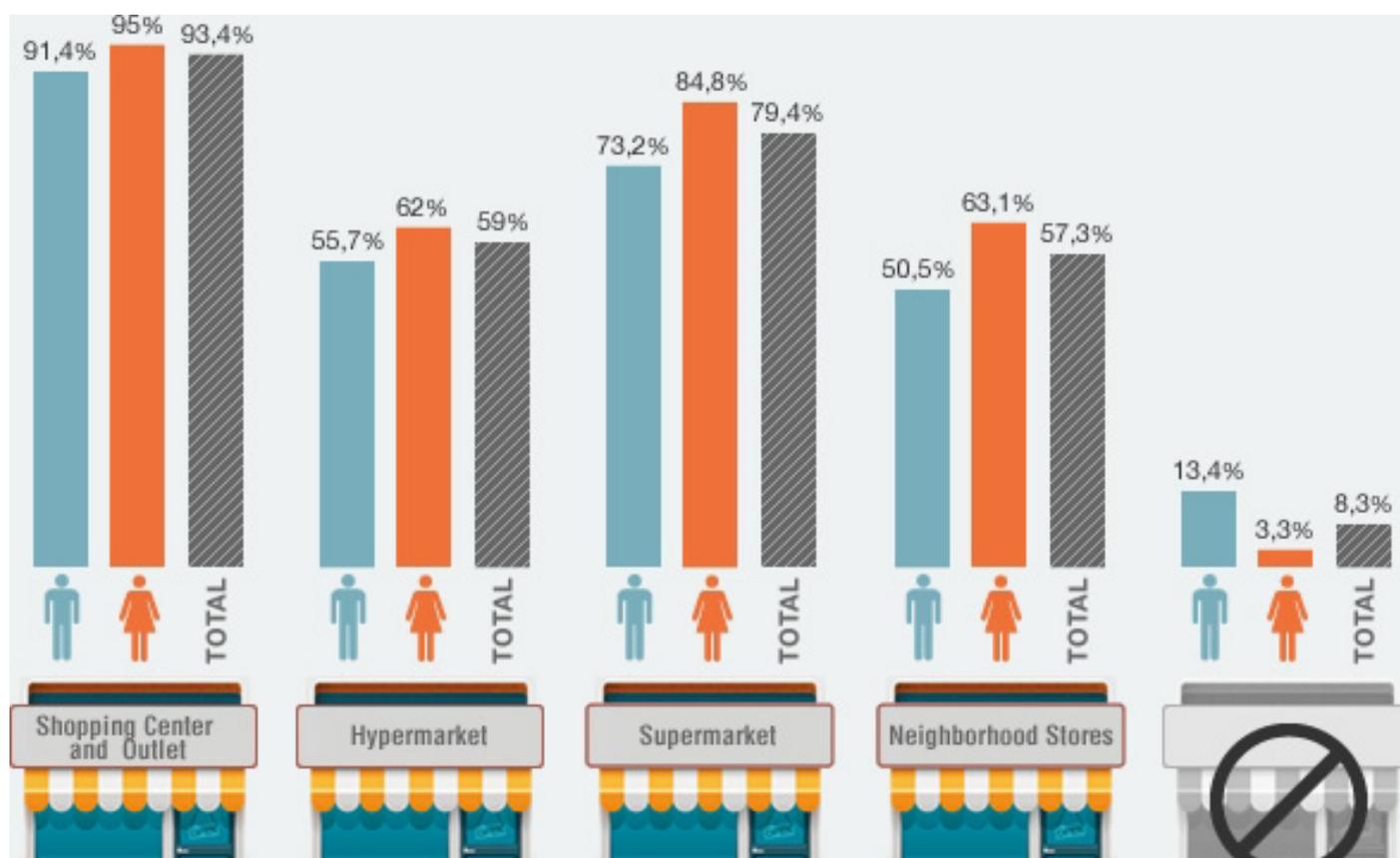
2.2 What kind of meals to cook

Students should have a balanced diet with a good balance of proteins and carbohydrates.

Along with protein and carbohydrates, glucose is also important.

For the exam period there are certain foods can help your brain:

- Wholemeal products: Wholemeal products are great brain stimulants and good for circulation.



2 - How to survive without Mum's cooking

- Nuts: One of the best brain foods that also help regulate serotonin, a substance that effects our emotions and feelings.
 - Cashew Nuts & Indian Nuts: Cashew nuts are rich in magnesium, helping send more oxygen to the brain which helps avoid head aches and migraines.
 - Almonds: Help improve our memory and overcome depression.
 - Blueberries: Also great brain food that helps increase strength of signals sent by neurons.
 - Strawberries: Like blueberries, strawberries help the negative effect of aging on the brain.
 - Blackberries: Blackberries contain anthocyanins which helps prevent the oxidisation of the brain and fight against degenerative diseases.
 - Sunflower Seeds: Contain vitamin B which helps increase memory and cognitive function.
 - Pumpkin Seeds: They are the most nutritious part of the pumpkin and usually the least popular. They contain zinc, vitamin A,E, Omega 3 and 6 and help improve memory function.
 - Green Tea: This delicious drink helps fight against brain fatigue and improves memory function.
 - Eggs: Are a great source of protein and contain other beneficial substances such as lutein and zeaxanthin the best natural anti-oxidants that exist, preventing aging of the brain.
 - Avocados: Are good to control and maintain good circulation, essential for the brain.
 - Tomatoes: Contain lycopene another antioxidant that helps our brain stay healthy and youthful.
 - Purple Cabbage: Contains polyphenol which helps prevent diseases such as Alzheimer's.
 - Broccoli: This vegetable contains large quantities of vitamin K which helps our brain and cognitive functions.
 - Aubergines: Contain nasunin, a substance that improves the communication between brain cells and transmits molecules.
 - Spinach: Aids learning and motor skills.
 - Yoghurt: Rich in calcium which helps our nervous system. Also contains tyrosine, a substance which helps the production of the neurotransmitters dopamine and noradrenaline.
 - Chocolate: Dark chocolate is a powerful antioxidant, containing numerous substances that stimulate the production of endorphins that in turn increase levels of concentration.
- Milk chocolate improves our reaction times and our control capacity and helps increase visual and verbal memory.
- Glucose: A necessary brain fuel. The body obtains it from foods rich in carbohydrates and sugars.



2 - How to survive without Mum's cooking

2.3 Eat better in order to study better

A balanced diet is integral for day to day life. When talking about studying, diet must be adapted to deal with many hours spent studying.

If you do not eat well whilst studying you run the risk of gaining a good few pounds. For this reason, please note my advice:

- Do not eat heavy stodgy food
- Eat a balanced diet
- Keep fruit, fruit juice and water within reach
- Only eat when you are hungry

Pay attention to what you eat whilst you are studying as eating well can help improve your concentration and make long study sessions more bearable.

If you do not have a balanced diet you may suffer with lack of concentration, therefore have reduced productivity.

Remember to eat well and the right amount, you do not have to starve yourself but nor should you overeat.

2.4 How to cook simply and quickly: recipes and ideas

As I mentioned before a good way to start learning to cook is online, through blogs and websites designed to help students manage their hobs well with simple and easy recipes.

There are Blogs that are great places to find lots of both video and written recipes. It's very easy to follow and advise you to what you need to get in. You have no excuse not to get that apron on and get your hands dirty.

The other option is family and friends. If you are lucky nought to have a Mother like mine, you will not meet a better cook to ask for help. There is no one who has the patience and love to teach you to cook like a mother. Perhaps only a grandmother!

2.5 If you do not like cooking where will you eat

If you do not like cooking it is a shame as you are missing out on a marvellous experience, it is all about experimenting.

I will leave you some advice to not waste all your savings whilst maintaining a healthy diet

2.5.1 University Canteens

- Advantages: Cheap, lots of canteens to choose from, can eat with other students.
- Disadvantages: Low quality food, not much variety of food, ready cooked and reheated food.

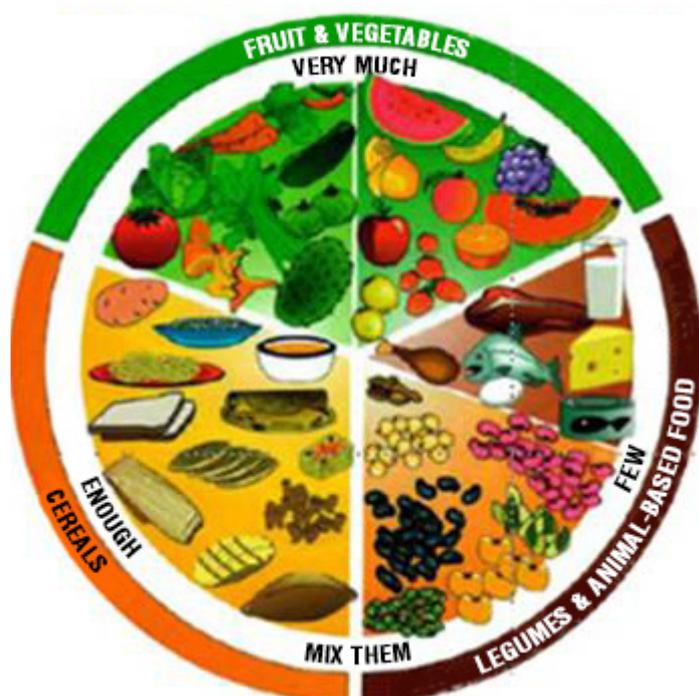
2.5.2 Faculty Refectories

- Advantages: More variety, both a bar and also a cafeterias, friendlier service.
- Disadvantages: Higher prices, less places to sit down and eat at.

2.5.3 Take Aways

- Advantages: Good variety, better quality, recently cooked, home cooked style.
- Disadvantages: High prices, limited opening hours.

EAT WELL TO STUDY BETTER



3 - Organising your student life

The truth is I am not the best person to talk about organisation and timetables, given that his was never my strong point, but over time, I was able to go about improving my organisation, setting up study timetables and even coming up with something other than another method of studying that had helped me combine studies, work and social life.

3.1 How to organise your studying time

On many occasions, the reason for failing an exam or getting a low mark, is not only due to the fact that we have not studied enough, but, how we organised our studying time and how effectively we used this time.

For this reason it is essential to know how to organise yourself and make our study time as productive as possible.

For this I have set out for you a list of advice to best organise tasks and make the time you dedicate to studying 100% productive.

3.1.1 Self-discipline before putting things off

One of the main problems when studying is leaving everything that is vital to the last minute. In order to avoid this, the only thing missing is a little self-discipline and knowing how to distinguish well between work and leisure time. Come up with a timetable and stick to it.

3.1.2 Make a working timeline

To stick to pre-set timetables you should try not to distract yourself too much and use time as wisely as possible, so that you will be able to reap much more and be more concentrated.

3.1.3 Establishing objectives and goals

Make a few daily objectives according to your studying capacity, and make sure that they are met. It is best to allow short breaks during longer study times. This will help you to concentrate more.

3.1.4 Do not overwork yourself or overload yourself with work

This something to take into account for two reasons:

- The psychological reason: the more overworked we feel, the less productive we will be and the lower attention span we will have.

- The physical reason: it is shown that the brain cannot process vast quantities of information and it requires a certain amount of time to assimilate them and memorise them.

So that you do not overload yourself, divide up the work and organise yourself so you do not feel overworked.

3.1.5 Take short breaks

It is proven that the brain is not capable of staying focused for more than a set time, what is more, our attention span keeps reducing, so we end up spending longer studying in order to compensate.

With that in mind, to avoid attention loss and make our study time the most productive possible, make sure to take short breaks of 10 minutes every 45 or 50 minutes whilst studying.

3.1.6 Categorise and Prioritise

The previous points are useless without a good prioritised list of work. You must categorise your material and decide which takes priority over others, and this way dedicate the appropriate amount of time to each one in the corresponding order.

The most recommendable thing is to first tackle the heaviest material or the material you find the most complicated, and save the lightest or easiest to the end.

3.1.7 Order and organise your place of study

- Your place of study must be one that is orderly and organised.

- Make sure everything is within an arm's reach.

- It is best to have a place for each thing and always maintain this order.

- It is essential that your place of study is well lit, if possible by natural light.

3.2 To go or not to go to classes – that is the question

A university student, by definition is someone who attends a course at the university, assuming that they must be minimally responsible and dedicate themselves to their studies slightly more than they do to free time and leisure.

My advice is that you attend class and pay attention to the explanations given by the professors, given that these can help you better understand the topic and save you a lot of time when studying.

3.3 Create your own place of study

The best way to start studying is to take into account what surrounds us in our place of study.

Perhaps it may seem strange to you, but one of the main errors is to underestimate the importance of this context, as much at a spacial level as psychological.

You can divide the context into three types:

3.3.1 Psychological context

Knowing how to confront difficulties is the key to overcoming them, and for this you need motivation.

You must believe in your abilities and know that you can reach the end. Security in oneself is the path to self-actualisation.

3.3.2 Organisational context

Organisation is everything. To be able to better organise yourself, before anything else, you must know the amount of time available to you and act accordingly.

3.3.3 Environmental context

The last, but not least, is the preparation of the learning environment, the place where you will spend hours and hours should be convenient and comfortable.

To do this you have to consider the points mentioned above in section 3.1.7 Order and organise your place of study.



3.4 How to bring together work and studies

Studying and working is possible but requires sacrifice. There are only 24 hours in a day so we have to organise ourselves very well in order to be able to balance everything. You have to be realistic and give up time from one activity to be able to dedicate it to working or to your studies.

This means reducing your amount of leisure time, cutting back on your social life but in return you gain the satisfaction of being able to get ahead in a career and a job.

In many ways, given the current economic situation and how difficult it is to find a job, even for a graduate, having completed some form of work experience will work as an advantage and will make the difference between whether you are chosen as the appropriate candidate for the job. One of the main requirements for any decent job is work experience, that black cloud that follows all recent graduates.

The solution is simple, but perhaps easier said than done. Doing work experience whilst studying and even taking a summer job even if it is not well paid. Not only can this help you economically but it can also help you to have necessary experience to introduce you into the working world, even before finishing your degree.

In conclusion, working and studying go together, but above all, are important for your future given that it can give you that something extra that makes the difference from other hopefuls in the selection process for a job.

3.4 Apps to help organise your studies

Smartphones allow students access to endless numbers of applications that can aid them in their learning during the course of their studies.

With their small size and the wide variety of possibilities they offer they become a useful and efficient tool that students can use to organise their work, deadlines for coursework, exams, to find notes and references and all the information necessary to complement their studies.

3.4.1 ANDROID

- Evernote

This tool allows you to create notes in class, then organise them, share them with other devices, or even organise your calendar.

- Grammar Guide

An indispensable tool to go over your texts and help you write correctly.

- Merriam-Webster Dictionary

You will not have to carry a heavy dictionary with you everywhere, with this application a complete dictionary is available to you in the palm of your hand, with a great number of entries, synonyms and antonyms.

- Wikidroid & Wikipedia

With this application you will be able to have access to all Wiki's information in a simple and fast way.

- Wolfram Alpha

Fed up of searching for notes and class material? This application makes it easier for you.



3.4.2 APPLE

- iStudiez Pro

You will be able to organise your subjects by semester and even by programme holiday periods, all with alarms and reminders that will help you to focus yourself on studying and completing your task, given the fact that the application thinks of everything else for you.

- Office2

Getting up the office package on your Apple devices can be of great use to you. It organises your work and has them to hand. It is also very easy to use and offers a great number of options.

- PDF Expert y Perfect Reader

There are two different applications, but both are used to manage PDF. PDF Expert is the perfect tool to manage and work with PDF, whilst Perfect Reader is the ideal application to be able to read your documents on PDF from your mobile as if it were on an e-book.

- CamScanner

With this application comes a colour pocket scanner. Perfect to scan notes or photocopies that you are missing at the time.

- iTalk

If taking notes for you, iTalk is a great application for your equipment that allows you to record lectures at quite a good quality and converts them into podcasts.

- App de Docsity

Finally Docsity.com has launched its own app for smartphones. This application allows you to improve your studying, given that it condenses all the services of Docsity into the palm of your hand.

Wherever you are you will be able to see notes, exams, resumes, exercises, practices, resolve doubts and questions with other students, be in contact with university classmates or be informed of everything to do with the world of education and what is going on for young people.

4 – At the university

4.1 How to behave at University

In almost every aspect of life, excessiveness is bad. The best thing is to behave moderately:

- Be sociable, but not over the top, do not become the centre of attention or make anyone be your friend.
- Be intelligent and participate in class, but always with an air of humility without putting down anyone's opinion and trying to be the best.
- Treat everyone that works at the University with respect. From the professors to the cleaning staff.
- Try to respect the rules of the University as much those related to your studies, as those related to behaviour and the use of the grounds and services of the University.

If you follow this advice you too will be able to enjoy a unique experience given that the University career has affected the lives of many people, it changes you at an academic level as much as personal, and it will make you value many things which until now you had never considered.

4.2 Managing Relationships (Friends, Classmates, Family)

- Make sure to participate in the class group, relate to them but without dominating it.
- In many degrees you must carry out group work. In this case, take the initiative, try to be creative, but whilst always listening to the opinions of your peers, respecting and conveying ideas. Above all be responsible and fulfil your part of the work in order to avoid making enemies in class.
- Be careful if becoming involved with a member of your class as if it becomes a love story then it could also become the nightmare of your degree.

- Be patient with classmates which, despite their best efforts, find it hard to follow the pace of lectures

- Although University brings with it a great number of new things in your life, do not cut ties with your past. Do not lose contact with lifelong friends and continue to include them in your plans

- With regards to family, the fact that you now live in another city and you have become 'semi-independent' (although you continue to depend on them financially), it does not give you the right to forget them.

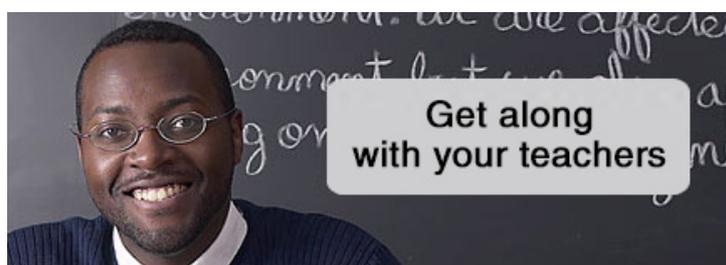
Do not disappear and show signs of life from time, your family will be thankful and not over bearing.

4.3 How to treat professors

One thing you have to remember is that the professor is not your enemy. They are a fountain of resources that you can make the most of; as much when it comes to knowledge as well as contacts.

Relations between professors and students have changed a lot in the last decade. Professors are more and more sociable and are at our disposal for whatever help we may need. Be attentive and maintain composure during classes and you will see that a great number of doors are opened for you.

Many professors love having respectful and friendly students and will not question lending you a hand when you need it, as long as you show interest towards your subject and they see that you really require help.



4.4 Dictionary for fresher's

- Accreditation

The process of checking whether an institution or program fulfills the predefined general minimum standards of quality. Checking is done by an “outside” of the body, an independent commission or agency. Ideally, a given body is independent of both the state government and the higher education institutions themselves. This term is sometimes used in the context of verification and recognition.

- The Bologna Declaration

The Bologna Declaration is a declaration signed by 29 Ministers of Education of 19 European countries June in 1999. in Bologna. The Republic of Serbia has become a signatory of the Bologna Declaration 2003rd At that time undertook to reform their higher education in accordance with the Declaration.

Objective set is to create a European Higher Education Area. The harmonization of curricula, introduction of uniform academic degree and providing the appropriate status of graduates, recognizing their diplomas at various European universities would increase international competitiveness.

- Budget

According to the Law on Higher Education for a student to stay on a budget, need during the school year to achieve 48 points. Decisions of the University is the number of points to enter the next year decreased for the first generation “of Bologna.”

Students who are currently self-financing may exceed the budget, provided they meet the necessary requirements for that status.

- Bachelor

Qualification should be obtained at the end of the first cycle, ie. of studies, which, in terms of the Bologna Process is 180 or 240 ECTS. This term does not translate from English, mainly to avoid confusion with the existing system of study, as defined by the University of 2002nd year.

Primarily used the phrase “first cycle” or “basic studies”

- Freshman

According to the dictionary Serbo-Croatian literary and vernacular Belgrade (1959-2001), the term originally meant the freshman boys at puberty and is now a freshman addressed, especially in the jargon, a first year student.

- Lifelong learning

More appropriate translation might be “lifelong learning” in order to emphasize the possibility of a no obligation of learning. However, the term “lifelong learning” is already widely used, and it would be pretty hard to change now.

- Smart Cards

For the realization of the right to food and housing, and legitimacy of the SC “Belgrade” is used in chip cards. The right to issue chip cards have all the students whose education is financed from the budget of the Republic of Serbia.

For a new student chip card are needed: ID, Index inscribed with the winter semester, the completed application for issuance of chip cards and receipts of payment for the purpose of chip cards. The chip is obtained together with the chip card and is used to gather supplies. Coupons for chip card complement each month or week.

- Appendix a diploma (diploma supplement)

After graduation, the students, in addition to a diploma, receive an official document called the Diploma Supplement. It lists details of the study program, grades achieved, the number of ECTS in each subject, and can be stated and the names of professors, as well as extra-curricular student activities during the study: membership in student organizations, sports and cultural activities, attending courses and seminars, etc..

The Diploma Supplement is a very important document in terms of student mobility, as well as in future employment, because in addition to the above positions in the Diploma, an overview of the content mastering the study program.

4.5 Managing your subjects and classes

This is not to say that you should go to some classes and not others, but you must choose a subject to focus on if you have many.

You are in the first year, the system of choosing subjects is definitely a bit new for you, you are not sure between subjects of basic training, compulsory and optional.

- Subjects of basic training are general with a range of knowledge and are not subject specific. According to ministerial legislation in all degree programmes there must be 60 credits of basic training (1,0 6 credit subjects) that must always be recognised between the titles of a range of knowledge and be shared in the first 2 years.

- The compulsory subjects are the core ones around which the degree is based. All students must comply with these specific subjects

- Optional subjects should be chosen by the student from the list of available subjects, of which they will study.

- Now that you already know the type of subjects you must study, have a good look at the study programme of your degree, which subjects are included and how you can distribute them in a way you can pass them without going crazy.

In many ways, do not worry yourself about your first choice given that in the middle of the year you will be able to change subject if you are not able to complete it or on the contrary you think there are too few subjects and you can always choose one more.



4.6 Get to know former students and make the most of their experience

Even if you are not sure which subjects to choose, how to move to university, which professors are the best, with which you can get on the best, what type of exams there are etc. The best thing is to try to get in contact with students from previous years.

Thanks to social networks like Facebook or platforms like Docsity you can find groups of students who did the same degree that you can meet with to express your doubts, ask advice and why not get notes and past exam papers which could be very useful.

If you are not intimidated by talking with university students older than yourself then I would recommend that you socialise with them directly as well as obtaining first-hand information you could create new friendships.

This is a very important part of university life, almost as important as studying. Balancing both is the key to a positive experience at university and being able to get good results as well as an active social life. For that there are a few points to take into account.

5.1 How to move through the city

If you have decided to move to quite a big city, the choice of means of transport is important given that it depends on the amount of time you will spend travelling and the time you will lose from being able to do other things.

With this in mind, make a map of the city, search all transport possibilities that there are in the city and look at all the possible ways available to get to university, to go out with friends to do leisure activities etc.

5.1.1 By bicycle

If you are lucky enough to live in a city which is not too hilly and in which it doesn't rain day in, day out, then I recommend you opt for getting a bicycle.

Besides from saving you a considerable amount of money on public transportation, you have more freedom of movement, will not depend on timetables and delays, as well as the fact that it is good for your health.

5.1.2 By Public Transport

If instead you are too lazy to use a bicycle as a means of transportation, then the best solution will be public transport.

There are great student discounts on the tickets for this, choosing from several options ranging from monthly to yearly subscriptions.

5.1.3 By your own means of transport

If you have your own vehicle, whether it be a car or a motorcycle, you may feel the urge to move around the city with it.

If it is not a city with lots of traffic this can be a very convenient option, especially if there are areas with easy parking.

But if not, more than a convenience it can become a hindrance and you may have to give it up. In short, there are ways to save time and money on commuting, as well as being a little more respectful of the environment. Use a bicycle, otherwise use public transportation

5.2 Enjoying the city on a budget

This is the great concern of students, to have fun and enjoy life in the city whilst spending as little as possible. Although it might sound unrealistic, it is not. It's just a case of knowing where to look and where to find.

5.2.1 Youth Card or Student Card

Almost every city has a youth service that offers a card with which you get good discounts, both for purchases and for services. Ask your college or your city council (youth council).

5.2.2 Coupon codes and deals

There are a number of websites and even magazines that offer discount coupons for activities, from shopping, to restaurants. You can consult them daily and take advantage of discounts that may interest you and make you save a good amount.

Besides using these types of coupons, if you need to buy something, it's best to wait for the sales or even take advantage of online deals, but be wary of these online offers, ensure that they are valid and that it is not a scam.

5.2.3 Youth and student associations

There are other kinds of youth associations or agencies that are responsible for organizing events, parties, concerts, for which they offer large discounts or are even free.

On social networks you can find lots of pages and groups for students which schedule these events every week, so you can always find something to do at a minimum price or for free.

Above all, many are aimed at Erasmus and exchange students that offer a wide range of possibilities and fun events. In addition to being able to enjoy oneself cheaply, they will help you meet

people from other countries, other cultures and practice other languages, especially English, which is so necessary today.

5.2.4 Sport and leisure associations

Another option to enjoy the city on a budget is to affiliate yourself to any association or group related to one of your hobbies.

If you like music, theater, painting, photography, sports, any activity you like doing in your free time, there are plenty of associations and groups in which to further develop this activity, whilst meeting new people who share your same tastes.

As you can see, there are many options, you just need to choose the one that best suits you and enjoy it.

5.3 Sports and other leisure activities at the University

When we think of the University, we think there is no life beyond books, that college is nothing more than long hours of studying in the library, study rooms or at home, boring and tedious lessons, and endless hours of practice and projects.

But the reality is different, universities offer programs and extracurricular activities for students and events in order to establish a more relaxed atmosphere and encourage the relationship between institution and student, and between students themselves.

5.3.1 Creativity and Art

Universities offer activities to develop creativity and express oneself artistically, a way to distract the mind and get away from the long hours of study with activities such as dance, theater, music, literature, painting, design and modern media communication.

5.3.2 Sports

“Mens sana in corpore sano”

It is equally important to cultivate the mind as it is to cultivate the body. Universities therefore have seen sport as one of the means to promote the physical and mental health of their students.

For this reason they have created the necessary spaces such as fields, tennis courts, gyms and swimming pools.

5.3.3 Activities and Important Events

Consistently, within universities conferences are scheduled, seminars, book launches, art exhibitions, fairs, etc...

They also organize welcome parties or holiday specific faculty, always looking for ways to provide engaging and entertaining schedule for students within the campus and its facilities.

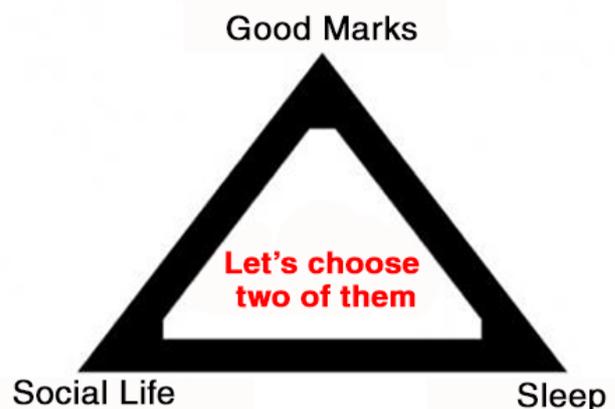
5.4 Reconciling a good social life and good grades

This is the big question that many will ask. How to study and draw on all subjects while still having a social life and fun.

Well it's actually much simpler than it seems. All that's needed is a little will power and know how to organize yourself well.

The most convenient thing would be to work a little every day, distribute the time for study and free time so that at the time of having to study for exams, it is not necessary to change your routine, thus maintaining the rate of normal life.

Following the steps listed in Section 3 - How to organise your student life, you will have no problem getting good grades and also to continue to have a good social life.



My First year at the University – leave the nest

1 – How to find your new student home

<http://easyroommate.com/>

1.1 Halls of residence or shared flat?

<http://www.mystudenthalls.com/blog>

1.2 Rules regarding renting and flat sharing

<http://www.easyroommate.com/RC/roommate-tips-info>

1.3 The best place to live: near the University or near the centre?

http://www.accommodationforstudents.com/view_student_blog.asp?id=177

1.4 How to organise household tasks

<http://www.apartmenttherapy.com/tips-for-splitting-chores-with-roommates-167941>

2 - How to survive without Mum's cooking

<http://studentrecipes.com/>

2.1 How and where to do the shopping

<http://www.studentbeans.com/national/offers/food-drink/all.html>

2.2 Which are the best food products for the students?

<http://allrecipes.co.uk/>

2.3 Eat better in order to study better

<http://www.studential.com/university/student-cooking>

2.4 How to cook simply and quickly: recipes and ideas

<http://www.studentcooking.tv/>

2.5 If you do not like cooking where will you eat

<http://www.studentbeans.com/student-money/a/15-clever-ways-for-students-to-eat-out-on-a-budget3833.html>

3 – Organising your student life

<http://www.getorganizednow.com/art-students.html>

3.1 How to organise your studying time

http://www.successfulacademic.com/success_tips/Manage_time_organize.htm

3.2 To go or not to go to classes – that is the question

<http://listdose.com/10-reasons-why-students-bunk-college/>

3.3 Create your own place of study

<http://www.topuniversities.com/blog/how-decorate-your-dorm-room>

3.4 Apps to help organise your studies

<https://sites.google.com/site/thebestofipadapps/apps-for-students>

3.5 How to bring together work and studies

<http://www.lifehack.org/articles/productivity/how-to-study-with-a-full-time-job.html>

4 – At the university

<http://ub-counseling.buffalo.edu/adjusting.shtml>

4.1 How to behave at University

<http://ge1401tb1mymother.weebly.com/5/post/2013/04/how-to-live-a-meaningful-university-life.html>

4.2 Managing Relationships (Friends, Classmates, Family)

<http://www.theguardian.com/lifeandstyle/2012/sep/29/how-to-handle-first-university-term>

4.3 How to treat professors

<http://www.usnews.com/education/best-colleges/articles/2012/09/17/5-guidelines-for-college-student-professor-interactions>

4.4 Dictionary for fresher's

<http://www.solent.ac.uk/student-life/students/undergraduate/jargon-buster.aspx>

4.5 Managing your subjects and classes

http://www.learningcommons.uoguelph.ca/guides/university_learning/accessibility/studying.html

4.6 Get to know former students and make the most of their experience

<http://veemoze.wordpress.com/2011/02/14/the-freshman-15-college-relationships/>

5 - Free time

<http://www.collegeathome.com/blog/2008/05/21/57-time-management-hacks-for-college-students/>

5.1 How to move through the city

<http://www.csbe.org/e-publications-resources/urban-crossroads/moving-around-the-city/>

5.2 Enjoying the city on a budget

<http://www.dummies.com/how-to/content/how-to-have-fun-without-spending-money.html>

5.3 Sports and other leisure activities at the University

<http://myuniversitymoney.com/8-ways-to-save-money-on-entertainment-for-college-students/>

5.4 Reconciling a good social life and good grades

<http://elm.washcoll.edu/index.php/2012/08/grades-sleep-and-social-life-does-college-let-you-have-it-all/>

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