

CHANGING DIRECTION

Explore your options

If you are looking to change your course or current direction, we can help you.

Feeling unsettled at university is fairly common. You have already taken the first steps towards overcoming your problem by asking for help.

Common issues include:

- **Course choice:** disliking the subject you have chosen
- **University choice:** perhaps you don't feel it's the right place for you
- **Financial worries:** finding the cost of living difficult
- **Personal problems:** feeling homesick, relationship issues, or study pressure
- **Future career plans:** worrying if your course choice is relevant

Take some time to clarify your thoughts and feelings by working through the questions on the next few pages. The next steps could also involve talking through these ideas, in confidence, with a Careers Consultant.

1. Briefly describe your current situation

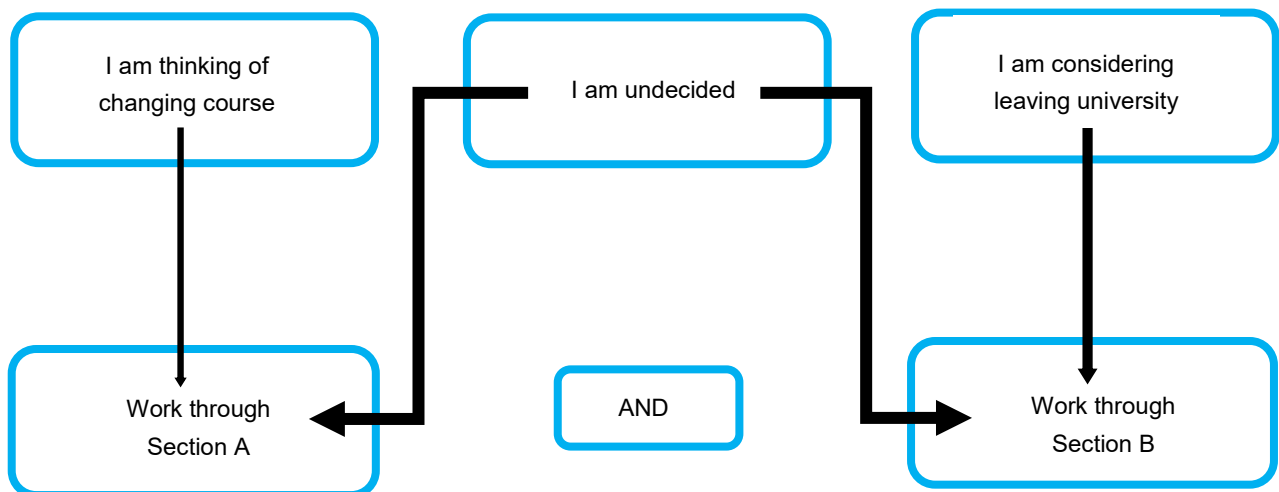
(e.g. the course is not what I expected, I am finding the course difficult, I feel like I don't fit in, I would prefer to go to a different university, my career ideas have changed etc.).

2. What were your reasons for choosing your current course?

3. Do you have ideas about what you would like to do next?

(e.g. I want to study a subject that leaves my options open. I would like a more vocational/practical course, I have a preference for a particular style of course, I want to find full time work etc.).

Take a look at the flow chart below, then work through the relevant sections on the following pages



Finally, complete the action plan on the last page.

SECTION A: CHOOSING AN ALTERNATIVE COURSE

If you are thinking about changing your course it is helpful to reflect on your past experience, what interests you, how you like to learn and what has motivated you to succeed in the past.

Write down any ideas about your preferred course, including practical issues that may affect your choice (e.g. subject interest, teaching style, assessment method, more vocational, geographical considerations).

Circle the skills you would like to develop on your new course ...

Numeracy

Presentations

Statistics

Written communication

Creative thinking

Research

Creative work

Dexterity

Business skills

Being artistic

Information work

Being logical

Oral communication

Reading comprehension

Scientific work

SECTION B: DOING SOMETHING ELSE

Working

1.	What are the advantages of going into employment? (e.g. to earn money, or to gain experience)
2.	What are the possible disadvantages? (e.g. potential for limited job satisfaction and long-term prospects)

Voluntary work

1.	What are the advantages of voluntary work? (e.g. good work experience opportunity, positive impact on CV, opportunity for self-development)
2.	What are the possible disadvantages?

Travelling

1.	What are the advantages of going travelling? (e.g. experiencing cultural differences and taking some time out to explore your interests)
2.	What are the possible disadvantages? (e.g. it could be used to avoid making decisions, or it could be expensive)

Taking time out for other reasons

1.	What are the advantages of this? (e.g. time for self-reflection and making decisions, or it may suit your personal circumstances)
2.	What are the possible disadvantages? (e.g. you may find it hard to keep yourself focused, or you may encounter a lack of financial support)

MY ACTION PLAN

Option	Actions
e.g. transfer course	Identify alternative courses using UCAS and university websites Contact Student Finance to find out implications of course change

Going through any transition can be an isolating and uncertain time. You may wish to bring your completed action plan to a confidential careers appointment to discuss your ideas in greater depth. We're here to help and support you.