How the Student Life Centre supports personal development

1. **Resilience building:**
   - Problem Solving- Dealing with challenges and obstacles.
   - Balancing demands- We can support you to find a healthy work/life balance.
   - We can assist you to build and use support networks.
   - Coping strategies- We can guide you towards the successful management of difficult feelings.

2. **Identity and self-awareness:**
   - We encourage Reflection, expression and we help you to work out what’s really going on.
   - We will support you to listen to yourself and learn from your experiences.
   - We will help you to play to your strengths and cope with weaknesses.
   - We will support you in developing personal insight and direction.
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3. Support for life skills:
   Student Finance- Budgeting, income maximisation and money saving.
   Orientation- Living away from home and coping with University life.
   Being a housemate- Living with others, avoiding problems and resolving issues.
   Protecting yourself- Staying safe.
   Goal setting- Sticking to your targets.

4. Making a contribution and taking part:
   Assertiveness and confidence.
   Identifying how to respond to opportunities.
   Speaking up- saying it how it is for you.
   Taking care of yourself and others.
   Joining in and getting the most from your time here.