How the Student Life Centre supports personal development

We assist in helping you orientate to university life, handle obstacles and stay on track. We support you to develop necessary life skills at key points in your student journey, so you can make the most of your time here – coming out of university stronger, more reflective and confident in your personal life skills.

**Resilience building**
- Dealing with challenges and obstacles
- Coping strategies for managing feelings
- Growing and using a support network
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**Identity and self-awareness**
- Reflection, expression and working out what’s really going on
- Listening to yourself and learning from experience
- Playing to your strengths and coping with weaknesses
- Developing insight and direction

**Support for life skills**
- Student finance – budgeting, income maximisation and money saving
- Protecting yourself and staying safe
- Being a housemate, living with others, avoiding problems and resolving issues
- Goal setting and sticking to targets
- Orientation – Living away from home and coping with University life

**Making a contribution and taking part**
- Assertiveness and confidence
- 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
- Identifying how to respond to opportunities
- What's really going on