

# Adjusting to life in the UK



From Newcastle. For the world.

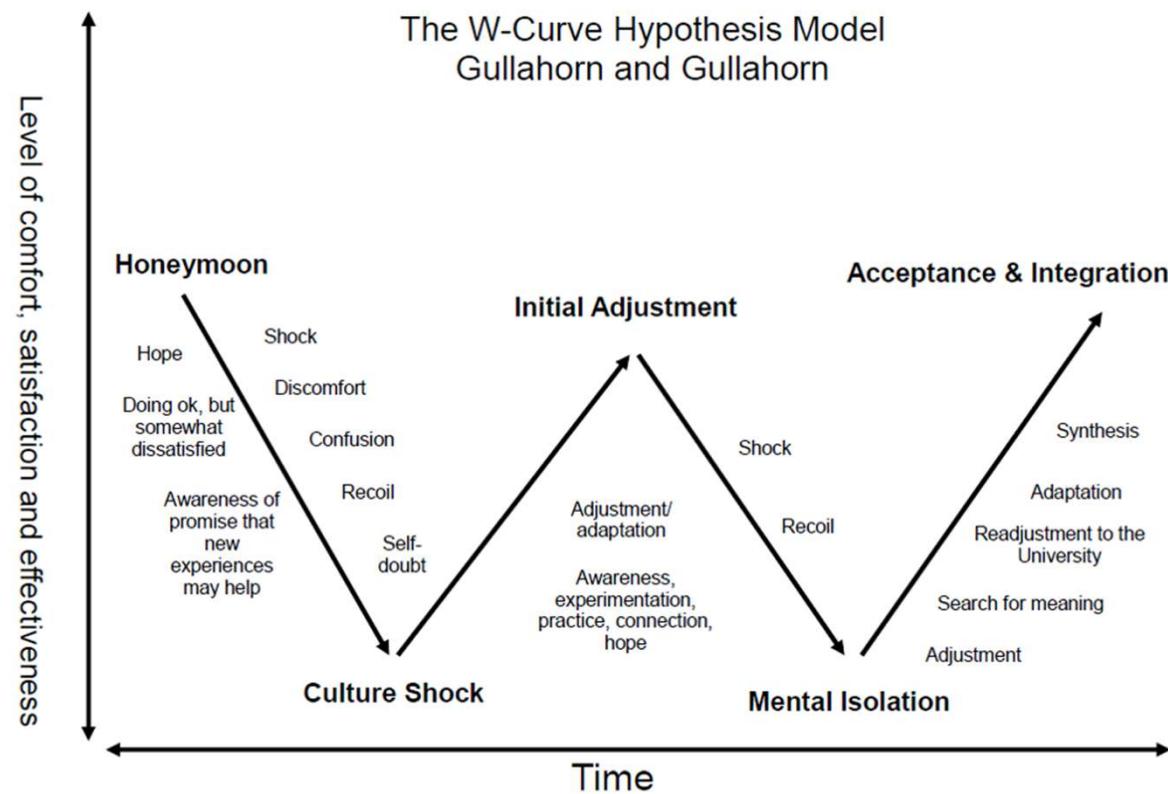
**What new things in the UK have you noticed that are different to your home country?**

## **There are probably a lot of differences between the UK and your home country to consider!**

For example...

- Food – mealtimes, available ingredients, cuisine
- How people talk to each other – etiquette, what is considered polite/professional
- Transportation – public transport availability, how to hail a bus, punctuality
- Climate – the UK has famously bad and unpredictable weather; be prepared for it
- Business hours – store opening times, public holidays, working hours

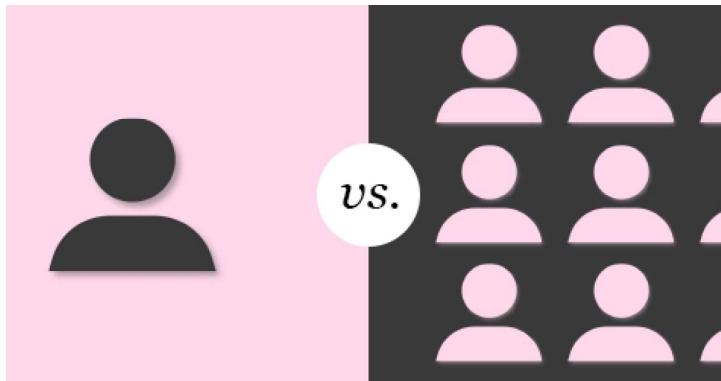
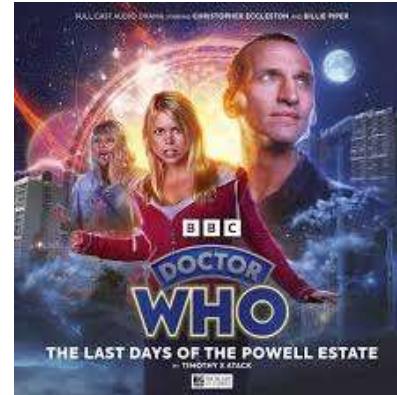
**Cultural adjustment is an ongoing process!**  
**It may not be linear; you may have ups and downs.**



Source: Hoffenburger, K., Mosier, R., & Stokes, B. (1999). Transition experience. In J.H. Schuh (Ed.), Educational programming and student learning in college and university residence halls. Columbus, OH: ACUHO-I

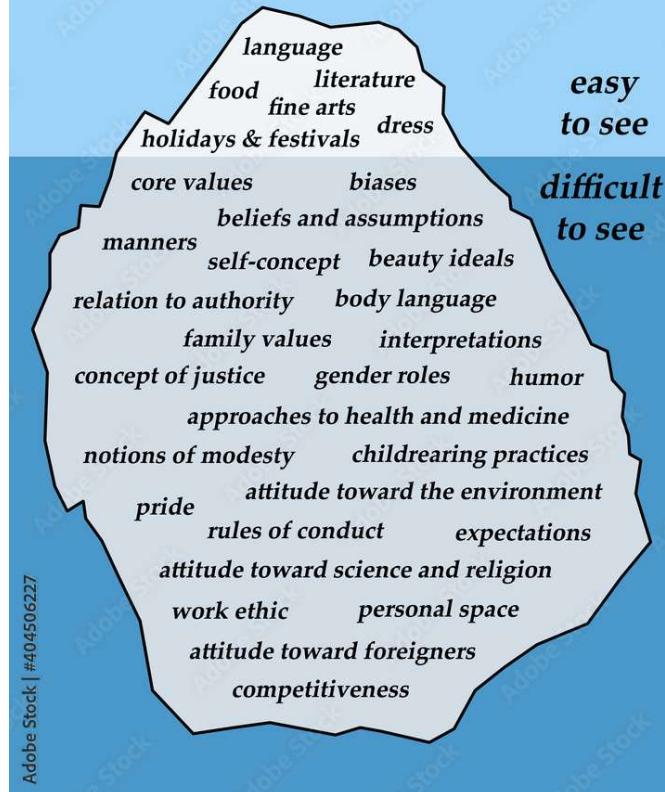
# What do you think of when you think of British culture?

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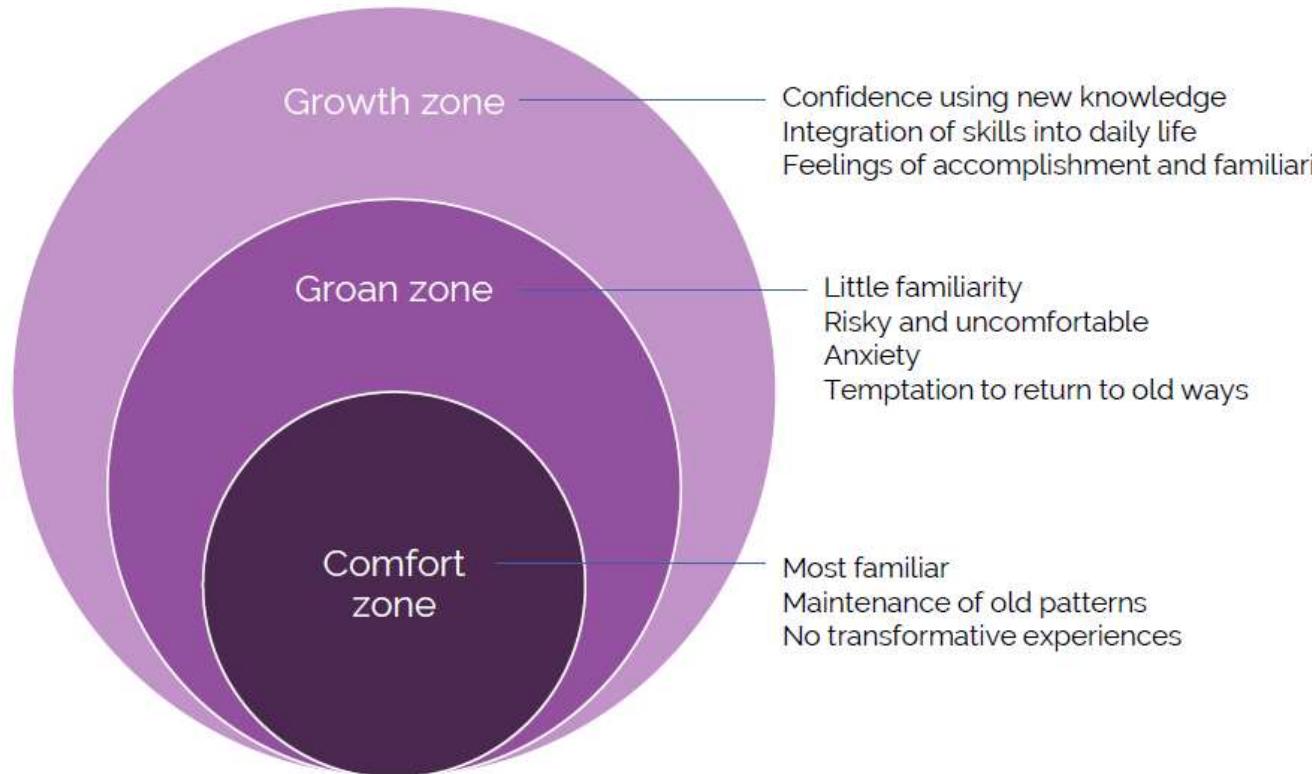
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## The Cultural Iceberg



**Can you think of what any of these might look like in your home country?**

## Moving out of your comfort zone



Source: adapted from J.S. Gerstein (1990)

# What can you do to move out of your comfort zone?

**What would you do if you were  
having a hard time while at university?**

## Self care and wellbeing

What can you do if you were having a hard time while at university?



## Imposter syndrome



Imposter syndrome makes you feel “not good enough” or like you don’t deserve your achievements.

This can look like:

- Constantly doubting yourself
- Comparing yourself to others
- Downplaying achievements
- Perfectionism and overworking
- Procrastinating because you feel you can't do things well enough

Remember that you have earned your place here, and that you do deserve to be here.

## What can imposter syndrome look like?

| Thought                                 | Example   |
|---|---|
| Feeling others overestimate you         | "I'm not as good as my family thinks I am"  |
| Being unable to celebrate success       | "Getting a perfect grade is the minimum, not something to celebrate"                        |
| Not recognising your own hard work      | "I just got lucky – I'm not actually smart"   |
| Perfectionism and unrealistic standards | "I can't get anything less than 70% - my transcript needs to be perfect"                    |
| Anxiety around criticism                | "I'm too scared to read my assignment feedback"   |
| Procrastination                         | "I shouldn't bother submitting this formative assessment because I can't do it well anyway" |

## Managing imposter syndrome

### Focus on your strengths, not perfection.

You can't be perfect at everything – that's okay! Celebrate what you're good at instead.

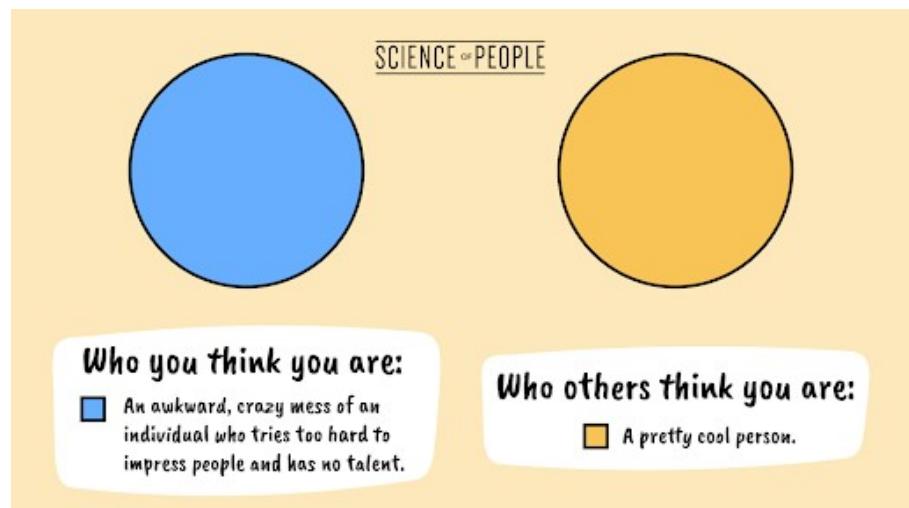
Be careful not to burn out trying to make yourself perfect.

### Talk to other people.

They might have useful advice! It helps to contextualise some of how you're feeling – other people can give you a fresh perspective on how you're doing.

### Compare yourself to yourself.

Think about the progress you've made rather than how well or badly you do compared to other people.



## Loneliness

People often feel lonely when they move away for university.

- Lots of other people will be feeling the same way.

Loneliness isn't the same as being alone – you can constantly be with other people and still feel lonely.

It might take time for you to find your community. Loneliness is common, but it's important to recognise when you need help.

Read more about loneliness...

- <https://www.ncl.ac.uk/wellbeing/mental-health/feeling-lonely/>
- <https://www.ucas.com/connect/blogs/feeling-lonely-university-more-common-you-think>
- <https://www.youngminds.org.uk/young-person/blog/overcoming-loneliness-at-university-my-mental-health-journey/>
- <https://studentspace.org.uk/wellbeing/overcoming-loneliness-at-university>

## Homesickness

It's normal to feel homesick during university, especially if you've moved from another country. You're not alone – plenty of students are going through the same thing!

### **Some ways to cope...**

- Keep regular contact with friends and family back home
- Find familiar things that remind you of home
- Have food from home - cook it yourself, or find restaurants/shops
- Keep yourself busy with friends or hobbies
- Get involved with clubs or societies – Newcastle may have a society for your home country!

## Finding a community in the UK

**Having a community helps make somewhere new feel like home.**

You could consider looking at...

- Clubs and societies (<https://nusu.co.uk/activities/>)
- Give it a Go events  
(<https://nusu.co.uk/activities/giveitago>)
- Meeting people on your course
- Faith and cultural spaces

The Students' Union has some tips on finding community and culture spaces in Newcastle here:  
<https://nusu.co.uk/support/community/bame>



# What else makes somewhere feel like home?

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## Safezone App

Allows you to call for help from security, request first aid, or call emergency services by pressing a button



## Support resources

If you need help or advice while you're with us while you're getting used to studying in the UK, it's good to know what resources are available to you:

### Students' Union

- <https://nusu.co.uk/support/advice-centre/>

### University mental health support

- <https://www.ncl.ac.uk/wellbeing/mental-health/>

### Physical health advice

- <https://www.ncl.ac.uk/wellbeing/physical-health/>

### Disability support

- <https://www.ncl.ac.uk/wellbeing/disability-support/>

### Financial support

- <https://www.ncl.ac.uk/wellbeing/financial-support/>

### Academic support

- <https://www.ncl.ac.uk/wellbeing/academic-support/>

**Ambulance, emergency police, and fire services:** 999

**NHS urgent advice:** 111

**Police (non-emergency):** 101

**Campus security:** 0191 208 6817

**If you are stranded and need a taxi urgently:**  
call 0191 298 5050, quote reference NEW02,  
and show them your smartcard

**Samaritans for a listening ear:** 116 123

**Nightline for a listening ear from other students:** 0191 2612 905