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 a fairly common occurrence and you have already taken the first step to overcoming the problem by asking for help.

Common reasons 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 or study pressures
Future career plans: worrying if your course choice is relevant

1. What were your reasons for choosing the course you are studying?

2. 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.).
3. Do you have ideas about what you would like to do next?
(E.g. I want to study a subject that leaves my job 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.)

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

Write down any ideas of your choice, including any practical issues that may affect your choice (e.g. subject interest, teaching style, assessment method, more vocational course, 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? For example, to earn money or to gain experience.

2. What are the possible disadvantages? For example, limited job satisfaction and limited long term prospects.

### Voluntary Work

1. What are the advantages of voluntary work? For example, good work experience opportunity, positive impact on my CV, opportunity for self-development.

2. What are the possible disadvantages?
### Travelling

1. What are the advantages of going travelling? For example, experiencing cultural differences and taking some time out to explore your interests.

2. What are the possible disadvantages? For example, 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? For example, time for self-reflection and decision making or it may suit your personal circumstances.

2. What are the possible disadvantages? For example, you may find it hard to keep yourself focused or you may encounter a lack of financial support.
### My Action Plan

Having started to consider your options, you might need to investigate these further. In reality, you are unlikely to find an option that meets all your requirements.

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<th>Option</th>
<th>Actions</th>
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<tr>
<td><em>e.g. Transfer course</em></td>
<td>Identify alternative courses using UCAS and university websites</td>
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<td>Contact Student Finance to find out implications of course change</td>
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