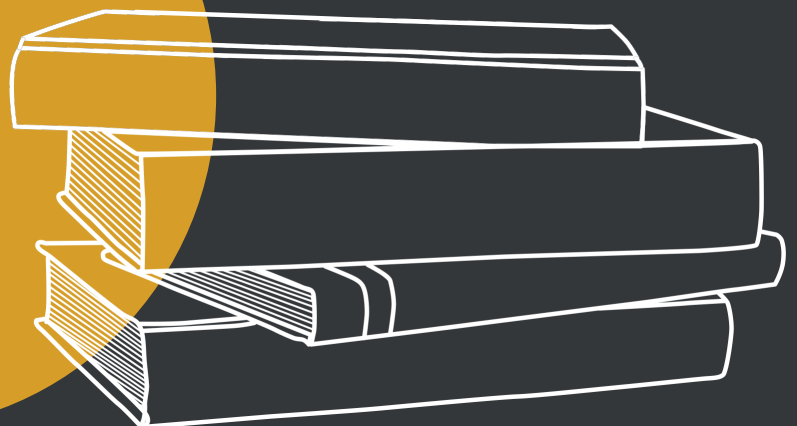
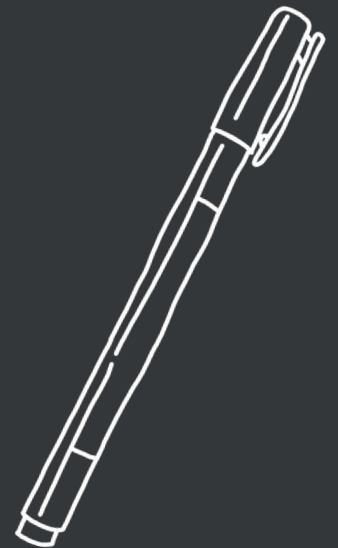
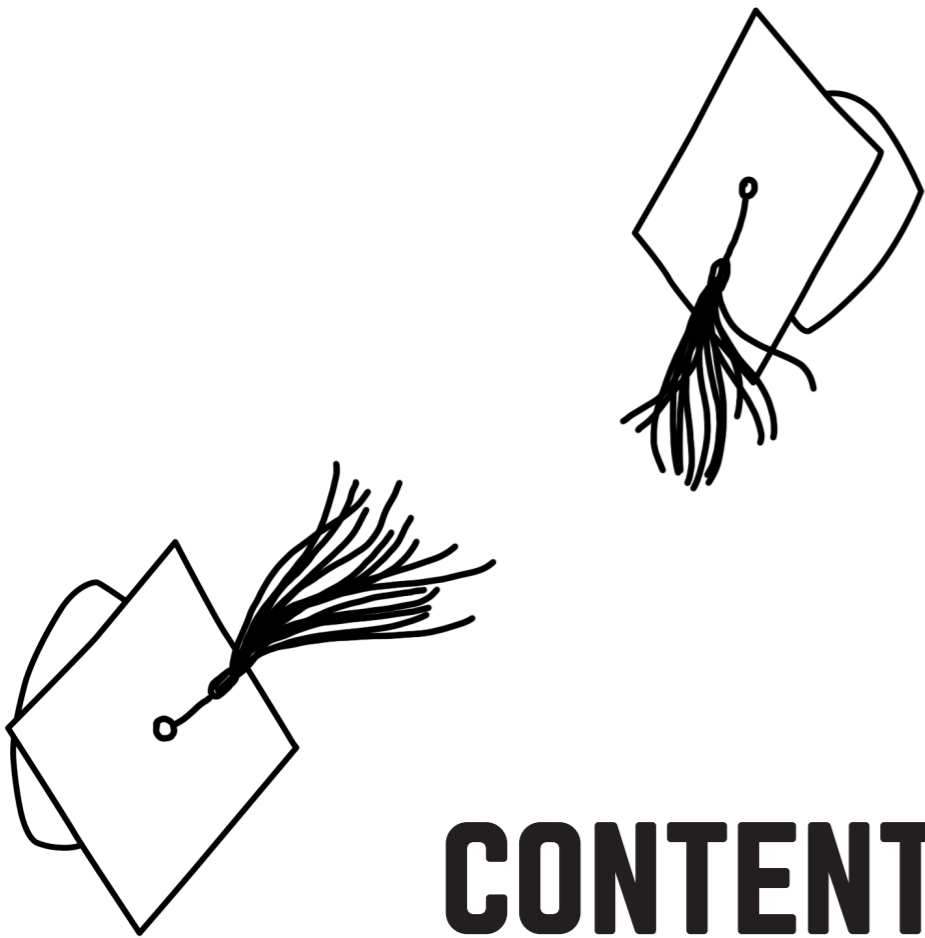


LEEDS  
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UNIVERSITY

# THE PARENT PERSPECTIVE

Support your child through  
their journey to university

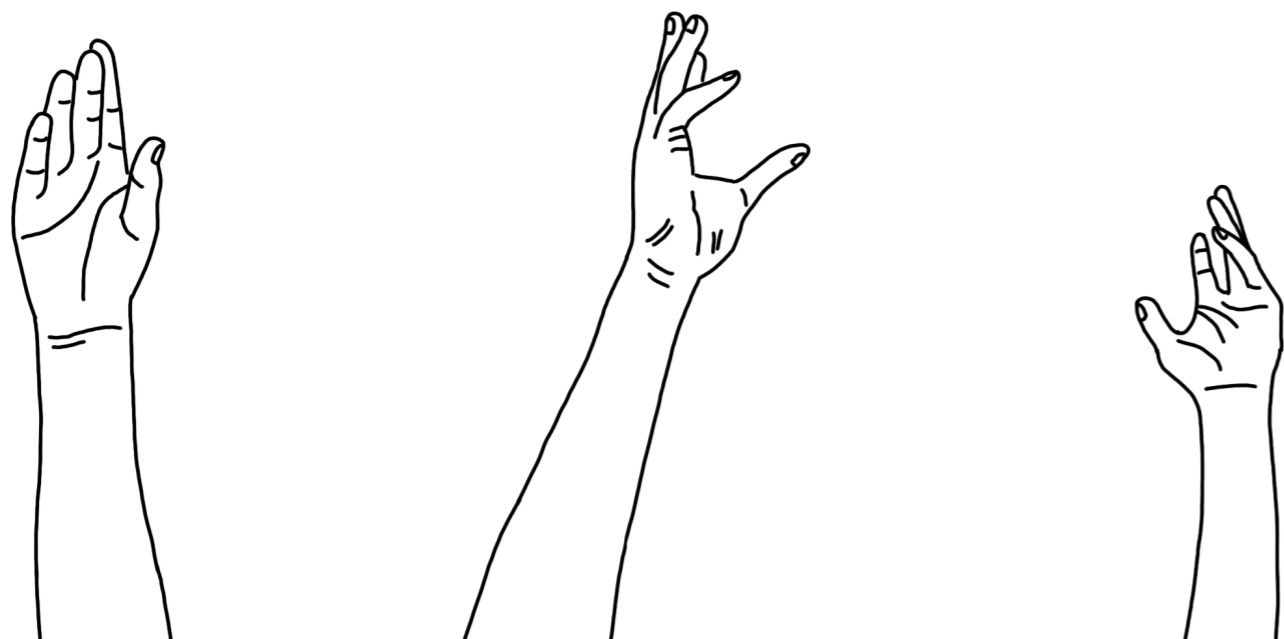




# CONTENTS

The Parent Perspective 23 / 24

Useful advice for parents,  
guardians and supporters.



**4**

**Key dates**  
in the student journey

**6**

**Writing their future**  
Helping your child to decide  
what and where to study

**8**

**Making a statement**  
Explaining the UCAS  
application process

**10**

**Writing a great  
personal statement**  
and how you can help

**12**

**Crunching the numbers**  
Answering commonly asked  
questions around student  
finance

**16**

**Independence Day**  
What's it like when  
they move out?

**18**

**Home comforts**  
Life in halls isn't the right  
choice for everyone

**20**

**A room of one's own**  
Living on campus  
VS staying at home

**22**

**Empty nest syndrome**  
We explore how moving out  
can affect you and your child

**24**

**Seeing things clearly now**  
A mother and daughter's  
experience of Clearing

**26**

**In the clear**  
How to prepare for  
the Clearing process

**28**

**Student Wellbeing**  
Support on every level

**29**

**Support Report Respect**  
Our firm stance against  
harassment and  
discrimination

**30**

**Disability Advice Team**  
What support can they  
provide?

**32**

**Preparing students  
for the workplace**  
How our dedicated team of  
careers professionals help

**34**

**Recipes for success**  
Some simple meals to  
get them started

**36**

**What to pack**  
Essentials to send  
them on their way

**40**

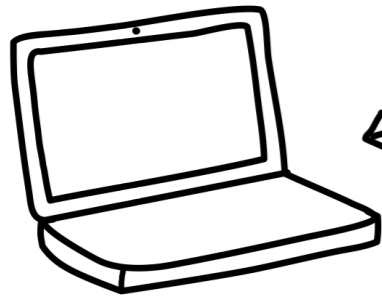
**Useful contacts**  
How to get more  
information and support

# KEY DATES IN THE STUDENT JOURNEY

You've got the ball rolling by talking to your child about what they might be interested in studying.

They've ordered a prospectus and you've signed up for a few Open Days.

There are a few more steps to go and some useful key dates to be aware of.

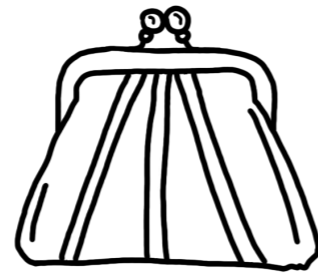


## 5 September to 31 January: Sign up and apply through UCAS Apply

For a full-time course, your child should submit their application to UCAS via [ucas.com](https://ucas.com). For part-time courses, they can apply directly to us at [courses.leedsbeckett.ac.uk](https://courses.leedsbeckett.ac.uk).

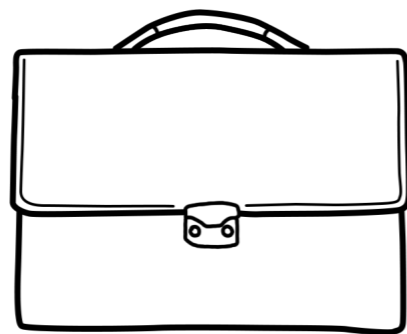
We recommend that they apply by 31 January, as some of our courses may close to further applications on this date. Check [ucas.com](https://ucas.com) for full details.

Turn to page 10 for tips on how you can help their application stand out.



## February onwards: Apply for student finance

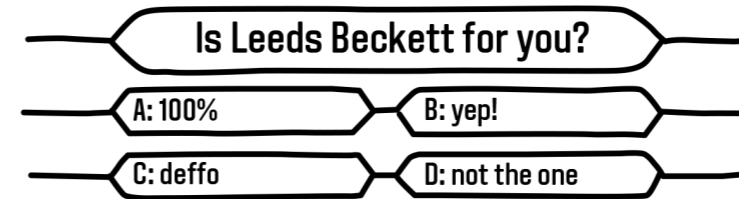
Make sure your child gets the financial support they're entitled to by applying for student finance via [gov.uk](https://gov.uk). The sooner you do this the better, so they know where they stand.



## December to April: Get better acquainted

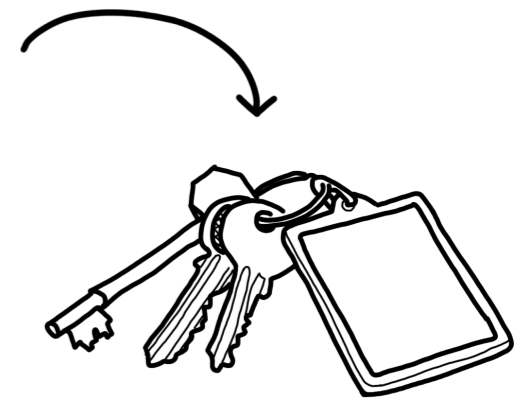
If we make your child an offer, they (and you) will be invited to attend an Applicant Event (page 38) to speak with our teaching teams and gain a greater insight into their course.

For some of our courses, your child may be asked to attend an interview or audition, or submit a portfolio before we can make them an offer. If this is the case, we'll contact them with more information and a date.



## March to June: Is that your final answer?

It's time for them to accept their offer. They will be able to make a Firm and Insurance choice through UCAS.



## February to June: Check the halls

After accepting our offer, your child can book their university accommodation.



## July to August: Results and Clearing

15 August 2024 is when A level, Advanced Diploma and Pre-U results will be released. GCSE results will follow on 22 August 2024. BTEC results are normally available earlier.

If they've got the results they need, celebrate! Don't forget to make sure they confirm their place with UCAS.

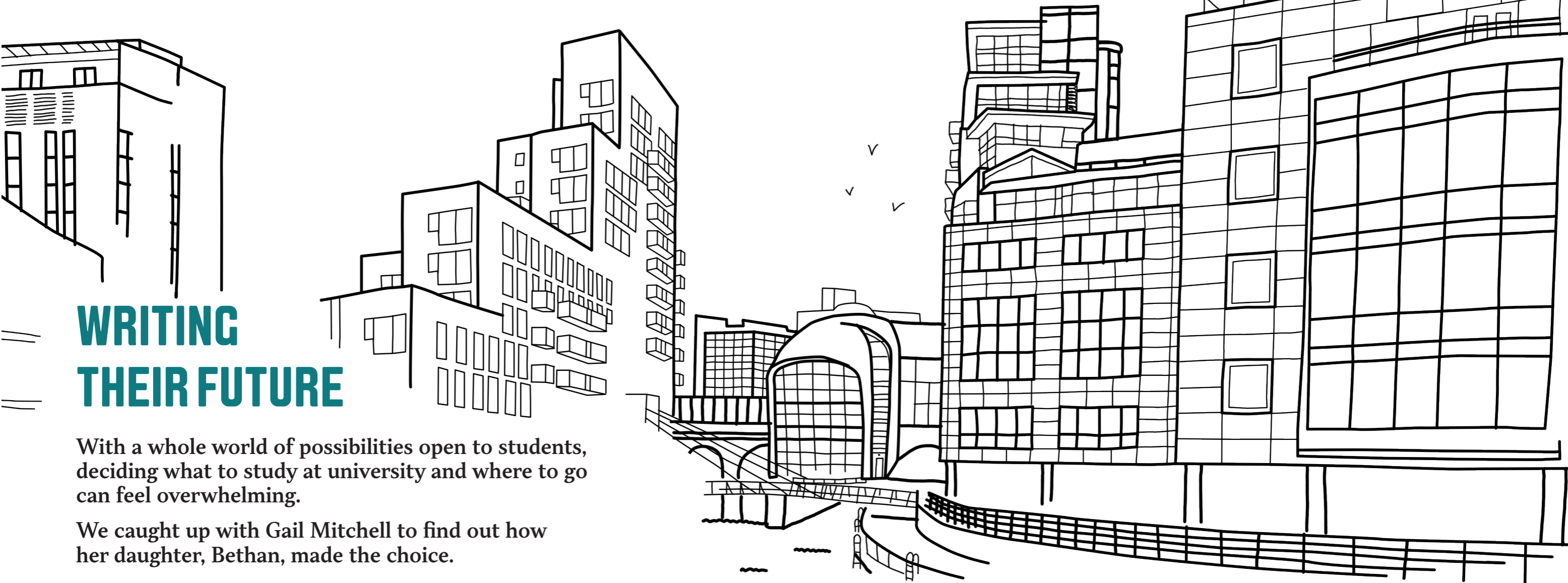
If things haven't gone according to plan, or your child changes their mind, Clearing allows them to apply again for a different course. See pages 24 -27 for more detailed advice on Clearing.



## September: Almost there...

We'll email your child ahead of their arrival with details of how to access welcome information online.

Whilst considerable care has been taken in compiling the material in this publication, and the university believes it to be accurate at the time of going to print, we have no responsibility for any reliance on such material.



# WRITING THEIR FUTURE

With a whole world of possibilities open to students, deciding what to study at university and where to go can feel overwhelming.

We caught up with Gail Mitchell to find out how her daughter, Bethan, made the choice.

“Bethan has always wanted to study English Literature, so we knew right away that was the course for her, but as it’s a degree that so many universities offer, it was a challenge to narrow down where to study.

“She took a gap year before going to uni, so we already had her grades and she knew she wanted to go to uni in a vibrant city.

“We spent time chatting about which cities she liked the idea of and how far away from home she wanted to go.

“The academic experience is obviously such an important

part, but I was also keen to make sure she got the chance to explore the world and live somewhere that she would enjoy.

“We travelled all over, attending open days and exploring cities. Having the opportunity to look around universities and speak to other students and academic staff brings the whole experience to life and gave us plenty to think about.

“I spent hours online on The Student Room getting a feel for the different undergraduate experiences and read everything the universities sent through.

## GAILS’ TOP THREE TIPS

1. Trust your child’s instincts. Whether it’s a city or campus university, go with what feels right for them.
2. Visit as many places as you can. You may be surprised by what you discover when you see them in person.
3. Use every resource available to you for applying, whether it’s through school or online. Make sure you give yourself plenty of time so you’re not rushing to meet the deadline.

“We spoke to friends and family about their experiences, but ultimately, it was Bethan’s decision to make.

“She decided to go further from home than we’d first thought which, as a single parent, I was a bit unsure about at first, as we’ve always been so close.

“It’s hard not to steer them towards what you’d like them to do, but you have to keep reminding yourself that you’re only there to guide them and at the end of the day, it’s their experience.

“When it came to actually applying and writing her personal statement, we

were really lucky because Bethan’s school were very supportive.

## “Trust their instincts and go with what feels right for them”

“We sat down together and listed out what she wanted to say in her statement, but my main role was just to encourage her and remind her how brilliant she is.

“There are also so many great resources available online to help students and parents with applying

to university. My main advice as a parent to help with applying, would be to immerse yourself in the process and trust the guidance of the professionals because they really know what they’re doing.

“I’m so pleased Bethan listened to her instincts and made the right decision for her, because she is having the best time at university.

“As a parent letting your child go away is a big deal, but it’s such a joy to watch them thrive.”



# MAKING A STATEMENT

Starting their UCAS application is a big step in the journey to university for your child. But as a parent, you might be wondering how it all works?

We spoke to Head of Admissions, Denise Dixon-Smith, who explained the process.

## Hi Denise! What's the difference between a UCAS application and a personal statement?

Think of the application as the finished element. The personal statement is just one part that contributes to this and is where applicants can tell us in their own words about themselves.

## What should be in their personal statement?

About 80% of the content should be about why they'd be a good addition to the course and about their future ambitions, academic interests and any relevant work or volunteering experience. The remainder should tell us about their interests outside of studying. We want to know about them and how they will add to our community.

## What about the rest of the UCAS form?

They should complete the application form as fully as they can and make sure they list all their qualifications and their final or predicted grades, including any re-sits they are taking.

If they're not sure of a qualification's official name or it's not listed, they should check with their tutor. If it's listed incorrectly, we may not

be able to offer them a place or their offer may be revoked later, if its conditions cannot be met.

Remind them to keep all their contact details updated too, as we send a lot of important information throughout the application process up to the start of their course.

## How many applications can you make?

Applicants can create one application each year, with up to five choices. These can be used to apply for five different courses at different universities, or different courses at the same place.

Once they've heard back from all their choices, they must make one their 'first' (firm acceptance) and one their 'second' (insurance acceptance). The rest have to be declined.

## When should they start their application?

Applicants should start thinking about and researching their choices in the summer prior to starting their application. Applications should be made as soon as they can in September when they go back to school, if not before.

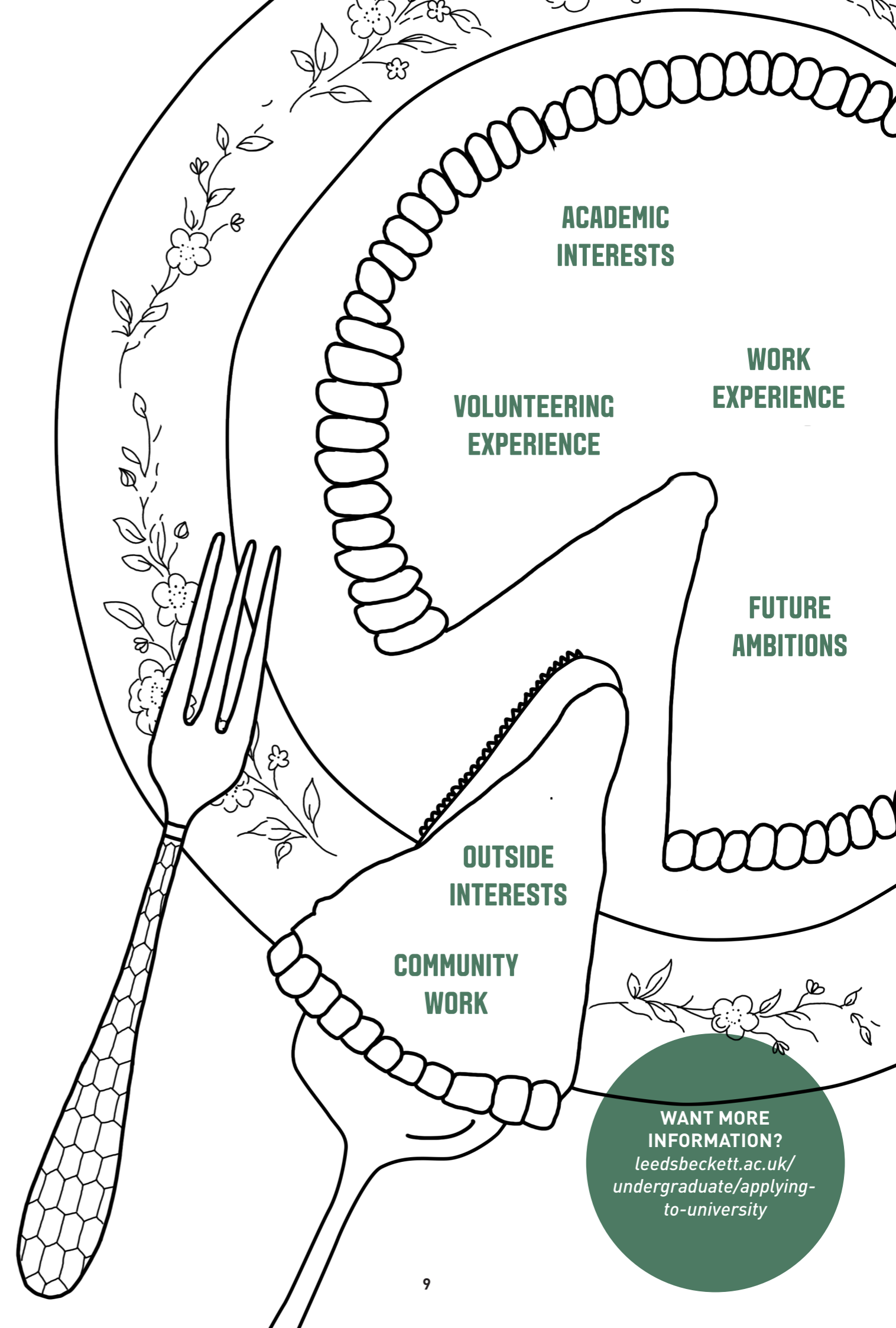
## What's the deadline?

Applications received by 6pm on the last Wednesday in January are considered to be 'on time'. All applications received 'on time' have to be given equal consideration by each university. They can of course apply after this date, but popular courses may be full and so we will not be able to consider their application further.

## What happens after they've submitted?

We review all applications against the entry criteria and send our decision to UCAS. UCAS will send your child a communication, depending on how they have opted to receive updates, when something has updated on their application. They'll need to log into their UCAS Hub account to see these changes.

We get tens of thousands of applications between October and January, so it might take two or three weeks to respond.

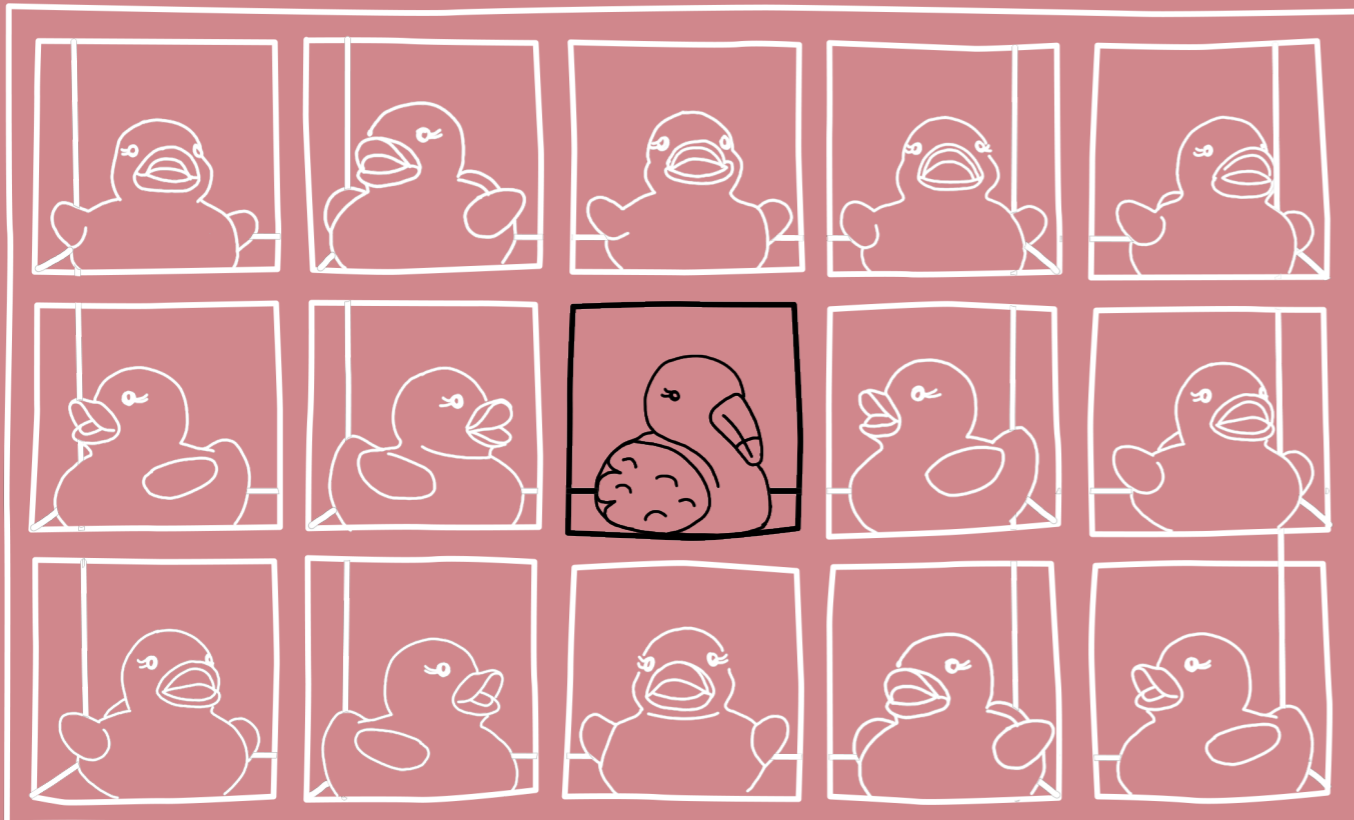


# HOW TO ENSURE THEY WRITE A GREAT PERSONAL STATEMENT

It's likely that writing a personal statement will be the most difficult part of the UCAS university application for your child.

At the end of the day, it's probably the first time they've been asked to write about themselves in this way.

Here is some advice on how you can help them to stand out.



## 1) Remind them to make a head start

The 31 January application deadline will arrive before they know it.

If they get started on it now, they will have time to work through a number of drafts with you before they reach the final one.

## 2) Be the positive critic

As a parent, you want to be positive but stay critical as well. You know your child, so you can help them highlight those positive attributes that make them stand out.

Encourage them to write about what they think makes them interesting and about any skills they have that they can apply to the course.

## 3) Encourage them to ask for feedback

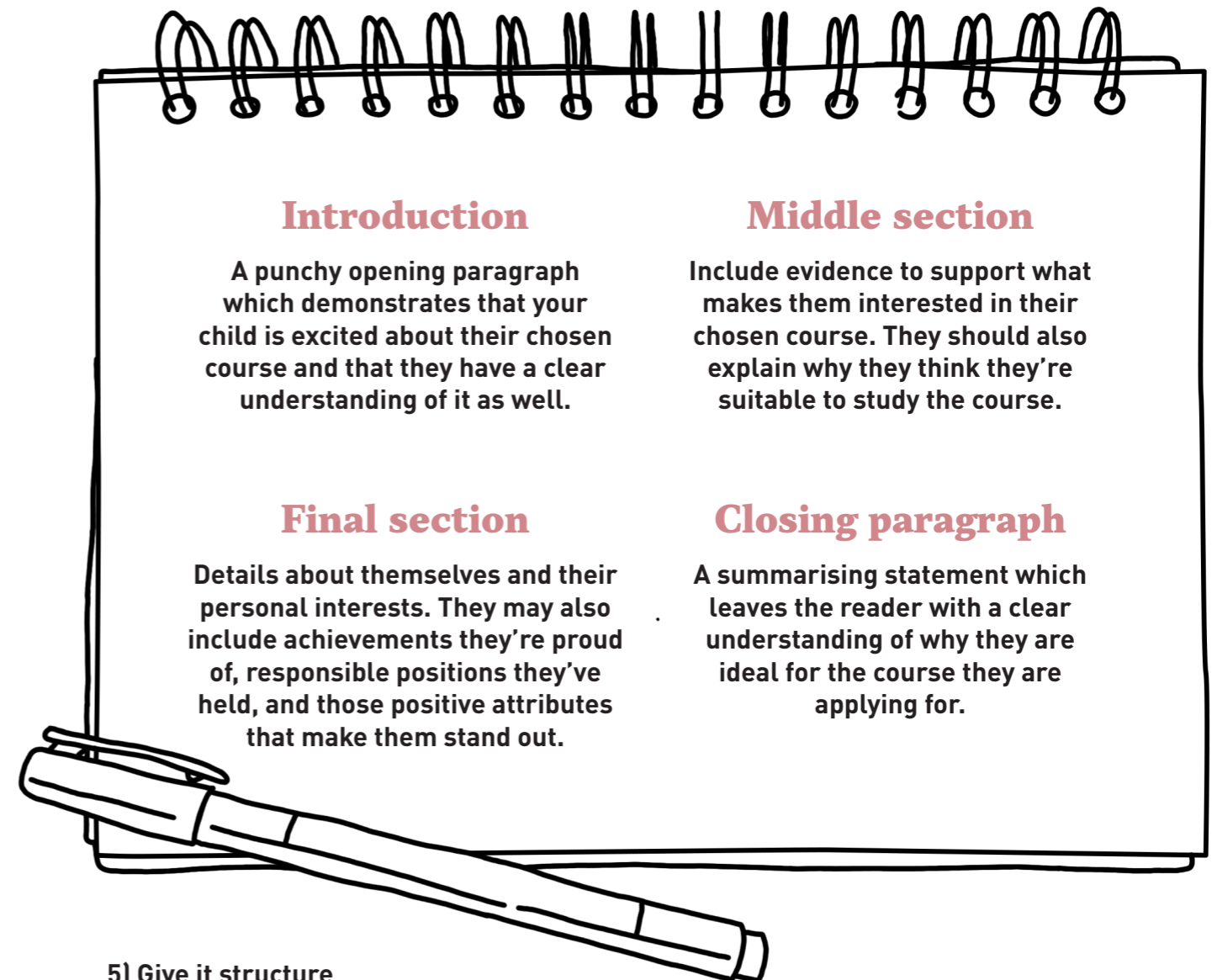
Teachers and friends spend as much time with your child as you do.

Asking them for feedback and ideas may prove to be a great source of inspiration, particularly as their friends may be in a similar position. It may also be worth them showing a first draft to a teacher.

## 4) Pulling it together

When they first start making notes, they should probably write down a lot – anything that shows why they're excited about the course they're applying for and their reasons for choosing it.

They should also list work experience or other activities as supporting evidence to demonstrate why they think they'd make a great student.



## 5) Give it structure

A good personal statement consists of the above four key parts.

## 6) Balance is key

Most universities expect applicants to split their personal statements between their academic achievements and their extra-curricular pursuits. If the extra-curricular pursuits are relevant to their chosen course, even better!

# CRUNCHING THE NUMBERS

Student finance is always a hot topic for parents, but Leeds Beckett is on hand to help demystify what can seem like an intimidating process. We caught up with John Tate, one of our student money advisors, on some of the most commonly asked questions around student finance.

## Hi John! What kinds of student finance are undergraduates entitled to?

For all students there is funding available to cover the tuition fees, as well as an additional maintenance loan to help with their accommodation and living costs while they're studying.

If your child has dependents themselves or specific disabilities, they might be entitled to additional financial help.

Healthcare students are now also entitled to the NHS training grant, providing them with extra financial support.

## Ok, so how do students apply for this funding? It sounds quite confusing.

It's actually quite a straightforward process. You only need to make one application for most of the funding, which can be done online at [gov.uk/apply-online-for-student-finance](https://www.gov.uk/apply-online-for-student-finance).

As part of the application, you will need to provide information on your household income, which will help Student Finance England (SFE) to determine how much money your child is entitled to.

You might also need to provide specific documentation to evidence this, such as a

P60 from the relevant tax year. Healthcare students also apply for the extra training grant through the NHS.

## Do you have any top tips for parents during the application process?

Get started early, ideally when applications open in the Spring before your child goes to university, as it can take time for funding to be approved.

Parents should be aware that the maintenance loan for living costs might not completely cover expenses, so you should be prepared to contribute towards these, if you're financially able to.

## What's one common myth about student finance that you'd like to bust?

It's often assumed that students should only borrow the minimum amount of money that they need to live, rather than receive the full amount that they're entitled to, due to concerns about the cost that this might later incur.

However, as repayment is based on future earnings, they may not end up paying back the full amount of their loan, so it makes sense for students to benefit from all of the financial support available to them when they most need it.

## Want more information?

The [gov.uk/student-finance](https://www.gov.uk/student-finance) website contains a lot of helpful information, as does [moneysavingexpert.co.uk](https://www.moneysavingexpert.co.uk). The Leeds Beckett website also has a dedicated money advice section with links to useful financial resources for parents and students: [leedsbeckett.ac.uk/student-information/money-advice](https://www.leedsbeckett.ac.uk/student-information/money-advice)

# COST OF LIVING SUPPORT

The cost of going to university can be a very real concern for students and their families. We've listened to our students, and we understand the financial challenges they are facing.

That's why our University has implemented measures to provide the financial support your child needs during their academic journey.

## Rent in halls

Our University absorbed 80% of the increase in accommodation costs for halls where they are the landlord, reducing the impact on students from 12.3% to 2.4%.

## Affordable meals available on campus

There is a £2 hot meal on the menu every day at Beckett Food outlets on campus.

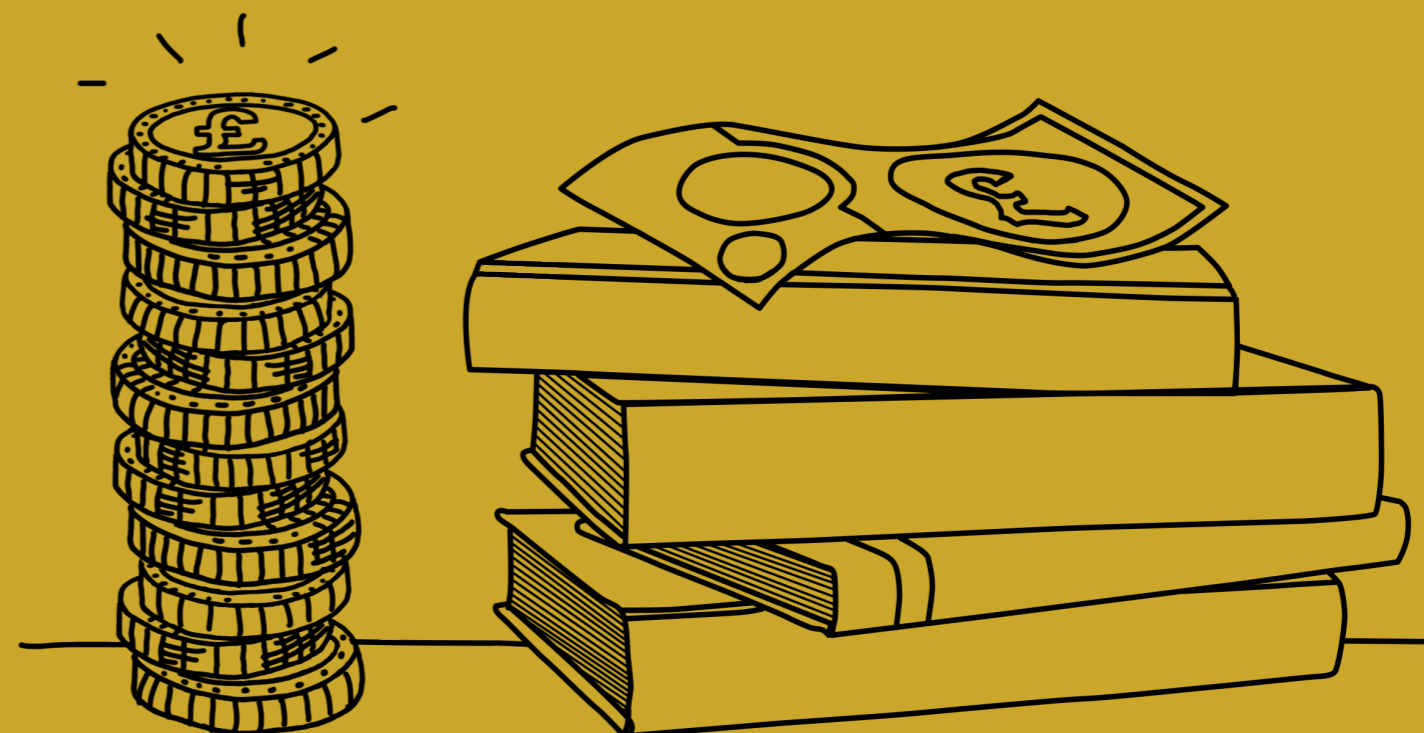
## Free shuttle bus

During term time, a free shuttle bus runs to take students and staff between both Headingley and City campuses.

## Supporting students to earn

By sticking to consistent timetables, this allows Leeds Beckett University students to plan part-time work around their learning.

**WANT MORE INFORMATION?**  
[leedsbeckettsu.co.uk/advice/cost-of-living-support](https://www.leedsbeckettsu.co.uk/advice/cost-of-living-support)





# FREQUENTLY ASKED QUESTIONS ABOUT STUDENT FINANCE

## How do I support my child when applying for Student Funding?

After your child creates an account with Student Finance England (SFE) to apply for funding, you will receive an email asking you to create an account and to provide your household income details for the previous financial year. You will need to find details of your income for the relevant year, but you won't have to provide evidence to SFE unless asked. For example, they may ask for evidence if the income details you provide don't match the records they have from HMRC or your earnings are from outside the UK.

## How much financial help should I provide to my child at university?

In 2023/24, the maximum Maintenance Loan is £9,978 for students living away from home and £8,400 for students living at home. If students are getting less than the maximum, it is expected that parents will make up the difference so that your child has enough money to live on at university.

## Does providing my income to Student Finance oblige me to make a set parental contribution?

No. Student Finance assume a 'parental contribution' based on household income, but there is no obligation to pay this or indeed stop parent(s) contributing a larger amount. The Maintenance Loan will only be based on the household income and not the declared willingness or ability of parent(s) to contribute a particular amount. Not providing income figures will result in the minimum, non-means tested part of the maintenance loan being awarded to the student, which might then mean a larger financial contribution from parents is needed.

## What is my role as a parent in applying for student funding?

If your household income is less than £62,176 (£58,246 if the student will be living at home), then providing your household income details for the previous financial year will help your child get more of the Maintenance Loan.

You do this once your child has applied for student funding. You will get an email to ask you to create an account and provide your income details.

## My income has gone down this year and I don't have as much money to help my child at university, what can I do?

You can ask SFE to do a 'current year income' assessment. You can either apply through the student's online account or access the form via the government's webpage.

You still need to provide income details for the relevant tax year first, but after that you can ask for a current year income assessment.

If your income has gone down by 15% or more since the relevant tax year, then SFE can pay an income assessed loan based on that estimate. Once actual income for the year is known the SFE will adjust the loan accordingly.

## If the student's parents are separated who provides their income details?

It is the parent who the student would usually live with. The household income assessment also includes the new partner of the student's parent, where applicable.

## Do I have to create a SFE account as a student's parent?

Yes, if you want to provide income details so that your child can get the extra, income-assessed part of the loan. This will apply if your income is below £62,176 and your child will be living away from home or £58,246 if living at home.

## I have two children who will both be going to university at the same time, is there more help for me?

If your income is below £42,875, then there is no extra help.

But, if your household income is over £42,875 then the income above that is divided by the number of children you have at university.

For example: If your household income is £62,875 and you only had one child going to university, then they would get no income-assessed part of the loan. But if you have two children going, then your income over £42,875 is divided by two (i.e.,  $\frac{£20,000}{2} = £10,000$ ).

So, only £52,875 household income would be taken into account and each child would get some income-assessed loan above the minimum. In this example that would be around £2000 extra each. Overall, in these cases the Maintenance Loan allowances for each child are slightly increased due to the reduced household income assessment.

## Is it a good idea to help to pay the tuition fees for my child from my own income, rather than them take out all the loan?

It is a personal decision whether to do this or not, but it is worth bearing in mind that the student loan is repaid according to what the student earns in the future. How much they have borrowed may not make a difference to how much they repay. Alternatives might include putting the money aside for when your

child needs it most, for example; when buying a home, a car or starting up a business.

## My child is the first in our family to go to university. Is there extra help for them?

At Leeds Beckett we have no bursary specifically for students who are the first person in their family to go to university. There are however funds to support those who encounter financial difficulty or meet other specific criteria.

For information about our scholarships and bursaries see [leedsbeckett.ac.uk/student-information/money-advice/bursaries-scholarships-and-discounts/](https://leedsbeckett.ac.uk/student-information/money-advice/bursaries-scholarships-and-discounts/)

## My child's grandparents live with us, is their income included in the household income?

Grandparents' income is never taken into account by Student Finance England.

## Should my child live at home and travel to study or get accommodation near the university?

Financially students can be better off living at home. They would get a lower rate of student loan, but the savings made would more than cover the cost of accommodation depending on the travel costs to university.

There are other, non-financial costs to take into account though, and learning to live independently, getting more involved in student life and being closer to the library and other university resources are some of the benefits of living away from home.



# INDEPENDENCE DAY

**As a parent, it's natural to have concerns about your child leaving home for the first time, but as Suzanne Corazzi explains, it's also the start of an exciting new experience.**

"Before Daniel went to university, my husband and I were nervous about him being away from home for the first time, in a new city.

"Daniel has always been very confident, but he was also worried about not knowing anyone and making new friends. As parents, it was our job to listen to his concerns and not down-play them, but just remind him how great he is.

"To help him prepare, Daniel and I spent a lot of time together choosing all the things he needed, which helped us get organised and also gave him an opportunity to pick what he liked.



"The best thing we did was make him a handwritten cookbook with easy recipes and family favourites.

"I wrote the recipes out and then, unbeknown to me, my husband went through and added lots of funny comments and instructions. The cookbook ended up being the talk of his floor and a great ice breaker.

"On the day itself, we let Daniel pick up the keys and point the way to his new halls. It's their experience, so it's important to let them take the lead.

"Although we were just as nervous, my husband and I made a conscious effort to keep positive and focus on everything good about his new room. We pointed out the local shops and chatted about all the different things he would experience living there.

"We helped him unpack the essentials, make his bed and then once he was settled, we gave him a big hug, wished him luck and left. There is a real temptation to linger and take them out for dinner, but the best thing to do is leave them to it.

"We hadn't unpacked everything in his room, so he could then spend some time doing this himself, settle in and meet his flatmates.

"One of the things I was most concerned about was him having enough food. I wanted him to move in with enough for the week, but he didn't want to.

**"Help them unpack, make the bed, hug them and wish them lots of luck, then disappear!"**

"In the end, we sent him with essentials and he and his new housemates then went on a big supermarket trip together on their first night, which was a great bonding experience for them all.

"I remember the drive back being very emotional, but you have to remember that although it's hard for you, it's not about you, it's the start of their independence."

## SUZANNE'S TOP TIPS

1. Pack everything into suitcases and containers, rather than having lots of loose items. It makes life a lot easier when you're moving their stuff into halls!
2. Help them work out a weekly budget. We calculated all the money coming in/going out so Daniel understood what budget he needed to stick to and why.
3. If you forget something, it doesn't matter. They will always be able to get hold of anything they need themselves.

# HOME COMFORTS

## LIFE IN HALLS ISN'T THE RIGHT CHOICE FOR EVERYONE

Like many parents of students at university, Diane has a daughter, Eloise, who decided that she wanted to stay at home and commute into university. Having a full-time university student in the house brings with it lots of positives, as well as a few financial and logistical factors to consider.

“When your child says they want to go to university you expect them to go into accommodation and live that university lifestyle, which Eloise has decided not to do. She wanted to stay at home and study,” says Diane.

One thing you may think about as a parent is whether your child will have the same experiences and opportunities as students living in halls.

Diane has found that Eloise has still been able to immerse herself into university life and it has been a very positive experience.

“She has had equal opportunities still living at home. She’s still had the chance to go into university and do everything all the other students that live in accommodation do, so that’s worked out really well.

“Having your child at home all the time does mean that sometimes as a parent you can be too protective.

“Rather than them spreading their wings, you are always there to pick them up if they fall so I’ve made an extra effort to encourage her to be more independent since starting uni.

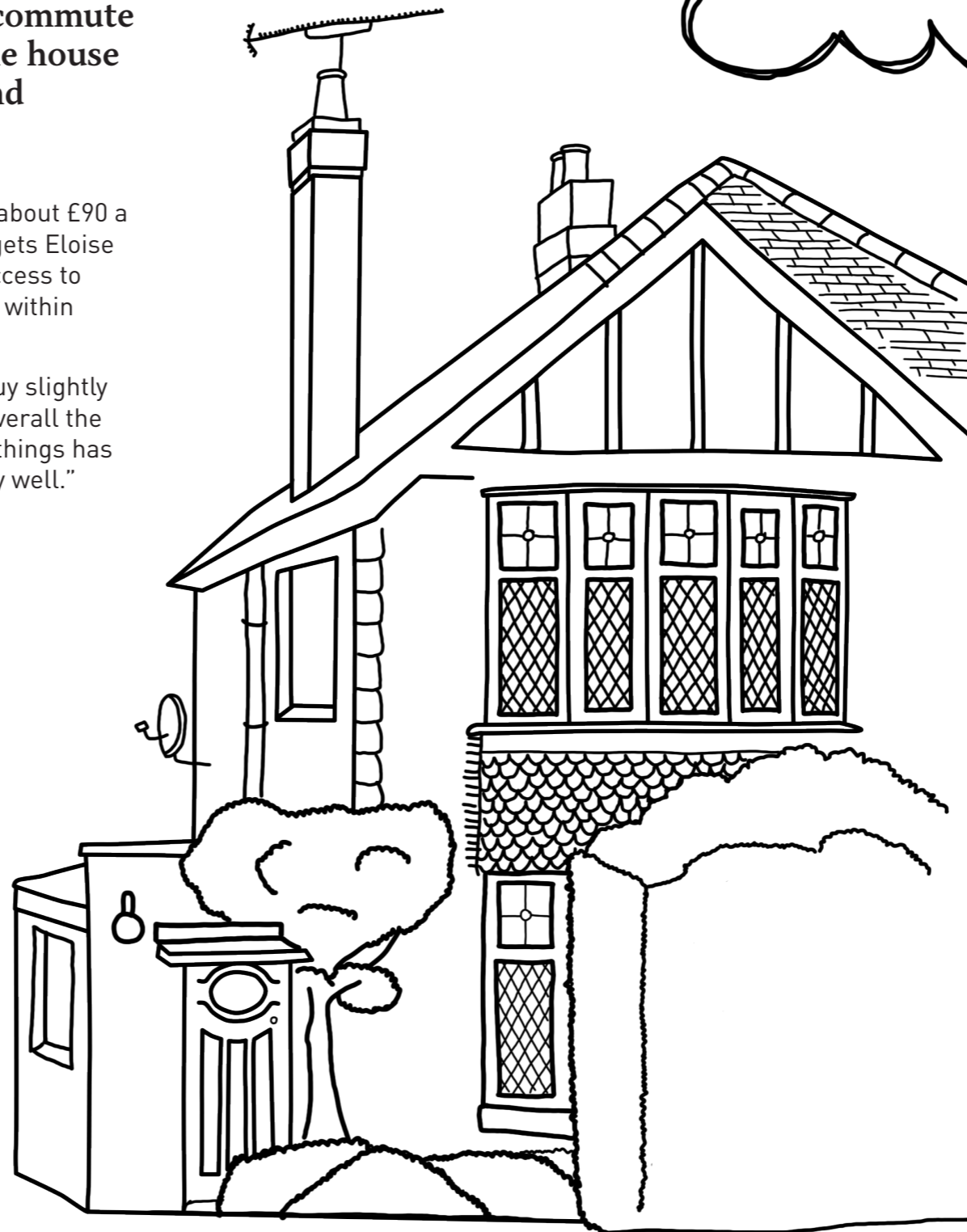
“It is something I’m very conscious of and so I actively encourage Eloise to try and solve problems on her own first before I step in to help.”

There are also financial factors to consider, such as travel costs, bills and food expenses. Diane explains how they’ve managed their finances.

“Eloise has a student loan that she uses for all of her books, laptop and necessary supplies which is great.

“Travel costs us about £90 a month and that gets Eloise an Mcard with access to buses and trains within West Yorkshire.

“I also need to buy slightly more food, but overall the financial side of things has worked out really well.”

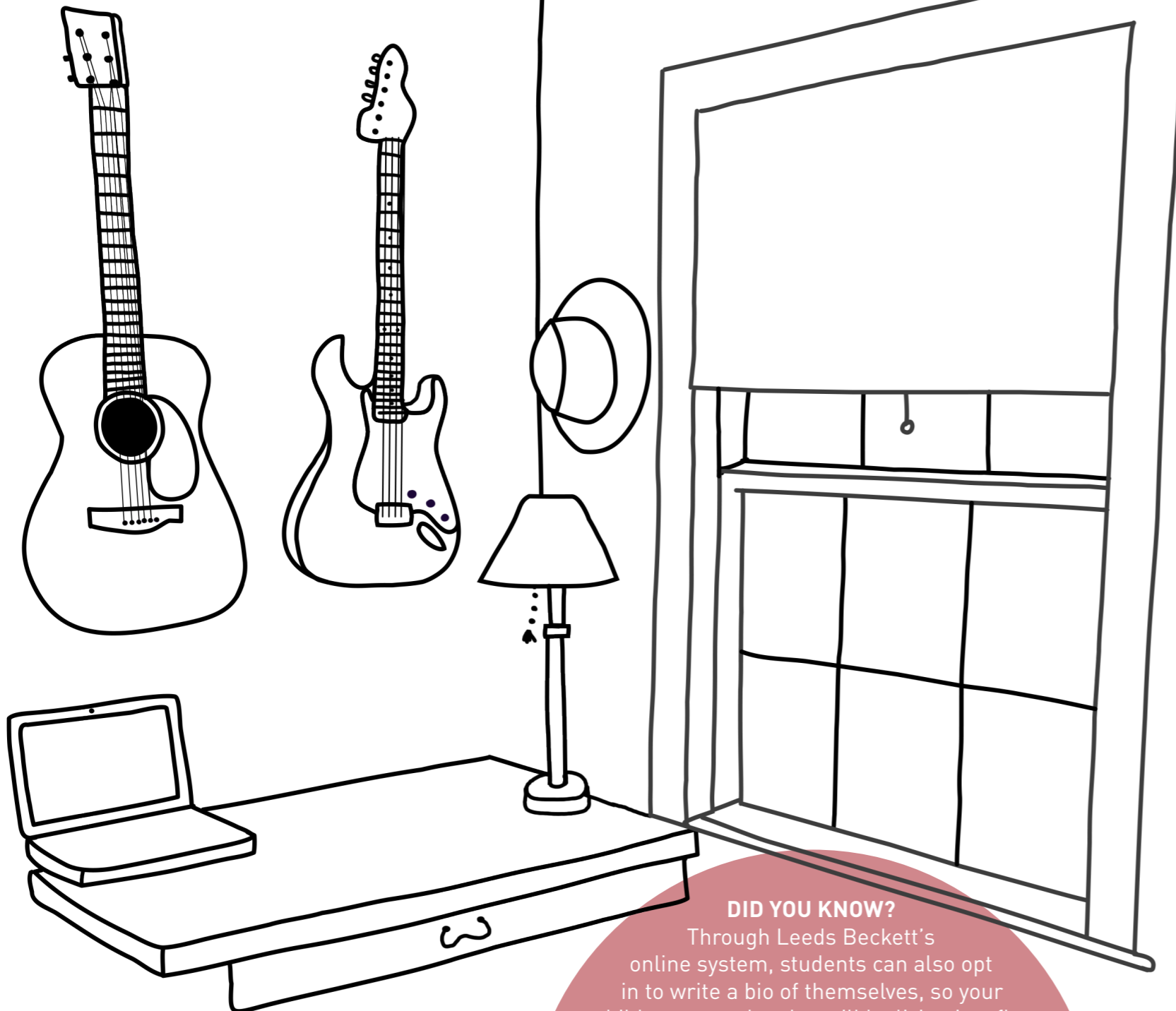


### DIANE'S TOP THREE TIPS

1. Factor in and plan for any costs having a student living at home brings. Your child may be home more at lunchtime and eating dinner with you on some evenings.
2. Encourage them to be independent. Regularly, I'll take a step back and let her try to sort it out herself first. I don't want her to go out into the world with no skills at all because I've done everything for her.
3. Provide emotional support when needed. It's good for her to know that she has someone who is in her corner if she's got problems. Being there to talk her through it really helps.

# A ROOM OF ONE'S OWN

All students need a place to lay their head, but you may be wondering whether it's best for your child to move into halls on campus or commute in from home.



## DID YOU KNOW?

Through Leeds Beckett's online system, students can also opt in to write a bio of themselves, so your child can see who else will be living in a flat before deciding where to live.

Luckily, we have Rachel Olijnyk, Accommodation Office Manager at Leeds Beckett, on hand to answer all of your questions.

**Hi Rachel! What advice have you got for my child making the decision of whether to commute or live in halls?**

There are loads of benefits to both so it's really down to your child to make the right decision for them. Living in halls is an immersive experience, with lots of opportunities to meet new people and get a feel for living independently in a safe environment.

If commuting is an option, then it's a great way of saving money and there's the same access to University facilities, like libraries, food courts and gyms, as those who live in halls. Commuting students are always welcome to stay over and visit friends in halls, so they can still benefit from the halls experience too.

**How can my child apply to live in halls?**

This can all be done online and applications should be made before the 31st of July for accommodation to be guaranteed. Once students have made Leeds Beckett their firm choice on UCAS, they'll be sent an email inviting them to book accommodation on a first-come, first-served basis.

If your child has more specific requirements, such as disabled access, please let the accommodation office know and they'll be able to provide individual support.

**How can I support my child in making this decision?**

It's really valuable for parents to be involved in the decision, particularly when budgeting is involved. But it's also important to make sure your child feels like they are making the decision for themselves.

Have an open conversation about what they'd like to do, and what's realistic, and come to a decision together.

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## Still have questions?

For further support and information, please contact the accommodation office on 0113 8125972, or email [accommodation@leedsbeckett.ac.uk](mailto:accommodation@leedsbeckett.ac.uk).

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# EMPTY NEST SYNDROME

For them it's a new adventure – leaving home for the first time, meeting new people and taking on the challenge of a degree.

For you, there are some obvious benefits too – a bit more freedom, the end of your taxi service days and regaining control of the TV remote. However, you may also be affected by what psychologists have termed 'the empty nest syndrome'.

We caught up with Dr. Steve Taylor, Senior Lecturer in Psychology at Leeds Beckett University, to explain more...

After years of nurturing, it's time for your child to become independent, to apply the life skills you've taught them, to unfold their potential and grow into their authentic selves.

This transition can bring many challenges for parents. It's likely that you'll feel a sense of loss. Your house might feel uncomfortably empty. You might feel as if you have too much free time on your hands.

After investing so much time and attention in your child, you might initially feel a little disoriented, as if you've lost one of your main purposes in life. And, if you're in a relationship, there's also your partner to consider.

Having children may mean that your relationship to your partner becomes secondary. But when children leave home, the focus shifts back to the relationship. It may mean re-connecting with your partner, spending more time together.

## More 'you' time

But the good news is that recent research suggests that the 'empty nest syndrome' may have been over-stated.

Research has even found that, although parents do feel a sense of loss when children leave home, they also feel a sense of new freedom. They enjoy having less responsibility and more time to devote to hobbies and interests.

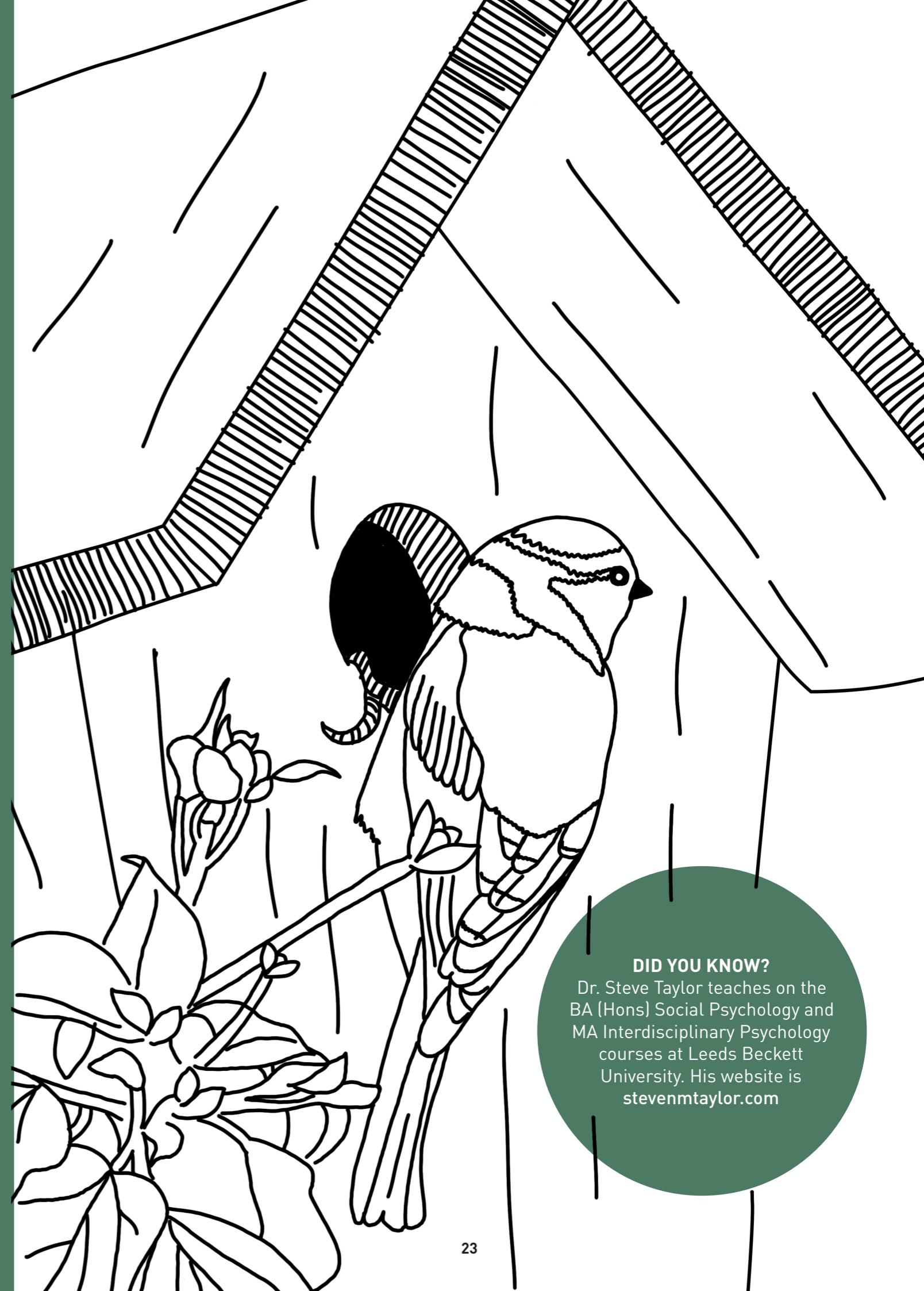
And perhaps best of all, for those in a relationship, a study published in the journal, *Psychological Science*, found that when children leave home, couples' relationships actually improve.

Couples whose children had left home reported greater satisfaction with their marriages than others whose children were still at home.

## You still have a role to play

And of course, you'll be there to support your child, only a little less directly. You'll still be there to watch them flourish, only from a little more distance.

It's not the end of your relationship with them, but the beginning of a new phase – an adult to adult relationship, rather than an adult to child one.



## DID YOU KNOW?

Dr. Steve Taylor teaches on the BA (Hons) Social Psychology and MA Interdisciplinary Psychology courses at Leeds Beckett University. His website is [stevenmtaylor.com](http://stevenmtaylor.com)



# SEEING THINGS CLEARLY NOW

When Millie Heathcote found out her A level results were not what she was expecting, her mum Jan was concerned that her daughter might struggle to find the right type of course.

However, as they both soon found out, going into Clearing is nothing to panic about.

## MILLIE'S TOP TIP

"Encourage them to do their research and get a list of Clearing courses and numbers to phone on the day should they need them."

## JAN'S TOP TIP

"Don't panic and make sure your child has a 'plan B'. If one of my other children go to university through Clearing, I won't be frightened of it next time around."



Every year thousands of people go into Clearing on results day – it's the process which helps to match up students with universities that still have places on their courses.

It can be an anxious time for parents and students but, as Jan explains, there is plenty to be positive about.

"We went to get Millie's results on the Thursday and when we found out the grades didn't meet what was needed, and she hadn't got a place on the course she was expecting, we went into Clearing," says Jan.

"Then Millie found there was an opportunity to enquire about the Events Management course at Leeds Beckett. After that, it was so easy.

"The phone was answered straight away, there was no hanging around – they talked Millie through the content of the course, made her a verbal offer for a place on the course and helped calm the whole situation down by telling her not to rush her decision."

Once Millie had found a place on a course she wanted, her attention turned to finding the right accommodation just a few weeks before the start of term.

She says: "I was worried that I might have missed out on the type of accommodation I wanted and concerned that I hadn't seen what the room would look like. The phone call to Leeds Beckett was so calming and useful, though."

Jan was very keen to ensure she had peace of mind about her daughter's accommodation and found the Leeds Beckett accommodation staff so helpful.

She explains: "My biggest concern was sorting out the accommodation. I spoke to the accommodation team who were so nice and helpful in finding the right room for Millie. I was on the phone for an hour and a half, which was just because of the amount of questions I had."

Millie also found the Clearing Open Day at Leeds Beckett hugely useful, saying: "I had a really nice day going to Headingley, looking at the library and facilities, and talking to a student from the same course about how much they were enjoying it. I loved the campus."

# IN THE CLEAR

Keep calm and carry on is a mantra that's emblazoned everywhere these days. That said, when it comes to Clearing, it's the best advice you can give your child.

As Charlotte Renwick, our Director of Marketing, Recruitment & Admissions explains, every year large numbers of students do not achieve the grades they expected and secure a place at university through Clearing, so it's worth being prepared.

## A Level and BTEC Results

It's important to remind your child that if they haven't got the grades they were hoping for, it doesn't necessarily mean they won't get the university place they wanted.

Many universities, including here at Leeds Beckett, will look at the possibility of reviewing requirements for students who have only just missed out.

They should look online at UCAS Hub on A level results day to find out if their place has been confirmed.



## CHARLOTTE'S TOP THREE TIPS FOR CLEARING

1. Research – if necessary, which are the universities they are going to ring first?
2. Keep calm – make sure they shop around and think through their decision before confirming a place.
3. If your child feels they should have achieved better grades, tell them not to rule out re-sitting and reapplying for the next cycle.

## Be ready

The question to encourage your child to start asking before results day is 'If I don't get the grades I'm hoping for, what can I do?'

Many universities, including ourselves at Leeds Beckett, release details of courses that are available through Clearing and the entry requirements from early July.

Whether it's A level results in August or BTEC results from July onwards, universities will always accept students who have been offered a place and get the grades to meet the entry requirements.

If they don't get their firm choice, they may well get their insurance choice. If they don't get that, then they can go into Clearing.



KEEP  
CALM  
AND  
CARRY  
ON

## Positive

The big message is that Clearing shouldn't be seen as a negative.

Every year thousands of students find a place through Clearing and are very happy with where they go. Encourage them to go into it with a positive frame of mind.

If your child goes through Clearing, they should ring around different universities to find out more about courses that interest them.

They will be asked about their grades and, based on those grades, they may receive a verbal offer of a place.

They may be given a number of verbal offers on the day, but they can't do anything with them until after 3pm on A level results day.

It's a cooling off period to ensure decisions are not rushed, after which students can refer themselves to their preferred university and course.

# SUPPORT ON EVERY LEVEL

Most students transition smoothly to university life. However, if you ever think your loved one needs extra help or guidance, here at Leeds Beckett University we offer various support services.

We aim to provide the best possible student experience, understanding that unexpected challenges may arise. We offer a range of services to support students with any study-related difficulties and encourage them to seek assistance from Student Advice for other aspects of student life.

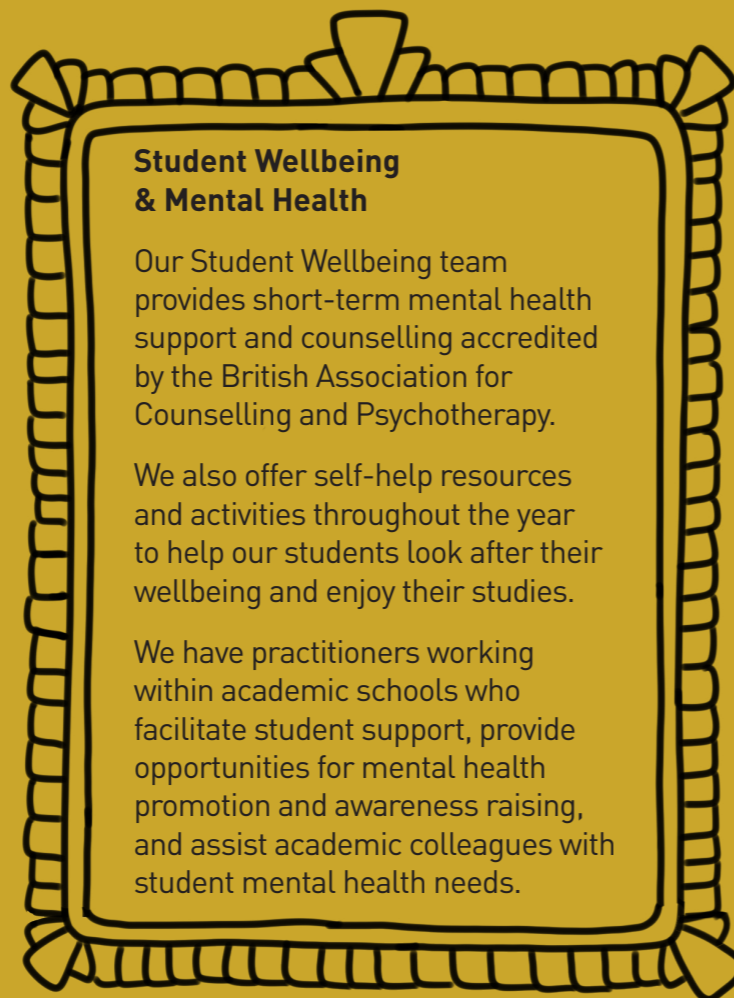
## Student Advice:

studentadvice@leedsbeckett.ac.uk  
0113 812 3000



## Student Health Guide

This year, our students will have access to an online comprehensive 'Student Health Guide'. The guide is packed full of information about life at Leeds Beckett, as well as other relevant student life topics.



## Student Wellbeing & Mental Health

Our Student Wellbeing team provides short-term mental health support and counselling accredited by the British Association for Counselling and Psychotherapy.

We also offer self-help resources and activities throughout the year to help our students look after their wellbeing and enjoy their studies.

We have practitioners working within academic schools who facilitate student support, provide opportunities for mental health promotion and awareness raising, and assist academic colleagues with student mental health needs.

## Student health while at university

We strongly encourage our students to register with one of the many GP surgeries in the local area and remain registered with their home dentist, as waiting lists for NHS dentists can be long.

Students, particularly freshers living in halls, are at higher risk of contracting infectious diseases such as meningitis or mumps. We recommend that students moving away from home are up to date with their vaccinations, including the MMR booster. All first-time students under 25 are eligible for the MenACWY vaccine through the NHS.



# OUR FIRM STANCE AGAINST HARASSMENT AND DISCRIMINATION

In our university community there is no place for bullying, any form of harassment (such as racial abuse) or sexual misconduct, which includes sexual violence. There are no exceptions to this.



## What is Support Report Respect?

Leeds Beckett University is a great place to study and work but when unacceptable behaviour occurs, it not only harms the individual target, but it also undermines the values of our institution, leading to a damaging experience and impacting on the morale and wellbeing of members of our community.

We are committed to creating and maintaining a safe, welcoming and inclusive community which nurtures a culture of respect and consideration for all.

There are a wide range of resources and support available, which includes an online form so that students can let us know if something unacceptable has happened.

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For more information on the support we offer, please visit our dedicated webpages, or contact Student Advice.

Call us: 0113 812 3000

Email: [studentsupportreport@leedsbeckett.ac.uk](mailto:studentsupportreport@leedsbeckett.ac.uk)

Visit: [leedsbeckett.ac.uk/our-community/support-report-respect/](http://leedsbeckett.ac.uk/our-community/support-report-respect/)

Visit: [leedsbeckett.ac.uk/our-university/equality-and-inclusion/](http://leedsbeckett.ac.uk/our-university/equality-and-inclusion/)

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# DISABILITY ADVICE TEAM

Creating a level playing field for all our students is an important part of the culture here at Leeds Beckett.

If your child has a disability or thinks that they might, it is important that they register with us as soon as possible, so we can begin identifying any support and organising it before their studies begin.

Disability Advisers recommend individual adjustments for your child and will produce a Reasonable Adjustment Plan (RAP) which is then circulated to their Course Team to implement.

It is extremely important that all disabled students apply for Disabled Students' Allowance (DSA), which is a government grant to cover the extra costs of studying at university related to their disability, in addition to the support that the university provides.

Students should apply as soon as possible as the process can take as long as 14 weeks. Please visit our DSA webpage for more details.



To register please visit [myhub.leedsbeckett.ac.uk/students/login](https://myhub.leedsbeckett.ac.uk/students/login)

To visit our DSA webpage please go to [leedsbeckett.ac.uk/studenthub/disability-advice/](https://leedsbeckett.ac.uk/studenthub/disability-advice/)

## What support is available?

Support is available to students with a range of disabilities and long term conditions such as dyslexia, dyspraxia, a mental health condition (e.g. depression or anxiety), a long term health condition (e.g. epilepsy, diabetes, etc.), autism, a physical or a sensory condition.

We tailor our support on an individual basis to ensure that your child will receive the most effective support for them.

Examples of support that our students have found useful are:

- Exam or Assessment adjustments (e.g. extra time, use of a PC, etc.).
- Support with reading and research (e.g. extended book loans, assistance to locate or/and collect research material, access to alternative formats, etc.).
- Access to handouts and notes in advance of taught sessions.
- Additional support from tutors (e.g. assistance to catch up on missed work or to check their understanding, as required).
- Permission to record taught sessions.

## Examples of DSA support are:

- Access to specialist equipment and assistive software (e.g. text to speech to assist with research and proofreading, mind mapping to assist with planning and organising work, a recording device to assist with note taking, etc.).
  - 1:1 Support (e.g. Mentoring, Study Skills tuition, etc.).
- If you, or your child, would like to find out more, please call us on 0113 812 5831, or email [disabilityadvice@leedsbeckett.ac.uk](mailto:disabilityadvice@leedsbeckett.ac.uk).



## Leeds Beckett University Disability Assessment Centre

At Leeds Beckett, we have a dedicated Disability Assessment Centre (DSA), which assesses study needs as part of the Disabled Students' Allowance process.

If your child has received a letter from DSA instructing them to book an assessment,

encourage them to get in touch by calling us on 0113 8123357, or emailing [dac@leedsbeckett.ac.uk](mailto:dac@leedsbeckett.ac.uk).

We are able to offer online remote assessments.

More information can be found here: [leedsbeckett.ac.uk/student-information/disability-advice/disability-assessment-centre/](https://leedsbeckett.ac.uk/student-information/disability-advice/disability-assessment-centre/)



# CAREERS SUPPORT FOR OUR STUDENTS & GRADUATES

**A degree can lead to multiple career pathways. Beckett Careers is here to encourage your child to be curious about their options, capable in their ability to navigate the jobs market and confident in taking the next steps in their career.**

Throughout their studies, your child will have the chance to connect with employers and industry professionals who are here to open minds and doors to new opportunities. To help them in exploring their options, we work with course teams to embed employability in the curriculum.

We also provide one-to-one guidance, career workshops every week and a variety of Careers Fairs throughout the academic year. Additionally, our students can access a range of nationally acclaimed, professional development programmes which are run in collaboration with employers. Our Graduate Progression Team is then here to provide careers support beyond Beckett for up to five years after graduation.

## Work experience

We know that building industry experience and making professional connections is an important aspect of a student's university experience. Our Experiential Learning team offers opportunities to connect curriculum learning with the workplace through our Skills Hub and embedded work-related experiences. These include consultancy projects, volunteering, work shadowing, summer internships and business-led competitions. We also advertise hundreds of job vacancies on our My Hub careers site including part-time jobs, placements, and graduate programmes.

## Peer-to-peer support

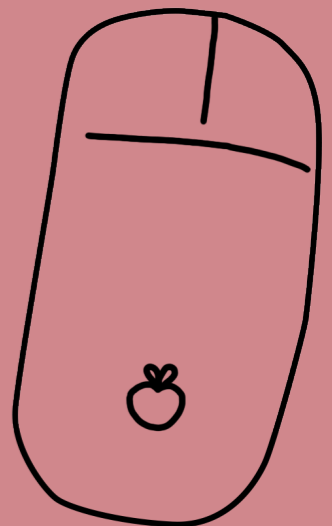
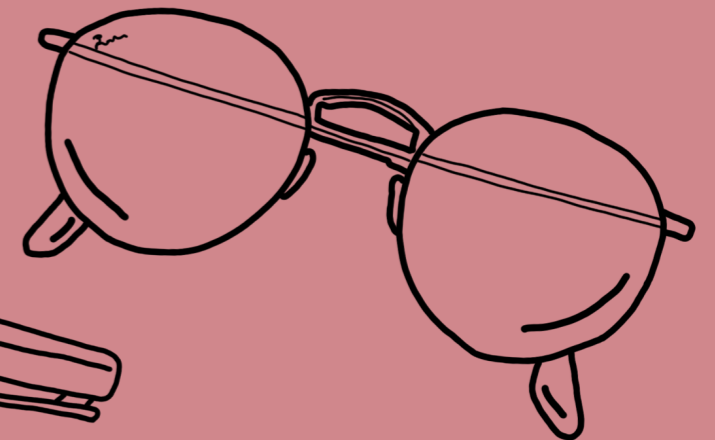
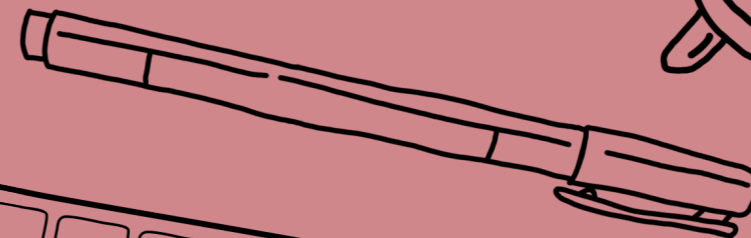
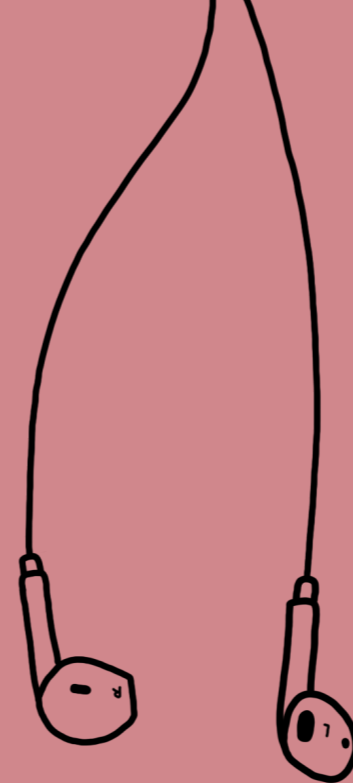
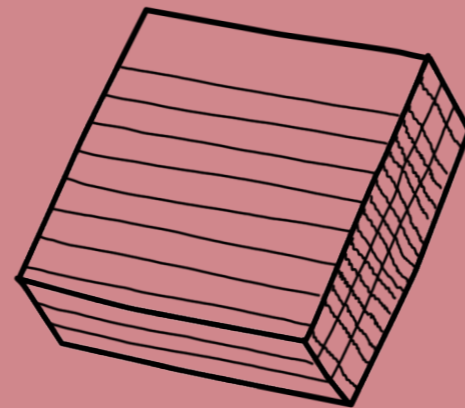
Our team of Student Careers Ambassadors ensure that Beckett Careers remains accessible and responsive to student needs and feedback. Careers Ambassadors are here to support your child in navigating their career choices and encourage them to invest time in employability-related activities from an early point in their studies.

## Earning while learning

We know that finding paid work that is flexible enough to fit around academic commitments, is crucial for many of our students. Right from the moment that your child starts at Leeds Beckett University, they are supported in exploring work opportunities. In September every year we run a part-time jobs fair where students can connect with employers and explore a variety of work options. Beckett Careers will also help them in reflecting on and articulating the skills gained through their part-time employment.

## 24/7 Access

MyHub is the online gateway to Beckett Careers. On MyHub, students can access careers events, e-learning, training, careers resources, and appointments. MyHub will provide your child with 24/7 access to careers support, with regular updates and activities.



**OUR UNIVERSITY IS  
THIS YEAR'S BIGGEST  
CLIMBERS IN THE COMPLETE  
UNIVERSITY GUIDE TABLE  
- UP 40 PLACES**



# RECIPES FOR SUCCESS

Think student food, and you probably think Pot Noodles for breakfast and beans eaten from the can. It needn't be like this.

Spend a couple of hours in the kitchen with your child before they leave, and hopefully they'll be able to go without the take-away menu for at least a week.

Knowing a few recipes to make in halls is also a simple, cost-effective way to make new friends.

## Veg curry

No expensive spices needed – just a decent jar of curry sauce will do.

This recipe serves four, so save some into a Tupperware (or, ahem, empty take-away container) for later.

- 450g jar of curry sauce, any flavour
- Plenty of fresh veg like tomatoes, pepper, courgette, potato, spinach
- 1 onion
- 1 garlic clove
- 1 235g tin of pulses like chickpeas
- 50g rice per person
- 2 tbsp olive oil

Heat the oil in a large pan. Chop the onion and garlic and add this to the hot oil. Fry for 2-3 mins then add the chopped veg.

Fry for another 2-3 mins before adding the drained can of pulses and giving it all a good stir.

Add the jar of curry sauce, give it another stir, and simmer for 15 mins. In the meantime, prepare the rice. Keep stirring every so often to stop everything sticking to the side. Once the rice is done, rinse and serve with the curry.

## Meatballs and spaghetti

Use Quorn to make it veggie friendly, or buy frozen meat for extra value. Serves 2.

- 6 cream crackers or 2 slices of stale bread
- 250g minced beef or Quorn
- 1 egg
- Salt and pepper
- 1 jar of Bolognese sauce
- 50g spaghetti per person
- 2-3 tbsp olive oil
- Bit of cheese (optional)

In a large bowl, break your crackers into fine pieces using the end of a rolling pin, or if you're using bread, crumble it into breadcrumbs. Add the mince and egg, season with salt and pepper, and mix.

Divide the mix into four large balls then divide each of these into two smaller meatballs. Roll them between your hands to get an even shape.

Heat the oil in a frying pan then add the meatballs – keep turning them so they cook evenly throughout. At the same time, put the pasta on to cook – by the time the spaghetti is ready, the meatballs should be too.

Add the jar of sauce to the meatballs, gently heating it through. When the spaghetti is ready, dish it out, add the meatballs and pour over any remaining sauce. Grate cheese on top if you're feeling fancy.

## Rocky Road

Everyone loves a sweet treat, plus it's a great way to make friends. This recipe is dead easy and you can throw in pretty much any sugary goods you have lying around. Serves 12 (ish).

- 300g chocolate, the darker the better
- 200g rich tea or digestive biscuits
- 100g marshmallows
- 125g butter or cooking margarine
- 3 tbsp golden syrup
- Splash of double cream (optional)

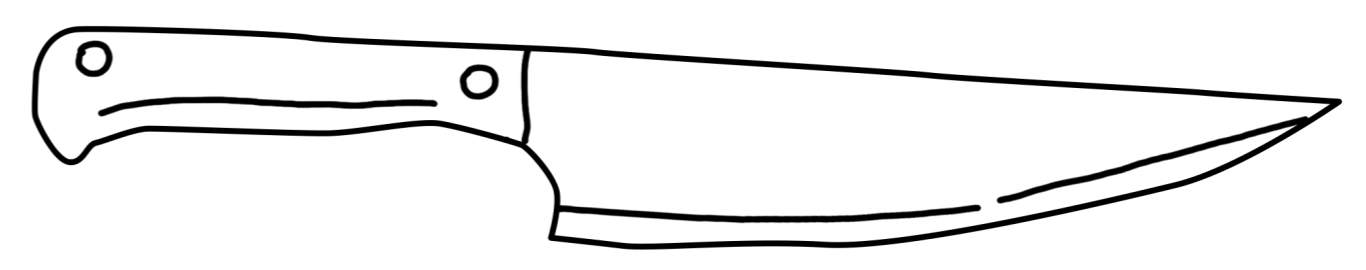
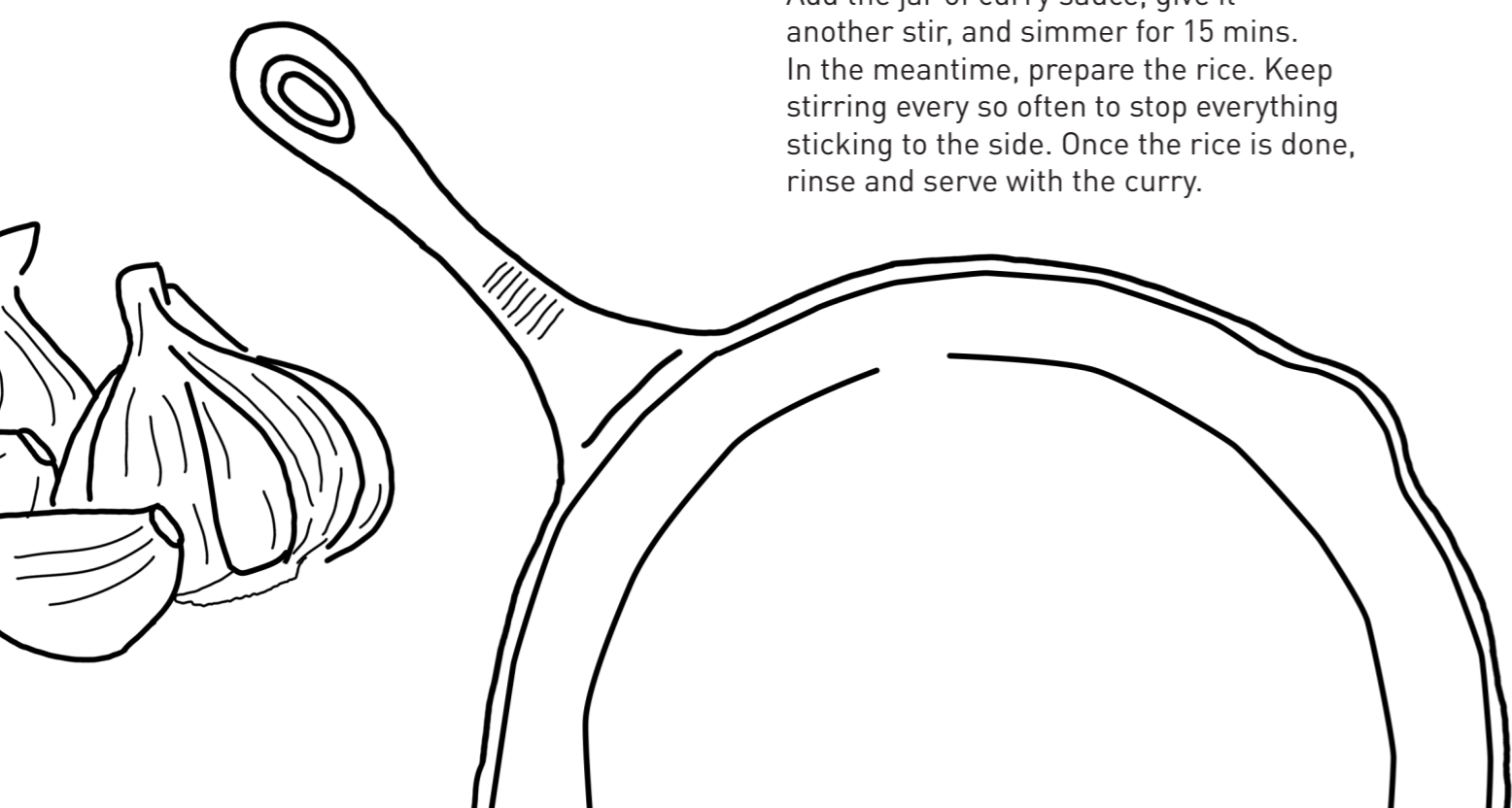
Use the end of a rolling pin to break the biscuits into small pieces.

Gently melt the chocolate, butter and golden syrup in a large pan. Add a splash of double cream to thicken it.

Once melted, pour 100ml of this into a cup or jug to use later. Add the biscuit pieces and marshmallows to the remaining mixture and stir well.

Pour/scoop the mixture into a shallow baking dish, or disposable foil tray. Pour over the remaining melted chocolate mix and smooth over.

Leave to set in the fridge for a couple of hours before cutting into bite-size pieces. and diving in.



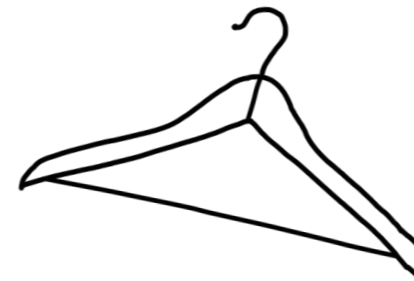
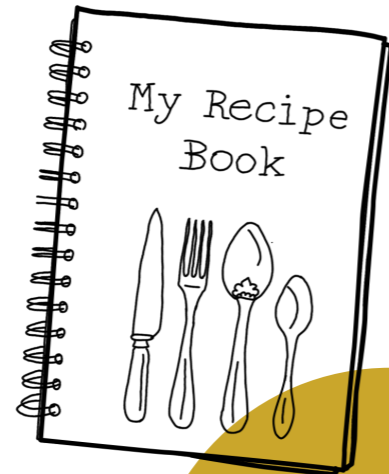
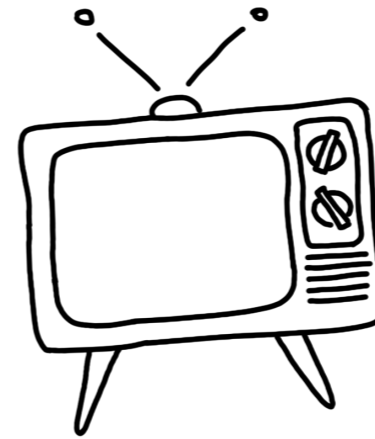


# ESSENTIALS TO SEND THEM ON THEIR WAY

The day has come to let your child loose on the world – they're off to uni.

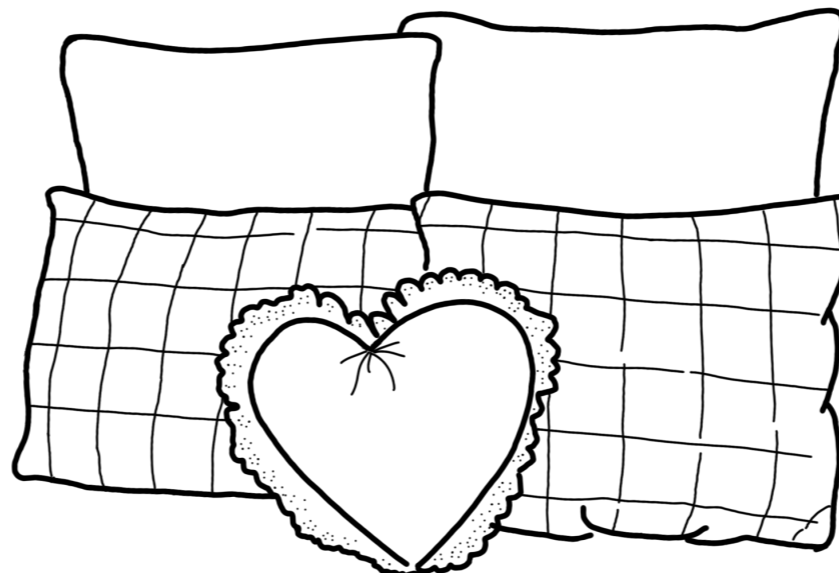
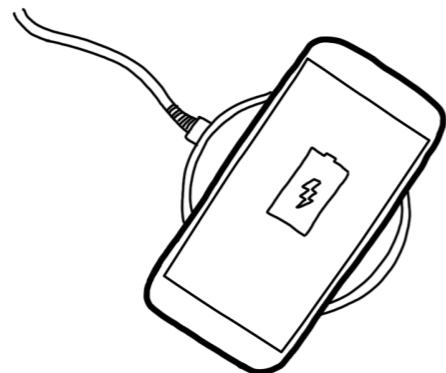
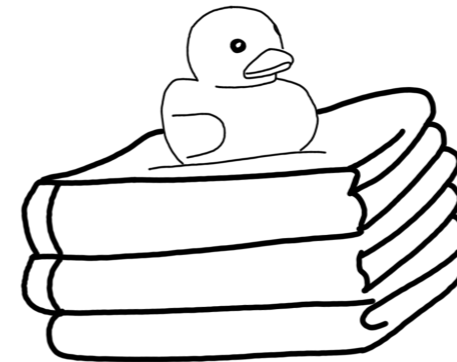
Below is a handy list of the essential items they should consider or bring with them when moving in to university accommodation:

1. TV Licence – Some of our halls already have licences for TVs in communal areas, but encourage your child to check first. This licence won't cover them in their own rooms though and they'll need one for watching live TV programmes on any device, whether it's a TV, laptop, mobile, or games consoles.
2. Bedding – The last thing you want when your child has arrived at uni is that dreaded phone call saying they forgot something, especially if it's something that keeps them warm and cosy on a night.
3. Coat hangers – They'll want to keep their clothes looking as neat as possible, so coat hangers are a must – they'll also reduce the need for more ironing!
4. Towels – There's nothing worse than stepping out of the shower and suddenly realising you've not brought your towel into the bathroom, or worse – you haven't packed one at all.



## DOUBLE CHECK WHAT TO BRING:

[leedsbeckett.ac.uk/student-experience/accommodation/living-in-halls/what-to-bring](https://leedsbeckett.ac.uk/student-experience/accommodation/living-in-halls/what-to-bring)



5. Kitchenware – They'll need cutlery, crockery and some pots and pans to cook and sample those delicious recipes you've taught them from page 34.

6. Electronic communication devices (laptop, tablet, or mobile) – Well you need to keep track of them somehow, be it via phone, email or social media – we're pretty confident your child will have access to at least one of these at all times.

7. Chargers – You don't want them to run out of juice and not be able to get in touch at least every now and again.

8. Recipe book – For many students this is the first time they will have cooked regularly for themselves. Give them a fighting chance - all that studying is hungry work!

9. Food Credit & Rewards – Here at Leeds Beckett, you have the opportunity to place credit on a digital wallet for your child so they can have a meal on campus if they're ever running a little short of money.

They can also join the Food Court Rewards scheme to earn loyalty points and enjoy exclusive offers: [leedsbeckett.ac.uk/beckettfood/reward-card/](https://leedsbeckett.ac.uk/beckettfood/reward-card/)

10. Family photos – A little something to keep the homesickness at bay.

# DISCOVER WHAT WE ARE ALL ABOUT

For many students and their parents, going to university is a big and sometimes daunting step. Visiting Leeds Beckett for one of our campus events is one of the best ways to prepare for such a change.

## Undergraduate Open Days

Open Days are normally attended by students (and their parents) in year 12 or 13, lower 6th form, or first year of college, though we also get many younger students attending - it is never too early to start thinking about their future.

The whole university opens, giving them and yourselves the chance to talk to lecturers and current students about the courses they are interested in.

We run a range of presentations throughout the day about the different subject areas, student finance, a parents' talk, sports and active lifestyles and accommodation options.

You also get the chance to visit some of our accommodation to discover where your child may be living and look around the campuses to get a feel for student life at Leeds Beckett University.

## Applicant Events

If we make your child an offer to study their chosen course at Leeds Beckett University, we'll send them an invitation to attend one of our Applicant events.

These events happen later in the application process. They are more focused, with specific timetables tailored to the specific course that your child have applied to. They generally include more in-depth course talks than those offered at the Open Day, with many including a practical workshop and, where appropriate, a specialist facilities tour.

They still give you the chance to see our accommodation and tour the campus. We strongly recommend them as something you should encourage your child to attend.

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## Information for when they need it:

There's no need for your child to wait for our events though.

Our students regularly share blogs and vlogs about life at Leeds Beckett, while we also have students available to chat via Unibuddy to answer any questions that might crop up:

Our Applicants hub:  
[leedsbeckett.ac.uk/  
lbvirtualexperience/prepare-for-uni/](https://leedsbeckett.ac.uk/lbvirtualexperience/prepare-for-uni/)

Blogs and vlogs from our students:  
[leedsbeckett.ac.uk/blogs/student-blog-squad/](https://leedsbeckett.ac.uk/blogs/student-blog-squad/)

Talk to a student on Unibuddy:  
[leedsbeckett.ac.uk/  
talk-to-a-student/](https://leedsbeckett.ac.uk/talk-to-a-student/)

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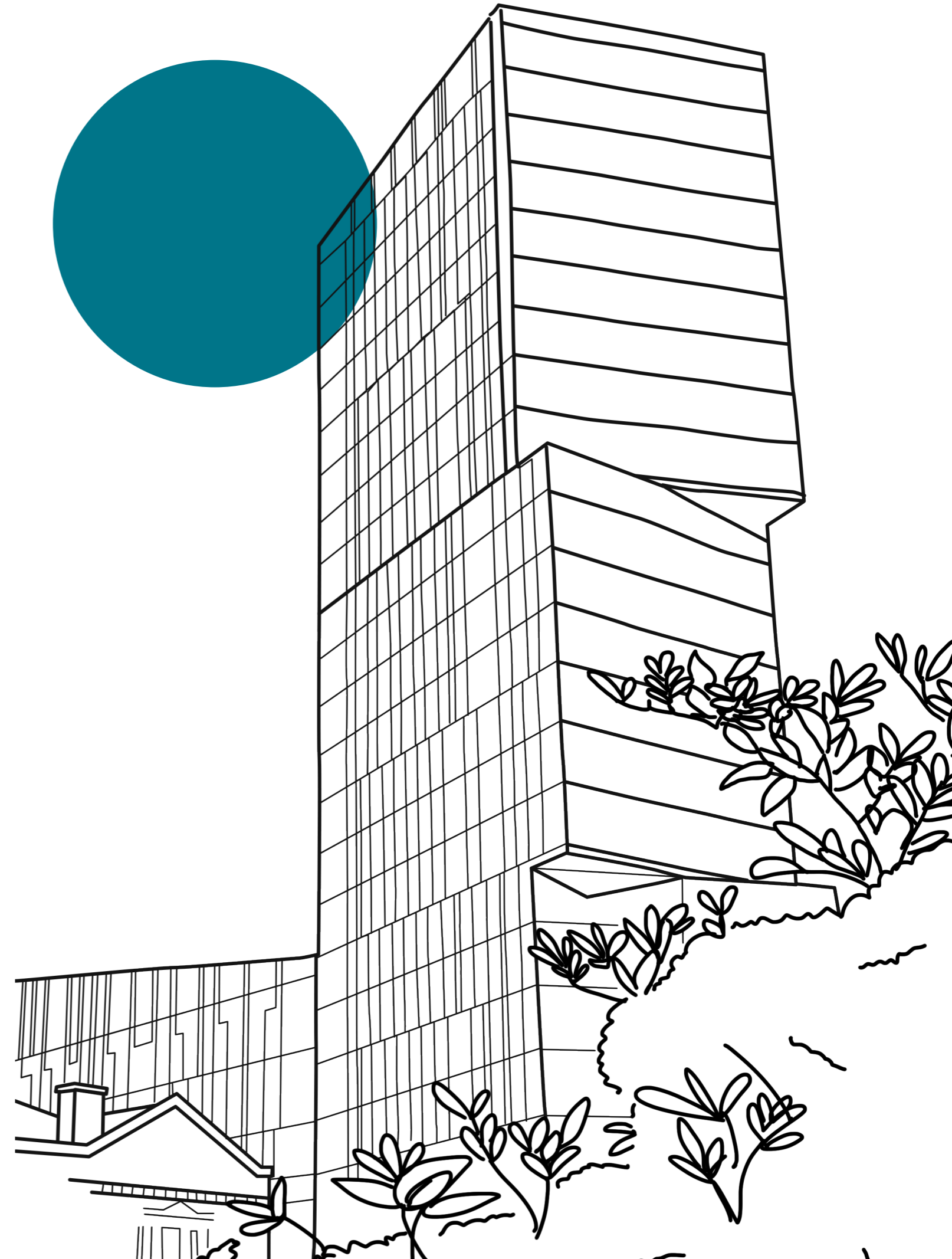
 [leedsbeckett.ac.uk](https://leedsbeckett.ac.uk)

 [Leeds Beckett University](https://www.facebook.com/LeedsBeckettUniversity)

 [leedsbeckettofficial](https://www.instagram.com/leedsbeckettofficial)

 [@leedsbeckett](https://twitter.com/leedsbeckett)

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# USEFUL CONTACTS

## Switchboard

+44 (0)113 812 0000

## Admission Enquiries

+44 (0)113 812 3113

[admissionsenquiries@leedsbeckett.ac.uk](mailto:admissionsenquiries@leedsbeckett.ac.uk)

## Accommodation

+44 (0) 113 812 5972

[accommodation@leedsbeckett.ac.uk](mailto:accommodation@leedsbeckett.ac.uk)

## Student Advice

+44 (0)113 812 3000

## International Office

+44 (0)113 812 1111

[internationaloffice@leedsbeckett.ac.uk](mailto:internationaloffice@leedsbeckett.ac.uk)

## Online Prospectus

[courses.leedsbeckett.ac.uk](https://courses.leedsbeckett.ac.uk)

## UCAS

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