

International Student Support at the University of Brighton

Sarah Herbert

International Student Support Officer



University of Brighton

Who are we?

18k+

OVER 18,000
UNDERGRADUATE
AND POSTGRADUATE
STUDENTS

2.4k+

OVER 2,400
STAFF

500+

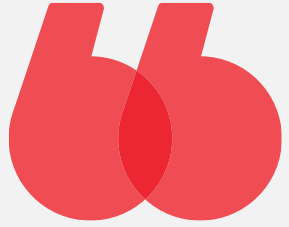
OVER 500
COURSES

180k+

NETWORK OF
180,000+ ALUMNI
ACROSS OVER
140 COUNTRIES



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The University of Brighton is proud to be a truly international university. We're a global community made up of staff and students from over 150 countries around the world. Whether you are a new international student coming to the UK for the first time, or a returning student who has studied with us before, we'll help you settle in to your new environment and support you every step of the way.'

John Killeen – International Advice and Support Manager



Challenges of starting at university

All new students face challenges when starting at university, not just international students!

- Adjusting to a new environment to live and study
- Missing home, family and friends
- Balancing your studies with your social life
- Pressure from family to do well
- Managing your finances
- Finding part time work



Additional challenges for international students

- Language barrier (in some cases)
- A new academic system and expectations
- Time difference between UK and home
- Working out everyday life: shops, transport, banking, mobile phones.
- Adjusting to many aspects of a new culture.



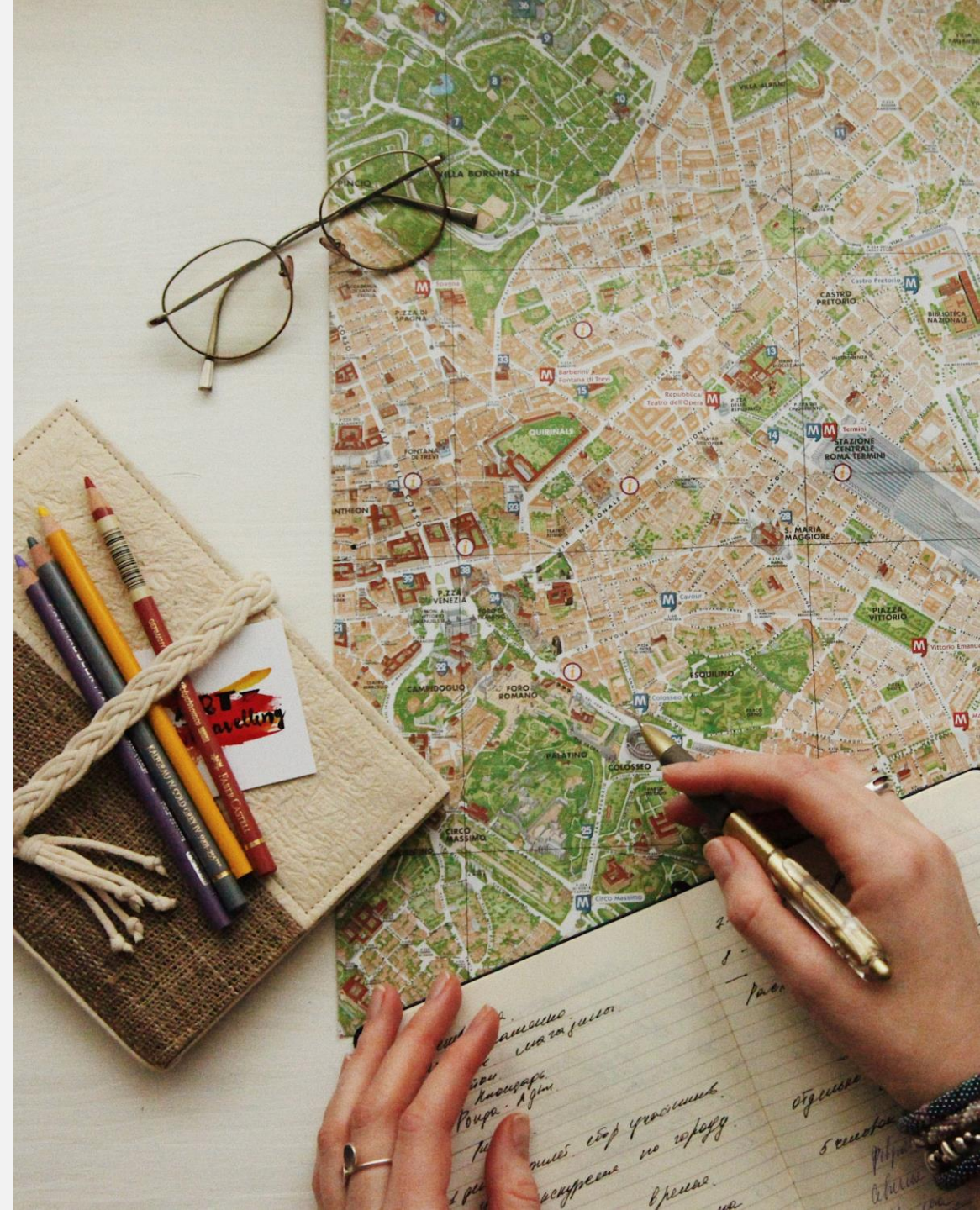
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Culture Shock

Culture Shock: describes the experience of moving from a familiar culture to a new and unfamiliar one.

Shock of being separate from family, friends and support system. Change in the 'background' to our lives - familiar sights, sounds and even smells.

Characterised by uncertainty, loneliness, fear and frustration. Jetlag can add to overall feelings.



Causes of culture shock

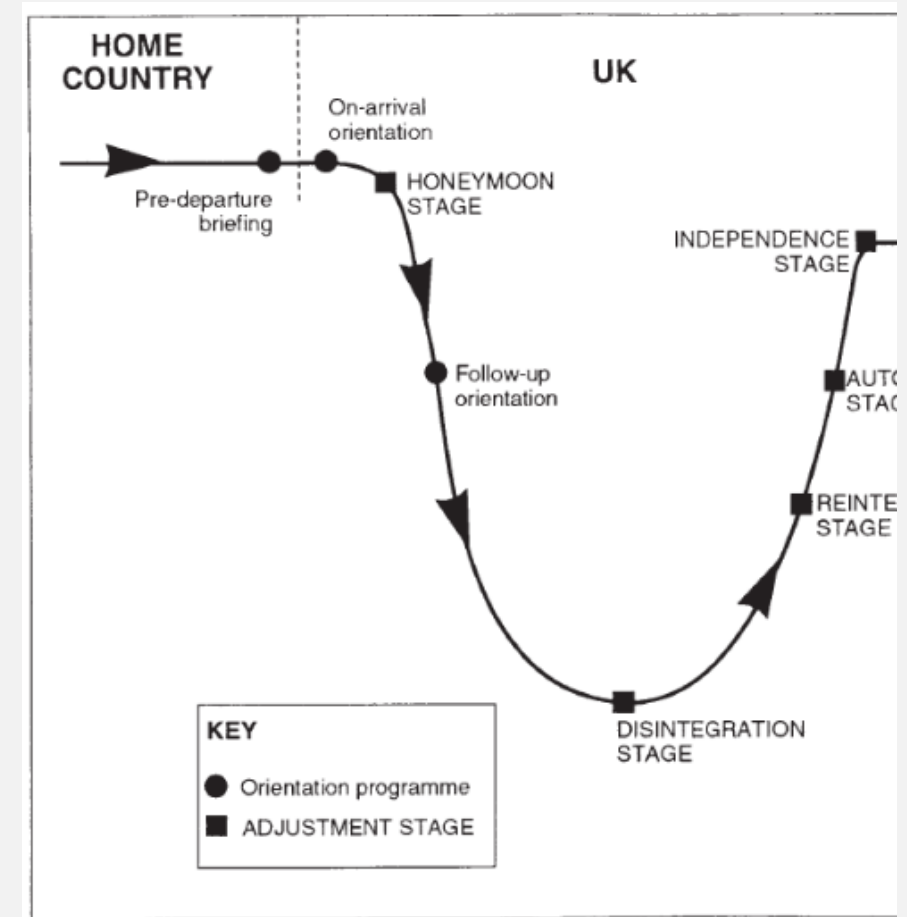
- +Climate
- +Food
- +Language
- +Dress
- +Social roles
- +‘Rules’ of behaviour
- +Values



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Stages of culture shock

- + **1. Honeymoon:** When you first arrive in a new culture, differences are intriguing and you may feel excited, stimulated and curious. At this stage you are still protected by the close memory of your home culture.
- + **2. Distress:** A little later, differences in the culture may make you feel confused, isolated or inadequate as cultural differences intrude and familiar supports (eg family or friends) are not immediately available.
- + **3. Reintegration:** Next you may reject the differences you encounter. You may feel angry or frustrated, or hostile to the new culture. At this stage you may be conscious mainly of how much you dislike it compared to home. Don't worry, as this is quite a healthy reaction. You are reconnecting with what you value about yourself and your own culture.
- + **4. Autonomy:** Differences and similarities are accepted. You may feel relaxed and more confident as you become more familiar with situations and feel able to cope with new situations based on your growing experience.
- + **5. Independence:** Differences and similarities are valued and important. You may feel full of potential and able to trust yourself in all kinds of situations. Most situations become enjoyable and you are able to make choices according to your preferences and values.



Source: [UKCISA - international student advice and guidance - Facing culture shock](#)



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Dealing with culture shock

- Recognise it is normal and inevitable part of moving to a new country.
- Accept it is okay not to know everything straight away!
- More information [UKCISA - international student advice and guidance - Facing culture shock](#)
- Make the most of university support services, opportunities to get involved with university life, and to make new friends outlined in this presentation.
- Ask for help if you need it!



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How you will be supported at the University of Brighton

Support within your academic school

- Personal academic tutor
- Student support and guidance tutors (SSGTs)
- Brighton Skills Hub

Central support services

- International student support and advice
- Wellbeing services



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Getting involved in university life...

Brighton Student Union

- Events and socials
- Student led societies
- Sports clubs

Sport Brighton

- Gym and sports facilities
- Parklife programme
- Sports clubs

Other opportunities

- International social events
- Active Student volunteering



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Personal academic tutor (PAT)

- + Will be assigned at the start of your course.
- + Academic from your school.
- + Support you with all academic aspects of course that are not related to specific module content i.e. guiding you through assessment feedback.
- + Will meet them during induction week, and then one or two other scheduled meetings each
- + Help you identify the skills you wish to develop to make the most of your degree, offer guidance on how to act on feedback from modules, and will help you identify how you can enhance your future career prospects.



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Student Support and Guidance Tutor (SSGT)

- + Support with any issue affecting your studies, your wellbeing or your student experience.
- + Work closely with Personal Academic Tutors and Course Leaders, but will only share information with your permission.
- + Contact details online: [Student Support and Guidance Tutors \(brighton.ac.uk\)](https://www.brighton.ac.uk)
- + Issues they frequently deal with include:
 - health, wellbeing and self-care
 - anxiety and stress-related issues
 - Additional Considerations applications and processes
 - motivation, procrastination and time-management
 - isolation, loneliness and homesickness
 - difficulties with your course



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Brighton Skills Hub

Resources and support to help you develop the necessary skills for university study.

- + Academic writing and development
 - + Writing advisory service.
 - + Academic skills support.
 - + One-to-one tutorials with study skills tutors for all foundation and Level 4 students.
 - + Advice on clarity, structure or style of academic writing.
- + <https://www.brighton.ac.uk/brighton-students/your-learning/study-development>





International Student Support Team

- + Designated team to support international students.
- + We have all lived and worked or studied overseas.
- + Provide information and advice on life in the UK, life at the university, and on visas and immigration.



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International Student Support Officers

- + Information, advice and support adjusting to life in the UK and at the university.
- + Common queries: healthcare, bank accounts, mobile phones, getting involved in university life.
- + Advice on financial difficulties.
- + Organise main orientation programmes (September/ January/ February).
- + Ongoing programme of events and talks



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International Student Advice

- + Student visa applications to study at the university.
- + Applications to extend visa for additional or further study.
- + Information and advice on working during and after studies.



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Support and Guidance

You can make an appointment to meet us in person or online, email us at orientation@brighton.ac.uk, call us on 01273 642888, or keep up-to-date with news and events on [Facebook](#), [Twitter](#), [Instagram](#) or via our [blog](#).

Visas and Immigration

You can make an appointment to meet us in person or online. You can also call us on 01273 642888.

Or use this [web form for queries about visas and immigration](#)



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Wellbeing Support

- + Faith and spirituality
 - + Faith advisers, opportunities for worship, discussion groups.
- + Residential wellbeing
 - + Student Residential Advisers (SRAs) – social events, live in staff residential advisers for overnight support.
- + Disability and Dyslexia
 - + Adjustments to move work is assessed, access to support from mentor or support tutor.
- + LGBTQ+ support
 - + Brighton Students Union representation and student-led society,
- + Counselling
 - + One to one assessment then up to three follow on appointments.

[Wellbeing \(brighton.ac.uk\)](https://www.brighton.ac.uk/wellbeing)



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Getting involved in university life....

Brighton Students Union - run by students for students

Student led societies based on a common interest: [Find a Society \(brightonsu.com\)](http://brightonsu.com)

Culture
Skill-Based
Faith and Spirituality
Academic
Games
Lifestyle

Eastbourne Freshers Fair: Tuesday 27 September - 11.00-14.00. Greynore Hall & Book and Bean.

Brighton Freshers Fair: Thursday 29 September - 11.00-16.00. Falmer Sports Hall and Marque
Book tickets: [Freshers' Fairs \(brightonsu.com\)](http://brightonsu.com) (free)



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BRIGHTON
STUDENTS' UNION

INTERNATIONAL WELCOME

WEDNESDAY 21 SEPTEMBER
11AM - 1PM

COCKCROFT HALL,
MOULSECOOMB CAMPUS



FREE PIZZA!



WORLD CUP
ACTIVITIES!

MEET STUDENT SOCIETIES



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Getting involved in university life....

Sport Brighton: Sport Brighton

- Gym and sports facilities at Hilbrow, including swimming pool.
- Memberships from £15 a month. Includes classes and gym access.
- Parklife: social sport and physical activity programme - low cost sessions on weekdays and at weekends - from £1
- Buddy scheme - request a buddy or volunteer to be one.
- Sports clubs membership - includes training and coaching.



Getting involved in university life....

International Student Events

- Details being finalised - follow us on social media or join the Orientation 2022 team group to get the latest updates.

Active Student

- Volunteering service.
- Great way to use existing skills, learn new ones, and meet people from the local community.
- Volunteering (brighton.ac.uk)



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New International Student Checklist

- ❑ Non-EEA students who applied for Student visa from outside the UK: collect your Biometric Residence Permit (BRP) from the Post Office named in your decision letter.
- ❑ Register with a GP (doctor) at the university or near where you live: [Health \(brighton.ac.uk\)](#)
- ❑ Open a UK Bank Account: see our blog for the key accounts for international students: [Opening a UK Bank Account | \(brighton.ac.uk\)](#)
- ❑ Read our information on UK mobile phone options: [Mobile Phone Guide 2022 | \(brighton.ac.uk\)](#)
- ❑ Read the British Council guide to [staying safe in the UK](#).
- ❑ Get familiar with the ways the [Brighton Skills Hub](#) can support you with your academic English, study skills and more.
- ❑ Follow us on [social media](#) or join the [Orientation 2022 team](#) group to get the latest updates.



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Questions?

