

The Parents' Guide to

**RESULTS DAY**

**AUGUST 2022**





## How to get the most out of this guide

### Useful links

If you want to delve deeper and find out more, we've included useful links to other reliable sources. Simply click on the picture icons to be taken to our recommended websites.

### Call out boxes

Information we think is particularly important has been highlighted throughout this guide; pay special attention to these!

### Summaries

To help save you time, we have provided useful summaries at the end of each chapter containing the key points.

### Key terms

Easy to understand definitions are provided throughout this guide in the key terms boxes. Don't let tricky terminology stop you from supporting your child.

### Interactive

To make moving around this guide easier, the contents and chapter headings are interactive. Simply click on a heading to be taken to the chapter or page you would like to read.

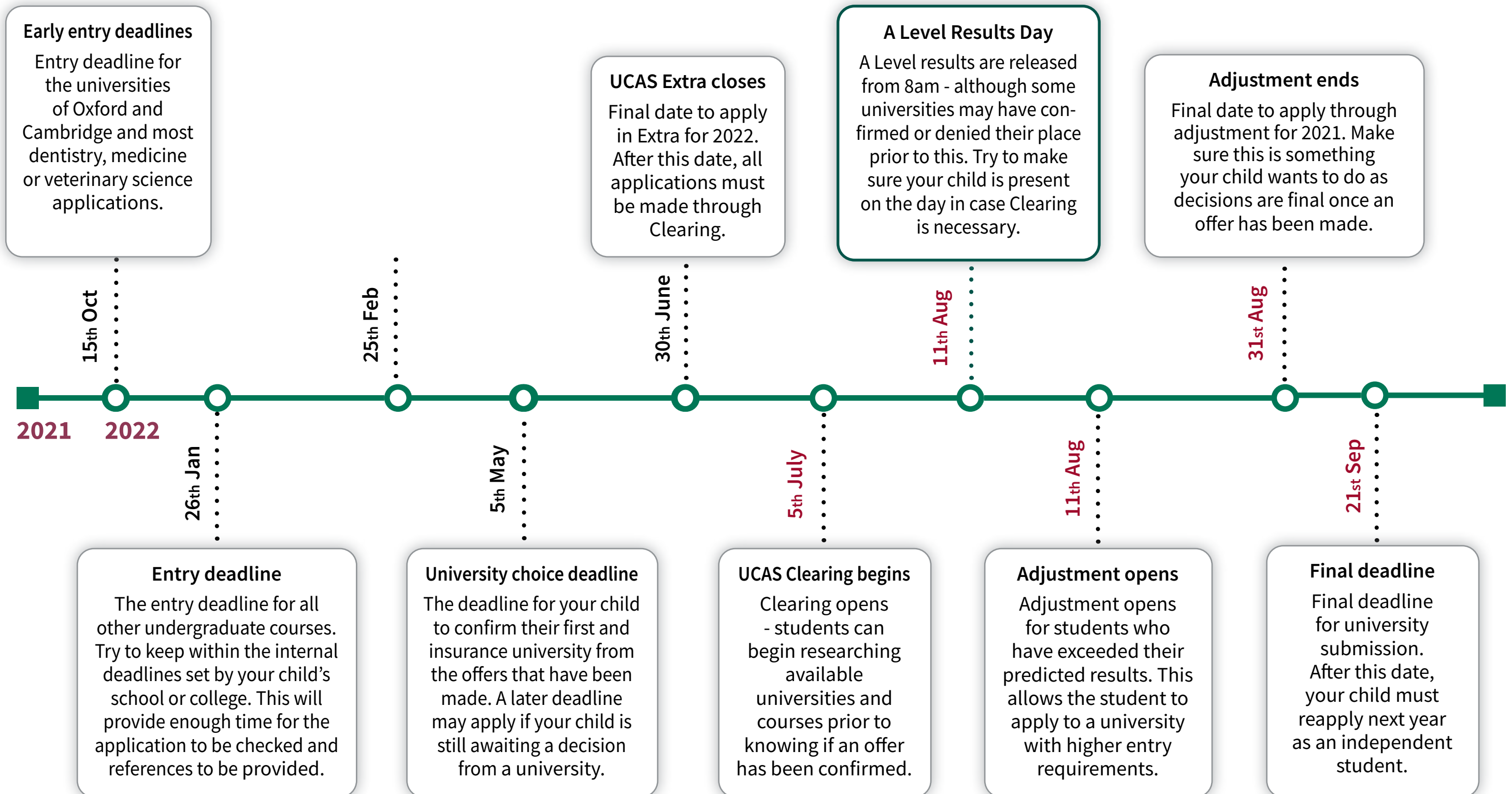
This guide does not need to be read sequentially – browse what interests you most.

This guide has been produced by The Parents Guide to and is licensed to Great Sankey High School to share with parents and others connected with them throughout the 2021/2022 academic year. Click [here](#) to learn more.

Wherever we refer to 'parents' we mean 'parents and carers.' This includes grandparents, older siblings or any other person with significant caring responsibilities for children.



# UCAS timetable - [click here for the latest dates](#)



Always keep to the deadlines specified by your child's school or college

Because of uncertainty in the way grades will be awarded in 2022 examinations, UCAS has not yet released final deadlines.

The dates shown in red in this timeline are estimates based on previous years. We'll include live updates on The Parents' Guide to website – [click here](#).



# Results day 2022

“

My results were better than my predicted grades which was thrilling, but I still wanted to go to my first-choice university, rather than apply for somewhere more competitive.



# Results day 2022

**A level results day is usually the second Thursday in August. In 2021, this date was brought forward to provide more time for students to action options given their grades were awarded through assessment rather than examinations. It has not yet been decided how grades will be awarded in 2022, therefore A level results day has yet to be confirmed, but it is likely to take place week commencing 8th August.**

Results are available from school as early as 06.00 am (collection time will vary depending on the individual school or college) and depending on the school, there may be different secure options to collect results, such as by telephone or via the parent portal. Check with the school / college to ensure you know what options are available.

## Can't collect in person?

Where possible, results should be collected in person or by a nominated representative (proof of nomination and ID will be required). If it's not possible for your child's results to be collected directly, they can login to Track to see the university's decision (i.e. whether or not a place has been offered, or whether a place has been

offered but on a different course). They will not know which grades they have achieved so they may not have the right information to make sensible decisions about next steps.

## Conditional offers

If your child is waiting on conditional offers, it can be a nerve-racking time. The best support you can provide is to avoid taking them on holiday so that they are able to collect results themselves and benefit from all the help the school / college provides if they do not reach their predicted grades. Yes, they might be able to access Track while they are away (subject to reliable internet connections) but this will only tell them whether they have succeeded in gaining their university admission, not their grades – so they won't know which options are available to them through Clearing.

Some applications through Clearing need to be made within specified time frames and working from different time-zones is an added complication that is best avoided. Even if they have an unconditional offer, should their grades exceed expectations they may want to use the "adjustment" process to apply for a course or university with higher entry requirements.

## Unconditional offers

If your child has accepted an unconditional offer there's not much to worry about other than whether they have achieved their potential; their results won't impact whether or not they get their university place.

## Plan ahead

It's best to plan ahead for all eventualities – right down to making sure their mobile phone is fully-charged so they can make the all-important phone calls that might be necessary, having university contact numbers along with the UCAS reference number, and a pen and paper to note things down.

### PREPARE IN ADVANCE FOR ALL POSSIBLE OUTCOMES



# Possible outcomes

**UCAS will receive your child's results directly and update their system which adjusts to reflect university offer status.**

This happens from 08.00 am, but the system can be busy, so access could be delayed. It does not show your child's results, so it may be better to wait until the results have been reviewed and consolidated, rather than being faced with a disappointing rejection ("unsuccessful") without a full understanding of why the desired outcome hasn't been achieved.

**Key words:**

- UCAS will show the university status offer. It will show:
- "Unconditional" (place and course confirmed – this means that the entry requirements for the previously conditional offer have been met)
  - "Unsuccessful" (conditions not met, no place)
  - "Unconditional changed course" (they have succeeded in achieving a place on their desired course, but are being offered an alternative with lower entry requirements)

**Achieving the desired results**

Celebrations ahead! If your child has a conditional offer and meets the grades, that offer will switch to "unconditional" and they should receive a confirmation letter from UCAS with details of next steps (it varies university to university). However, if they've matched their offer but since changed their mind about their university or subject choice, they can reject their offer and go through Clearing to try something else.

Don't forget, there is no guarantee that they will get the course they want through Clearing but it does provide alternatives and options if they realise they've made a mistake earlier on in the application process rather than reapplying the next year.

70%

The percentage of university students securing a place at their "first" or "insurance" choice.

**Surpassing the desired results**

In most cases, having researched thoroughly, students are happy to accept the university place they have been offered even if they have got better grades than predicted. However, in some cases, it may be the case that they did not feel sufficiently confident to apply to a course with very high entry standards and now feel they may have missed out. In this case, they can use adjustment to make the application and they will need to wait to see if they are accepted in advance. Don't forget, acceptance is not automatic, even if they have significantly exceeded the stated minimum entry requirements. This can be for a variety of reasons, but commonly because the course is already fully-subscribed through those who applied originally. In the meantime, they can keep their offered place open until the deadline for declines.

1%

The percentage of university students opting for UCAS adjustment.

**Failing to get a place**

Yes, it's disappointing, but there are still plenty of options available and it's all important to keep your child motivated and not let them feel like a failure. This can be difficult if you feel they ignored warnings and did not put in enough effort, but this is, itself, a significant learning experience and may put them on a more productive path in the future.

Options will vary dependent on the variance between their predicted grades and what they actually achieved. If they missed by a small margin, it's possible to speak to the university and see if they will make an exception. Alternatively, they can apply for another place by going through Clearing. If they need time to refocus, a gap year could be an option or check out the information in "other choices".

10%

The percentage of university students who received a university offer through Clearing.



### Examination re-marks

If the marks seem inappropriate given your child's skill level, it's possible to apply for a remark. It's vital your child speaks to their subject teacher first and confirms their opinion.

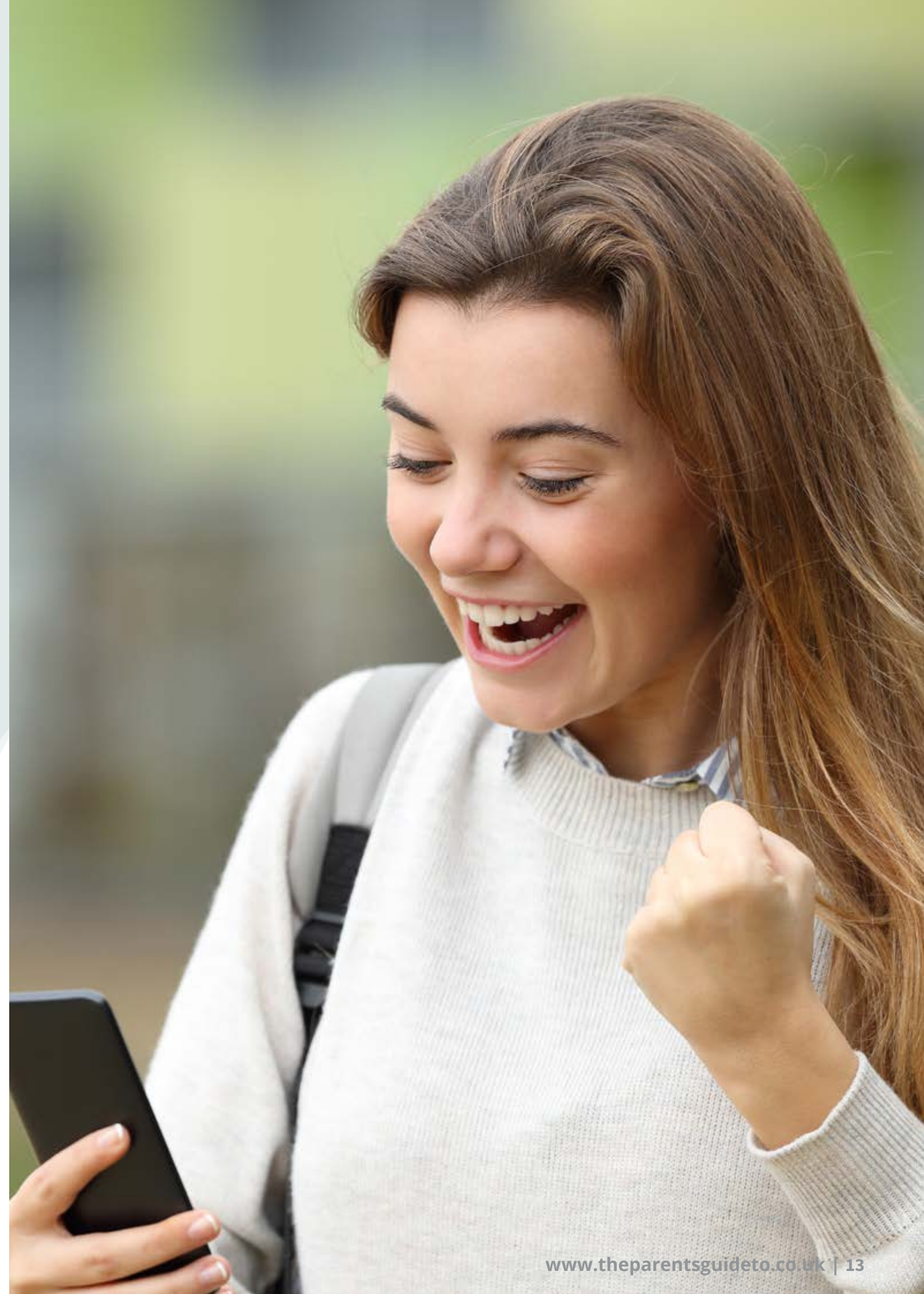
Grades can go down as well as up. An important consideration when applying for remarking is that, whilst there's a possibility that the paper may have been unfairly marked down and, following reassessment, a higher grade allocated, the reverse could also be true, in which case your child may be allocated a lower grade than originally awarded.

If applying for re-grades, keep the university advised of both intention and progress. They are not obliged to hold the place open through Clearing and adjustment.

### Declining a place

No matter the reason, a student can decide to decline a university place. It could be because their circumstances have changed, they have decided on an alternative course, they don't want to go to university or other reasons. Declining a place is not a problem but remember: it is an irreversible decision and they will not be able to change their mind and get the offer reinstated once they have turned it down.

So before declining a place, make sure other options have been thoroughly researched (or confirmed, if it is to accept an offer elsewhere) and it is absolutely the right choice. It would be a great shame to turn down a good opportunity in the hope of achieving a better one and then ending up with no offer at all.





# Understanding Clearing

**Clearing is the system universities use to fill up any vacancies they have on a course. It's available to students that don't have any offers: either because they have not succeeded in meeting criteria for conditional offers or because they have rejected all the offers they have.**

Don't feel that because a university offers a university place through Clearing this means the courses are undesirable. It is possible that fewer students applied than anticipated; students didn't achieve the minimum entry requirements; or successful students had a change of heart.

## How it works

Students must apply (through UCAS) to participate in Clearing.

If a university hasn't responded and confirmed the place for which your child originally applied (for example, they may be just below entry requirements and the university is considering whether to make an offer) they will not be eligible to apply for another course through Clearing until such time as they have received a rejection. In this scenario, it's worth making direct contact with the university in question to get an update on status.

**OVER 65, 000 STUDENTS GO THROUGH CLEARING EACH YEAR**



## Find out what is available

Use the UCAS website to find out which courses are available via Clearing. This will not be a full list of all university courses, but a list of all those that are available now that results have come out and universities know whether or not the students to whom they have offered places have met the grades. Of course, some courses will not appear because they are fully subscribed, but there will still be plenty of choices. In some cases, courses in which your child may have been interested but did not meet entry requirements might appear if many students failed to meet the entry requirements at the time of results.

Some courses (such as Oxbridge and medicine) do not offer places through Clearing.

## Don't waste valuable time

It's a good idea to speak to the university in person before applying for a place through Clearing to find out if the course is still available, whether your child meets the entry requirements, and whether the course is suitable for them. Students need to call themselves rather than have someone call on their behalf. The university is going to consider whether to offer them a place, not their representative! In some cases, the universities may make an offer over the phone – but if not, they will revert relatively quickly.

It may seem obvious, but worth remembering: the most popular universities have the most applicants and field spare places first, so your child needs to be ready to act quickly to secure the best options.

## Useful links

UCAS

*I'm interactive! Click me and I'll take you to their website*



# Keep focused during Clearing

**Clearing can only be used to apply for one course at a time, so it's important to make sure this is the right course. A good way to do this is to research ahead of results, anticipating the need to use Clearing. If great results mean this extra research doesn't come in handy, so much the better; however, in the event of needing Clearing, it will be time very well spent.**

Check your child likes the university  
If time permits, your child should pay a visit if it's at a university they haven't visited before (if your child dislikes the atmosphere of the university, they're unlikely to perform well there); and all the other essential considerations continue to apply (regarding accommodation, distance from home, finance etc.). It's not sensible to take Clearing as a "last" attempt to get on any course, anywhere just to get to university.

## Stay positive

Keep your child's spirits up. Clearing can be stressful and your child might not get a place on their first, second or even third attempt. But don't give up: persistence and determination are omnipotent!

## Respect deadlines

Be especially mindful of deadlines during Clearing. There are black and white restrictions on how long places will be held open and offers extended so ensure that your child has fully understood this. If universities do not hear from your child within the time outlined, they may simply assume your child is not interested and withdraw the place. Very often, in such circumstances, that decision is irreversible, and neither you nor your child are likely to get them to put the offer back on the table.

Universities understand that thought and consideration need to be given in accepting a place (especially if it is different from what was expected or previously planned for), but ultimately, they want their students to be very pleased to attend their universities and, if they don't feel this, they will extend the offer elsewhere (or chose to run with a smaller learning group).

Being contactable is crucial  
Ensuring contact details, such as phone number, address and email account, are accurate throughout the entire UCAS process is very important but especially during Clearing – otherwise your child could miss out because details are being sent to the wrong place.

## Paul's story:

Going through Clearing was never something I really considered - or knew much about! My A Level results did not entirely go to plan and I missed out on my first choice university by one grade - I remember feeling really upset. I tried ringing the university, but they were not willing to move on their decision.

Although I did receive the grades to gain an offer from my insurance university - this was no longer somewhere I wanted to study. I decided to try Clearing.

This was really stressful. It was now 11am and most of the courses through Clearing had gone. I remember calling a few universities - but with very little luck. After a few more phone calls, I eventually found a university course I liked which was still available. They provided me with a provisional offer over the phone and I applied.

In hindsight, this was a huge risk, which luckily paid off - I cannot imagine studying anywhere else! It was only until later did I realise that Clearing places were released well before A Level results day. My advice to anyone applying to university is to check this list carefully and research some universities and courses just in case you may need to use it! A lot of stress could have been avoided and I might have not been so lucky.





# Understanding Adjustment

**Adjustment is used if a student has surpassed their predicted grades and wants to apply for a course that they previously thought unrealistic. It opens on A Level results day until 31 August.**

It's easy to get carried away on a cloud of euphoria when achieving results that are much better than expected especially if the perception is that this opens up opportunities to attend more "prestigious" universities than originally anticipated. However, consider additional options with a balanced perspective, the "out of reach" options are not always the best.

Adjustment opportunities aren't listed (as in Clearing) so phone calls to the university are necessary. This can be a long process, so don't let your child get caught in lengthy conversations if there are no places on offer: politely end the conversation and move on.

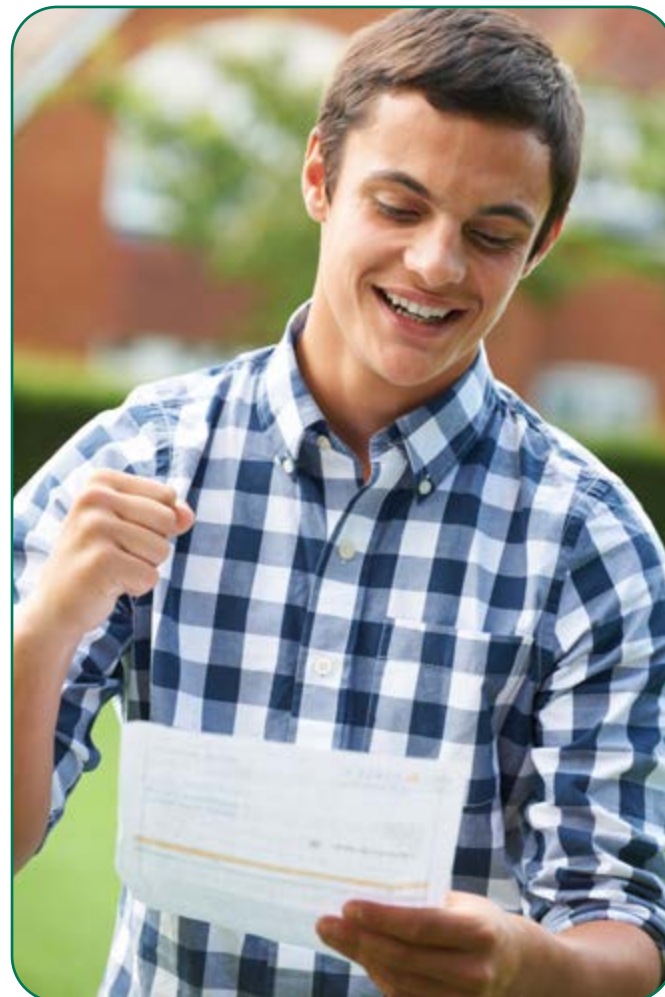
## Accepting or considering?

If your child accepts an offer over the phone and the new university confirms this through UCAS, any previous offer will be automatically rejected. There's no changing this, so your child must be crystal clear whether they are accepting an offer (especially if this is verbally) or making exploratory discussions.

## Five day window

Once a student has indicated that they would like to go through the adjustment process, they have five days in which to find an alternative course whilst keeping their existing offer open – this includes weekends, so think carefully when you confirm entering adjustment though UCAS - the appropriate people may not be contactable outside of Monday to Friday.

After the five day window, existing offers close out and are lost.



## Think beyond grades

Universities that require higher admission levels don't necessarily equate to "better" universities, especially when put into the context of your child and what learning environment suits them. Bear in mind, your child may have reached their minimum entry requirements, but other students may have matched their top requirements: so there's a possibility that your child could spend three or four years with a peer group who considers them the underdog.

## Previous research

All the considerations regarding location, accommodation, transport, etc. still apply. It's possible your child may have discovered a lot about their preferences whilst researching universities and these should not be ignored when choosing a new university through adjustment.

## Avoid compromise

The course on offer may not be as suitable (or as interesting!) as the course originally accepted. Don't let your child ditch all their diligent research for the sake of getting into a university that they (or, worse still, you) consider ranks better than others. It could prove a very costly mistake – both financially and emotionally.

## Act quickly

With a five-day window in which existing offers are held open, there is a risk of losing the original offer and ending up with neither the newly preferred option nor the originally preferred option. This is not a good place to be and, after the euphoria of over-achieving, could result in a huge disappointment to miss out on a preferred degree course.

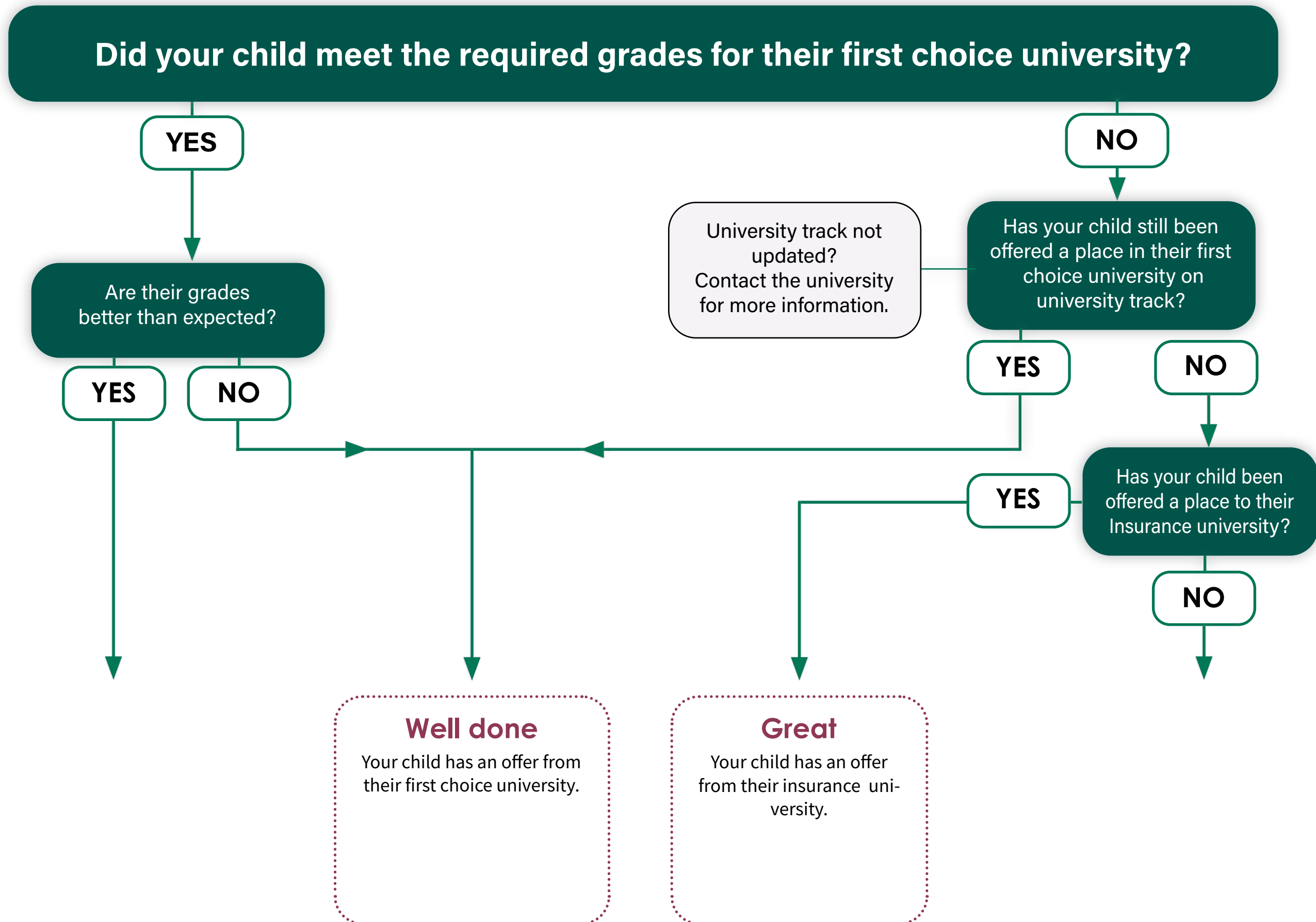
## Useful links

UCAS  
Clearing

*I'm interactive! Click me  
and I'll take you to their  
website*



# Results day flow chart



# Other choices

It is important to understand that university isn't for everyone. Some children may know straight away, whilst for others it may only become apparent during the university application process. An increasingly popular alternative is apprenticeships and traineeships. Or there are school leaver programmes which give a direct route into employment and can result in further qualifications. If your child needs more time to figure out their next steps, a gap year can offer breathing space.

## Apprenticeships:

Apprenticeships combine study at college or university with work. If your child knows what sort of job they might like to do, this provides an ideal opportunity to go straight into the workplace whilst still formally developing their skills and gaining a qualification. It's certainly not an easy option – holding down a full-time job (albeit with one or two days each week to attend university) and keeping up with studies can be tough. But with a salary, holiday entitlement

and sick pay along with access to the university experience and no post qualification loan (their employer and the government fund all costs), it makes for an attractive proposition. Most apprenticeship last for about two to four years and the minimum wage is £3.90 per hour. There are entry requirements at four different levels, from the equivalent of five GCSE passes to the equivalent of a master's degree.

## Traineeships

Traineeships are much shorter and last six weeks to six months. They are a great way to prepare for apprenticeships (if your child doesn't have the minimum entry requirements) or to get first-hand experience of what a job is like.

## School leaver programmes

School leaver programmes offer opportunities to join the workplace straight after sixth form studies and commence skills development and career progression through experience as well as studying to obtain a nationally recognised qualification. Entry requirements vary from employer to employer.

## Useful links

The Parents'  
Guide to

UCAS

*I'm interactive! Click me  
and I'll take you to their  
website*

TO FIND OUT MORE DOWNLOAD THE  
PARENTS' GUIDE TO APPRENTICESHIPS





ONE IN TEN STUDENTS WILL  
TAKE A GAP YEAR AFTER  
FINISHING SCHOOL

### Gap year / deferred entry

Taking a year out between school and university can provide the opportunity to find out a little bit more about personal preferences rather than being directed by schools, colleges (and parents!). It's also a good opportunity to find out how your child fares fending for themself.

A gap year can be taken while entry to university is being deferred, once a place has been accepted (allowing a year between leaving school and starting university), or if university is not the next step at all.

Traditionally, this is a year spent travelling overseas, but it needn't focus exclusively on that. Volunteering and work experience can also be incorporated and inform your child's

likes and dislikes, as well as giving them valuable first-hand experience in a variety of areas they may not have had chance to try out. However, for some a gap year can be distracting and, if not well-planned, could prove somewhat directionless, which is unlikely to be beneficial.

Some may want to enter the world of work straightaway or, if they haven't achieved the results they had hoped, they could always try retakes or other sixth-form subjects.

### University reapplication

Should your child decide to reapply to university for any reason, be sure they save a copy of their UCAS application so they do not have to rewrite everything, as the original application is deleted from the central database each year.

### Useful links

GOV. UK  
Foreign Travel  
Advice

Trail Finders

Gap 360

*I'm interactive! Click me  
and I'll take you to their  
website*



# Summary

**Results day is daunting and exciting. No matter what the outcome, there are still choices to make and reflections to be made.**

- 1. If your child gets what they wanted, well done;
- 2. Don't assume if they exceed expectations that they will change the choices they have already made;
- 3. Poor results do not equate to a poor future: there are still lots of options;
- 4. Be mindful of time when applying through Clearing - but don't rush the process;
- 5. Don't forget there are plenty of options other than university including an apprenticeship, traineeship or a gap year.



# Advice from parents



“ University isn't always the best option, so support your child in considering alternatives. Muhammad was always a more active student so learning through an apprenticeship with Network Rail suited him so much better than going to university.



“ Don't leave preparing for Clearing until results day. Jenny was worried she hadn't reached her conditional offer, so we spent time together checking other options in Clearing. She was right, but we were able to act immediately on our back-up plan.



“ If your child is taking a gap year, make sure it counts. Richard needed a gap year to have a break between studies. He spent six months gaining experience in the work place, which also financed six months travelling around South-East Asia.



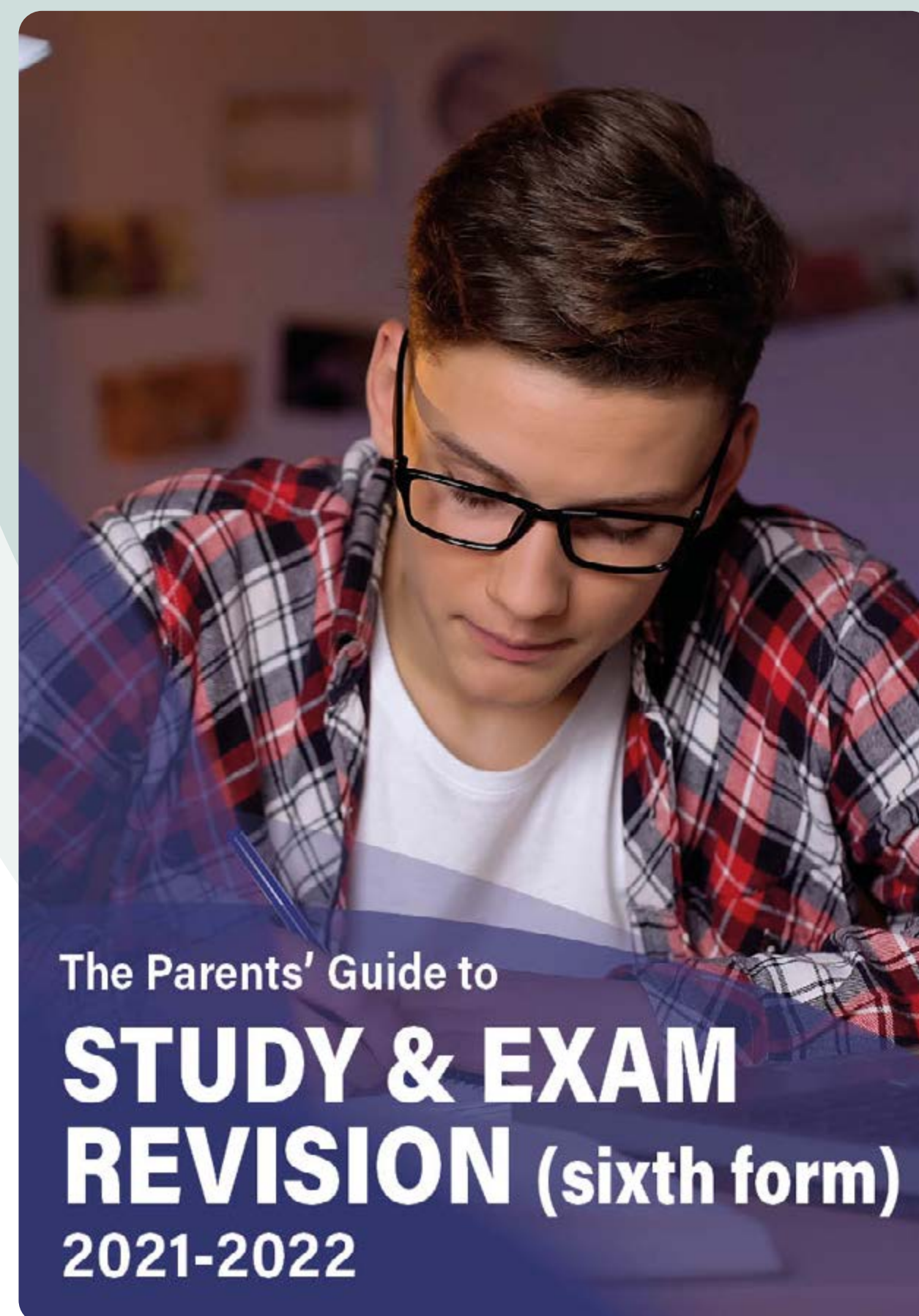
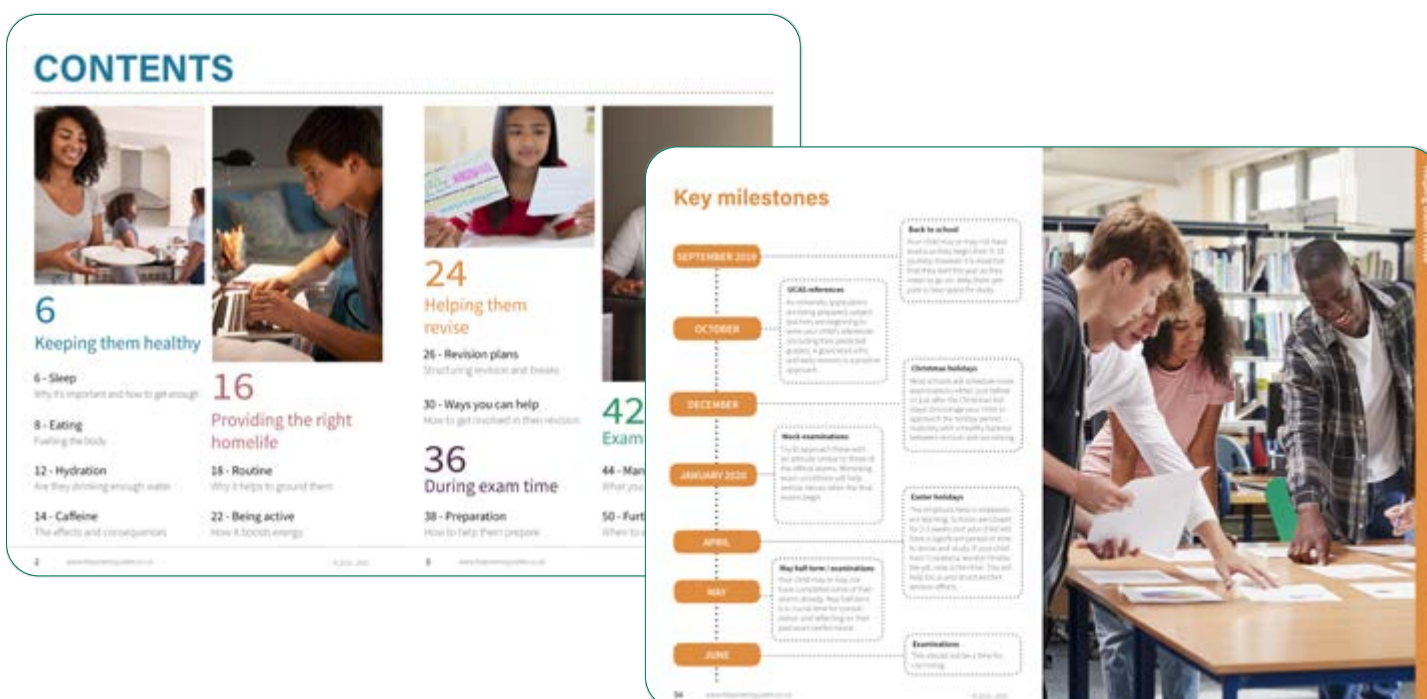
# The Parents' Guide to Exam Revision

We want our children to do well in their exams and it's not all down to what happens at school or college, homelife plays a crucial role.

Find out what you can do at home to give your child the best chance of success, from setting up the right routines to helping them cope with exam nerves. The Parents' Guide to Study and Exam Revision (sixth form) is full of practical advice that's easy to action:

- ✓ Keeping them healthy – covering diet, caffeine, sleep and screen time
- ✓ Providing the right homelife – why setting a routine is vital

- ✓ Simple steps to create a helpful study space
- ✓ Ways to help them revise – you can't revise for them, but you can help. We've provided different options to make facts easier to remember
- ✓ How to build resilience and manage stress to form lifelong good habits and protect their mental health
- ✓ How to support them during exam time
- ✓ How to help them with exam nerves



Click me to buy now!

Buy now



# Next steps

“

I never imagined my daughter could budget for herself, but with a few tips she proved really good at it.



# Preparing your child

Once a university place has been secured, it's time to celebrate. Make the most of enjoying the moment and be sure to share with your child how pleased you are for them – especially if the university is one of their preferred choices but not necessarily yours!

After the celebrations, it's time to prepare. This is a wonderful opportunity and you'll want to help your child make the most of it. Some useful ideas include:

## Let them take control

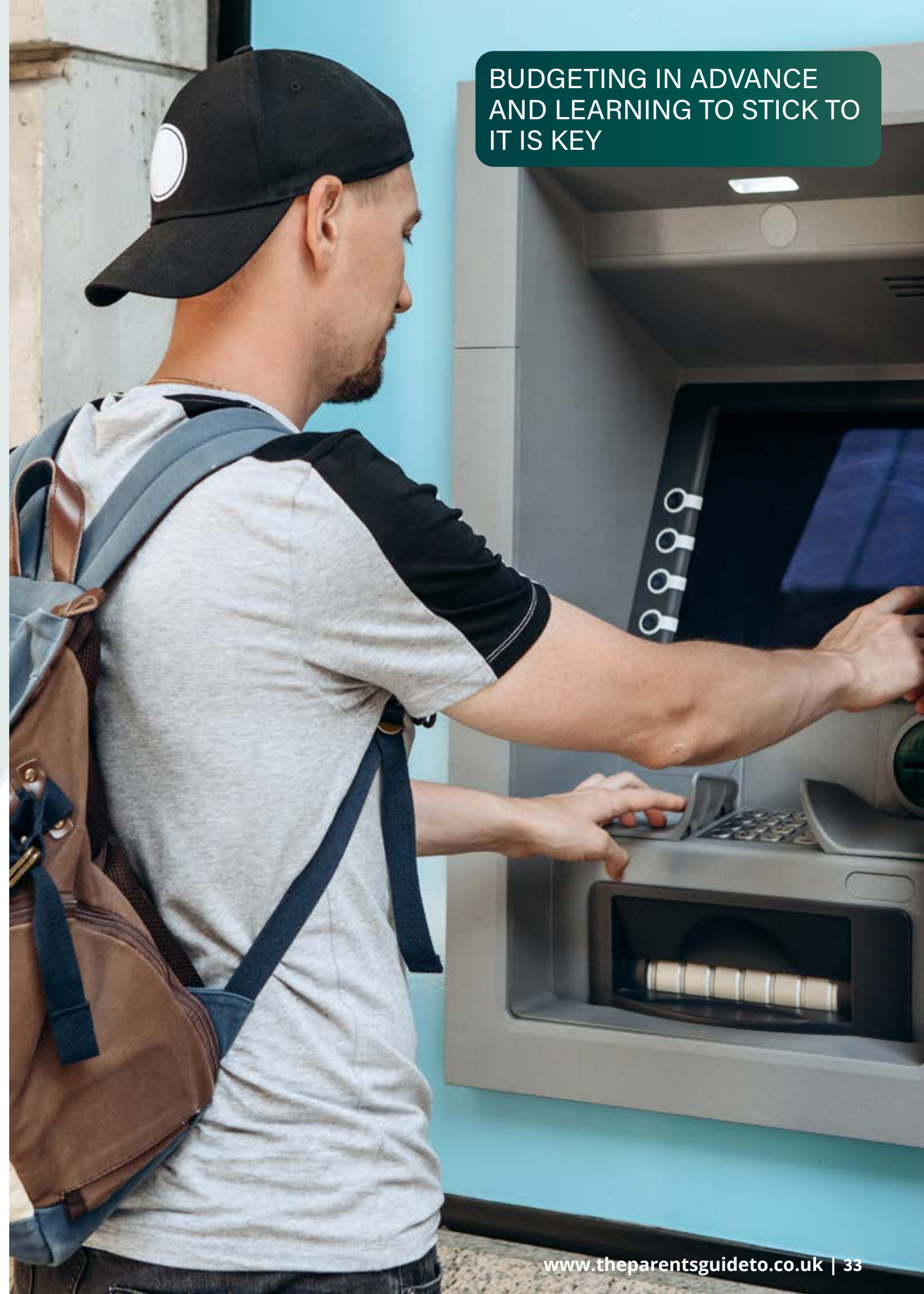
Let them take control of moving themselves as much as possible: writing their own "to do" lists, choosing a move date, deciding what needs to be done. You can always help them by checking their lists but try not to be the one orchestrating events.

## Staying in touch

Of course you're going to miss them, but try not to be over-bearing about how often they should stay in touch once they've moved out. They need to start relying on themselves rather than continually checking in with you. That said, it's only fair that you should come to some agreement about how often they'll communicate, so you both know what to expect. For example, if you want them to telephone you every week, chat this through with them and give them a means of doing so.

Reassure them that they can call if they need help or to chat, but avoid presenting yourself as their personal rescuer when things don't quite go the way they'd like. Coping with life is part of growing up and becoming independent. You are their parent, not a magic fixer!

**BUDGETING IN ADVANCE  
AND LEARNING TO STICK TO  
IT IS KEY**





# Life skills

## Budgeting

Teach them how to budget. If you're supporting them financially, don't budget on their behalf by paying bills direct or limiting their money to a weekly allowance – in the long run it won't help them. If they receive financial loans, it's highly likely they'll get the full term's allowance at the beginning of term straight into their bank account, so it could be easy for them to spend all the money and then have nothing for the rest of the term.

Teach them how to budget for rent, bills, course materials, food and entertainment so they understand what expenses are coming up and how to put aside money so they have enough to cover the cost of living.

## Financial worries

Overspending is an issue faced by many students, which can cause anxiety for both you and your child. Consider the following:

- Make sure they apply for student discount cards, such as the National Union of Students (NUS) card and a 16-25 Railcard;
- Encourage your child to find part-time work, ideally during holiday-time, but term-time too if money is a significant issue. However, make sure your child is not neglecting their academic studies as research shows working more than 20 hours each week during term-time can have a negative impact on academic performance;
- Encourage your child to speak to a student money advisor at their university;
- Give your child tips on money saving ideas, such as buying non-branded food items and attending free events.
- Speak with your child's bank about extending their interest free overdraft.

## Useful links

Which?  
University  
Budget  
calculator

Managing  
Your Money

*I'm interactive! Click me  
and I'll take you to their  
website*

## Cooking

Spend some time cooking with your child, so that they know how to prepare a few meals with fresh ingredients. These should be easy one-dish dinners that don't require lots of pots, pans and other kitchen utensils. This will not only stand them in good stead for inexpensive and healthy eating, but being able to host dinners will make them popular with other students too.

## Course preparation

Remind your child to check their new timetable, pre-reading and travel time so they become familiar with the rhythm their new life will take.

Some courses may also require several key text books. Check whether the university has a second-hand book shop and try to visit early to find the best bargains.





# Living arrangements

## Student accommodation

There are two types of student accommodation depending whether the university is campus or not. Campus universities have student accommodation within the same complex as the university and social buildings, non-campus universities usually have dedicated buildings usually quite close to the university buildings.

The great thing about student accommodation is that it offers private rooms specifically designed to promote study and all the other tenants are students – typically within the same year group. It's a fantastic way to meet students on different courses, of the same age group and in a similar situation. We'd recommend student accommodation for year one, if possible.

## Home

If the university is close enough, they could stay at home with you. Financially this is a good choice, as they won't incur expensive rental charges although transport costs may be higher. You'll both need to adapt to

different "house rules" about comings and goings, as your child (who is now an adult!) at university is very different from a child at school. Again, this option may restrict your child's ease in meeting other students and, depending on journey time, may also limit their participation in co-curricular activities because they are not on the doorstep.

## Private arrangement

If your child is going to university with a group of existing friends, they may prefer to live in private accommodation – for example renting a house with four bedrooms, where each can take their own bedroom and share the other areas of the house. This can (though not always) be cheaper than student accommodation. They won't have some of the facilities offered by student digs (i.e. a canteen) but they may feel this offers a more homely option.

The downside is that they may not get to meet other students as easily as well as having to organise their own bills, such as gas, electricity and internet. It can be a great choice once they've found their feet, perhaps in years two or three.

## Considerations

- Does rent include the room for the year, or will your child have to move out all their stuff during holiday times (sometimes the rooms are rented during holidays to others)?
- What's included in rent? Are there additional expenses such as gas, electricity, water rates, WiFi / internet, etc?
- Where are the laundry facilities?
- Is there catering (obviously more expensive) or will your child have access to a kitchen and be responsible for cooking their own food?
- If they have a car, is there parking available – and does it come at a price?
- How far are halls from the university itself – are there travel

## BALANCE THE RIGHT LIVING CONDITIONS WITH THE FINANCIAL COST





# What to pack

Help your child to organise what they'll need to take with them when they go to university. This means everything from course materials, laptops, phones to bedding, cooking equipment and clothes plus all the appropriate paperwork such as bank accounts, TV licences, insurance and new travel passes. It will make their life easier if they know how to plan ahead and it will make you feel more comfortable knowing they are well-prepared.

## Bedding

Knowing exactly what to pack will largely depend on the type of accommodation your child has applied for. Although most halls of residence provide students with single standard size beds, some private accommodation or alternative arrangements may differ - so it is always worth checking before purchasing any bedding.

## Bright colours

Try to keep to the basics when it comes to kitchen utensils and try to purchase items, which are easily identifiable - bright colours or patterns will help your child keep track of their items.

## Last minute arrangements

If you are helping your child move into their new university accommodation, then it may be a good idea to factor in some time for a trip to the local shopping centre for any last minute purchases.

## Don't forget Important documents

- Passport
- Driving licence
- All university and accommodation correspondence
- Insurance documents
- Bank details

## Useful links

*Best-buys*





# University shopping list - [click here for our best buys](#)

I'm interactive!  
Click each item for  
inspiration!

## BEDROOM

### Essentials:

- ☐ Alarm clock
- ☐ Bin (small)
- ☐ Books
- ☐ Coat hangers
- ☐ Mirror

### Extras:

- ☐ Beanbag
- ☐ Cushions
- ☐ Door wedge
- ☐ Extra storage
- ☐ Family photos
- ☐ Over door hangers
- ☐ Plant
- ☐ Rug
- ☐ Wall art / posters

## BATHROOM

### Essentials:

- ☐ Bath towels
- ☐ Deodorant
- ☐ Hairbrush
- ☐ Hand towels
- ☐ Nail clippers
- ☐ Razor
- ☐ Sanitary towels
- ☐ Shampoo
- ☐ Shower gel
- ☐ Toilet roll
- ☐ Toothbrush / paste
- ☐ Wash bag

### Extras:

- ☐ Bath mat
- ☐ Flip flops
- ☐ Hair dryer
- ☐ Make-up
- ☐ Moisturiser

## KITCHEN

### ☐ Complete sets

### Essentials:

- ☐ Baking tray
- ☐ Bowls
- ☐ Cheese grater
- ☐ Chopping board
- ☐ Cling film
- ☐ Corkscrew
- ☐ Cutlery
- ☐ Glasses
- ☐ Knives
- ☐ Mugs
- ☐ Plates
- ☐ Pots and pans
- ☐ Scissors
- ☐ Tin foil
- ☐ Tin opener
- ☐ Tea towels
- ☐ Wooden spoons

### Extras:

- ☐ Casserole dish
- ☐ Colander
- ☐ Masher
- ☐ Measuring jug
- ☐ Plastic bag sealers
- ☐ Recipe books
- ☐ Scales
- ☐ Shot glasses
- ☐ Slow cooker
- ☐ Spice jars
- ☐ Tupperware
- ☐ Vegetable peeler
- ☐ Whisk
- ☐ Wok

## CLOTHING

### Essentials:

- ☐ Casual clothes
- ☐ Evening clothes
- ☐ Fleece
- ☐ Gym clothes
- ☐ Smart clothes
- ☐ Pyjamas
- ☐ Smart shoes
- ☐ Sports equipment
- ☐ Socks
- ☐ Rain jacket
- ☐ Swimwear
- ☐ Thermals
- ☐ Trainers
- ☐ Underwear
- ☐ Winter clothes

## STUDY

### Essentials:

- ☐ A4 folders
- ☐ File Dividers
- ☐ Highlighters
- ☐ Notepad / paper
- ☐ Pens and pencils
- ☐ Plastic wallets
- ☐ Post-it notes
- ☐ Stapler
- ☐ White-tac

### Extras:

- ☐ Calculator
- ☐ Desk lamp
- ☐ Diary / planner

## ELECTRICS

### Essentials:

- ☐ Batteries
- ☐ Chargers
- ☐ Extension lead
- ☐ Laptop
- ☐ Laptop case
- ☐ Multi plug adaptor

### Extras:

- ☐ Mouse
- ☐ Keyboard
- ☐ Printer
- ☐ Printing ink
- ☐ Speakers
- ☐ Television

## SLEEP

### Essentials:

- ☐ Bed sheets
- ☐ Duvet
- ☐ Duvet set
- ☐ Mattress protector
- ☐ Pillows
- ☐ Pillow cases

### Extras:

- ☐ Diffuser / oils
- ☐ Mattress topper
- ☐ Night lamp
- ☐ Warm blanket

## FIRST AID

### ☐ Complete sets

### Essentials:

- ☐ Antibacterial wipes
- ☐ Antiseptic cream
- ☐ Hot-water bottle
- ☐ Hydration salts
- ☐ Painkillers
- ☐ Plasters
- ☐ Sewing kit
- ☐ Torch
- ☐ Tweezers

## HOUSE KEEPING

### Essentials:

- ☐ Coat hangers
- ☐ Door wedge
- ☐ Iron
- ☐ Laundry bag
- ☐ Washing powder
- ☐ Wet wipes

### Extras:

- ☐ Drying rack
- ☐ Mini vacuum
- ☐ Laundry basket

## DOCUMENTS

### Essentials:

- ☐ Bank accounts
- ☐ CV and references
- ☐ Discount cards
- ☐ Exam certificates
- ☐ NHS number
- ☐ NI number
- ☐ Passport
- ☐ Passport photos
- ☐ Uni paperwork

### Extras:

- ☐ TV licence

## FUN & GAMES

### Extras:

- ☐ Bicycle
- ☐ Board games
- ☐ Computer games
- ☐ Dress-up costumes
- ☐ Fairy lights
- ☐ Games console
- ☐ Gym equipment
- ☐ Photo albums
- ☐ Playing cards
- ☐ Polaroid camera
- ☐ Projector
- ☐ Recipe books
- ☐ Sports equipment





# Final Words

You're bound to feel excited and proud about what your child's achieved as they embark on their first independent step towards adulthood by attending university. But it may be tinged with an element of sadness as you realise your parenting role is about to evolve into something different. Please don't forget your child still needs you very much - albeit in a different way.

Be there for them! Leaving school and long-term friends to start a new life is exciting but it's emotional too. For your child, potentially everything is about to change. The life that has been so familiar to them (especially if they've been at the same school since Year 7) disappears. They have new teachers, a new place to live, new subjects to study in a different way from how they're

used to studying, and a new peer group in which to find friends.

Even if they are not moving away to study, there's still much in their new life that will be different from before. In this sea of change, you are likely to be their only familiar anchor. Yes, they need space to adapt at their own pace, but they may also need to know you are still there for them and that there is some certainty and consistency in a fast-changing environment.

And finally ... don't forget about yourself! University is a short-lived experience that leaves a life-long impression so, alongside your child, make sure you also enjoy all the rewards and challenges this unique experience offers.

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If you're interested in regular updates about other ways you can help your teenage children, click here and join our online community.

[Sign up here](#)



# A-Z University listing

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Click on the university name  
and I'll take you to their  
website*

## A

University of Aberdeen  
Abertay University (formerly University of Abertay Dundee)  
Aberystwyth University (Prifysgol Aberystwyth)  
Anglia Ruskin University  
Anglo-European College of Chiropractic  
Archbishop of Canterbury, The  
Arden University (formerly known as Resource Development International)  
Ashridge Business School  
Aston University

## B

Bangor University (Prifysgol Bangor)  
University of Bath  
Bath Spa University  
University of Bedfordshire  
Birkbeck, University of London  
University of Birmingham\*  
Birmingham City University  
University College Birmingham  
Bishop Grossteste University  
University of Bolton  
Arts University Bournemouth  
Bournemouth University  
BPP University  
University of Bradford  
University of Brighton  
University of Bristol\*  
Brunel University London  
University of Buckingham  
Buckinghamshire New University

## C

University of Cambridge\*  
Canterbury Christ Church University  
Cardiff Metropolitan University

(Prifysgol Metropolitan Caerdydd)  
Cardiff University (Prifysgol Caerdydd)\*  
University of Chester  
University of Chichester  
City University London  
Courtauld Institute of Art, The (degrees awarded by University of London)  
Coventry University  
Cranfield University  
University for the Creative Arts  
University of Cumbria

## D

De Montfort University  
University of Derby  
University of Dundee  
Durham University\*

## E

University of East Anglia  
University of East London  
Edge Hill University  
University of Edinburgh, The\*  
Edinburgh Napier University  
University of Essex  
University of Exeter\*

## F

[Falmouth University](#)

## G

University of Glasgow\*  
Glasgow Caledonian University  
University of Gloucestershire  
Glyndŵr University (Prifysgol Glyndŵr)  
Goldsmiths, University of London  
University of Greenwich  
Guildhall School of Music and Drama

## H

Harper Adams University  
Hartpury University  
Heriot-Watt University  
University of Hertfordshire  
Heythrop College (degrees awarded by University of London)  
University of the Highlands and Islands  
University of Huddersfield  
University of Hull

## I

Imperial College of Science, Technology and Medicine (also known as Imperial College London)\*  
Institute of Cancer Research  
Institute of Education, University of London

## K

Keele University  
University of Kent  
King's College London\*  
Kingston University

## L

University of Central Lancashire  
Lancaster University  
University of Leeds\*  
Leeds Beckett University (formerly Leeds Metropolitan University)  
Leeds Arts University  
Leeds Trinity University  
University of Leicester  
University of Lincoln  
University of Liverpool\*  
Liverpool Hope University  
Liverpool John Moores University  
Liverpool School of Tropical Medicine  
University of London

London Business School  
London Institute of Banking and Finance, The  
London Metropolitan University  
London School of Hygiene and Tropical Medicine  
London School of Economics and Political Science, The (LSE)\*  
London South Bank University  
University College London\*  
Loughborough University

## M

University of Manchester\*  
Manchester Metropolitan University  
Middlesex University

## N

NCG  
Newcastle University\*  
Newman University, Birmingham  
University of Northampton, The  
Northumbria University Newcastle  
Norwich University of the Arts  
University of Nottingham\*  
Nottingham Trent University

## O

Open University, The  
University of Oxford\*  
Oxford Brookes University

## P

Plymouth University  
University of Portsmouth

## Q

Queen Margaret University, Edinburgh



Queen Mary, University of London\*  
Queen's University Belfast

## R

Ravensbourne  
University of Reading  
Regent's University London  
Richmond, The American International  
University in London  
Robert Gordon University, Aberdeen  
University of Roehampton  
Rose Bruford College of Theatre and  
Performance  
Royal Academy of Music  
Royal Agricultural University  
Royal Central School of Speech and  
Drama (University of London)  
Royal College of Art  
Royal College of Music  
Royal College of Nursing  
Royal Conservatoire of Scotland  
Royal Holloway, University of London  
Royal Northern College of Music  
Royal Veterinary College, The

## S

University of Salford  
School of Oriental and African Studies  
(SOAS), University of London  
University of Sheffield\*  
Sheffield Hallam University  
University of South Wales (Prifysgol De  
Cymru)  
University of Southampton\*  
Solent University  
University of St Andrews  
St George's, University of London  
University of St Mark and St John,  
Plymouth  
St Mary's University, Twickenham  
Staffordshire University  
University of Stirling

University of Strathclyde  
University of Suffolk  
University of Sunderland  
University of Surrey  
University of Sussex  
Swansea University (Prifysgol  
Abertawe)

## T

Teesside University  
Trinity Laban Conservatoire of Music  
and Dance

## U

University of the Arts, London  
University College of Estate  
Management  
University College of Osteopathy  
University of Law, The  
University of Ulster

## W

University of Wales (Prifysgol Cymru)  
University of Wales Trinity Saint David  
(Prifysgol Cymru Y Drindod Dewi Sant)  
University of Warwick\*  
University of the West of England,  
Bristol  
University of West London  
University of the West of Scotland  
University of Westminster  
University of Winchester, The  
University of Wolverhampton  
University of Worcester  
Writtle University College

## Y

University of York\*  
York St John University

**\* Russell Group Universities**







## Visit **The Parents' Guide to** website for more support and resources:

### Parent Guides

Our range of interactive guides provide you with easy to follow advice, hyperlinks to reliable sources and the most up-to-date information.

### Support articles

Browse through our collection of online articles covering a range of topics from supporting your child with their revision to helping them apply to university through UCAS.

### Parent Q&A

Almost every parent has questions about their child's education. Read through answers to commonly asked questions or ask your own.

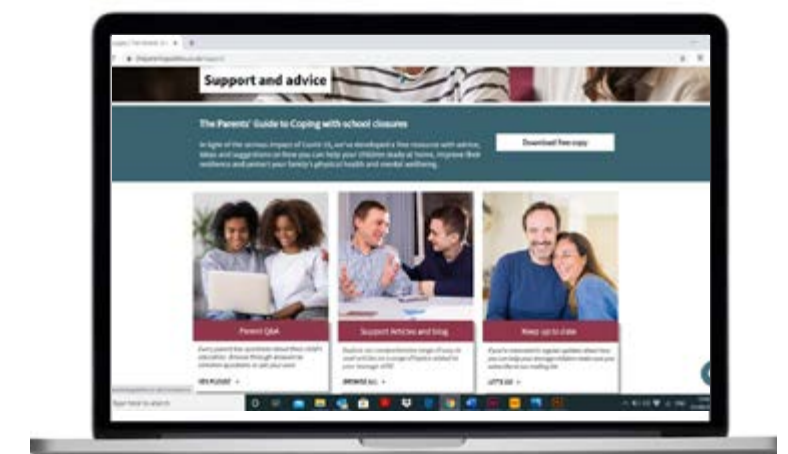
### Blog

Our blog provides reliable and timely advice and support to changes taking place across UK schools and colleges.

### Parent newsletter

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*All our resources are ready for immediate download*

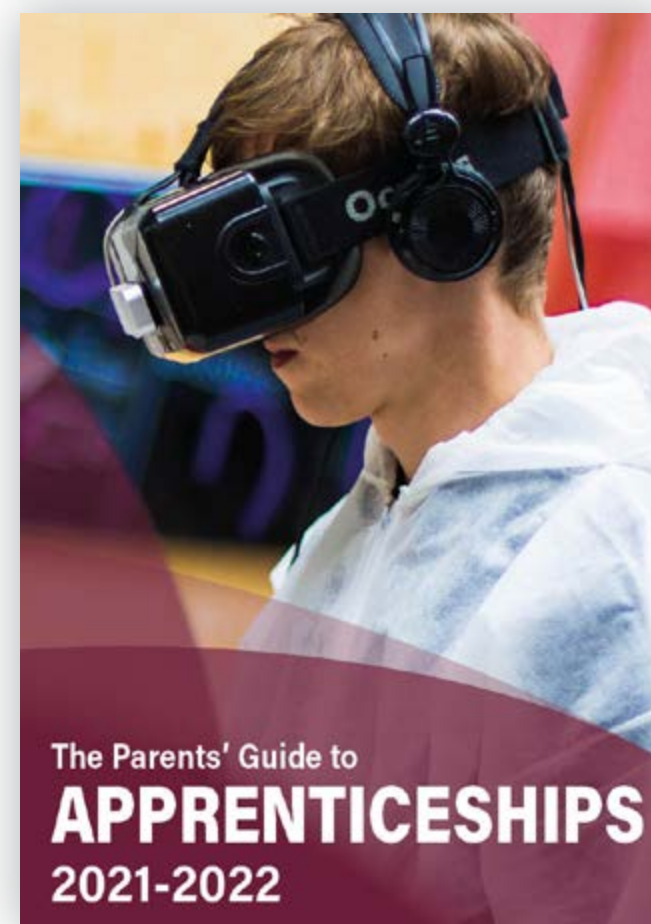


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