











# How to prepare to return to study

## What is a return to study meeting?

A return to study meeting is an opportunity to meet with your faculty to discuss whether you are ready to return to study, following a suspension due to health related reasons or following a Student Support Review (formerly know as fitness to study) meeting. Enabling Services may also be present at the meeting.

If you are ready to return to study, there will be chance to explore how your faculty and Enabling Services can support you with your return. The meeting is likely to last no longer than one hour and you are welcome to bring someone along to the meeting with you for support.

## Return to study checklist

Things to consider before returning to study		✓
	<b>Obtain medical evidence:</b> provide a copy of medical evidence to your faculty (if you suspended for health reasons) to support that you are ready to return to study – this can be obtained from a medical professional such as your GP.	
	<b>Organise accommodation:</b> consider where you will be living if you return to study (but ensure your return to study is confirmed before you sign a contract/pay a deposit).	
	<b>Consider finances:</b> if applicable, contact your funding body (e.g. Student Finance England) to ensure you have funding in place for when you return to study.	
	<b>Register with GP:</b> consider registering with a GP in Southampton.	
	<b>Apply for Disabled Students' Allowance (DSA):</b> apply for DSA if you suspended for health related reasons. A guidance document on what DSA is and how to apply can be found <a href="#">here</a> .	
	<b>Prepare for return to study meeting:</b> consider how you feel equipped to return to study, the changes that you may have introduced during your suspension which have resulted in you feeling ready to return to study and how you would manage if faced with similar circumstances again.	
Things to consider following a return to study		✓
	Make a Student Support appointment with Enabling Services.	
	Set up DSA support (if applicable) and familiarise yourself with the support available at the university.	
	Confirm who your Personal Academic Tutor (PAT) is, meet with them and stay in regular contact with them.	
	Access support if needed – please see overleaf for the support available to students at the University of Southampton.	

## Enabling Services support

<b>Student Support Drop-in</b>	An opportunity to meet 1:1 with a trained advisor to find out about the range of support available for situations including (but not limited to): mental health and wellbeing, concerns about a friend, crisis support, study advice and adjusting to university life. The student support drop-in times can be found <a href="#">here</a> .
<b>First Support</b>	<u>First Support</u> provide support to students who may be facing significant difficulties in their life or dealing with crisis. The team offer appointments face-to-face, via telephone or by Skype and can be contacted by telephone 023 8059 7488 or email <a href="mailto:firstsupport@soton.ac.uk">firstsupport@soton.ac.uk</a> .
<b>Counselling</b>	<u>Short-term counselling</u> is available through Enabling Services for students to discuss concerns or issues in a supportive and safe environment. To find out if counselling is the right service for you, come along to a Drop-In session or email <a href="mailto:enable@soton.ac.uk">enable@soton.ac.uk</a> for a triage assessment form.
<b>Groups and Workshops</b>	Enabling Services offer groups and workshops throughout the year including mindfulness courses. Visit <a href="#">Enabling Services events page</a> to find out more.
<b>Disability</b>	Support is available for students with physical and long-term conditions, including mental health. We can help students to access support e.g. exam recommendations and advice about halls accommodations. Contact us at <a href="mailto:enable@soton.ac.uk">enable@soton.ac.uk</a> to arrange a student support appointment with a disability practitioner, attaching a copy of your medical evidence.
<b>Specific Learning Difficulties (SpLD)</b>	Support, including exam recommendations and assistive technology software, is available for students with an SpLD (e.g. dyslexia). Send your post-16 diagnostic assessment report to <a href="mailto:enable@soton.ac.uk">enable@soton.ac.uk</a> to arrange a student support appointment with an SpLD practitioner to discuss your support recommendations. For any other SpLD concerns, please contact Enabling Services.
<b>Study Skills Support Drop-in</b>	Meet 1:1 with a practitioner (no appointment necessary) for practical study advice and support. The times/location can be found <a href="#">here</a> .

## **Other University of Southampton support**

<b>Study support</b>	<a href="#">The Academic Skills Hub</a> , coordinated by the library, offer students a range of study support from a daily academic skills drop-in to online resources, <a href="#">1:1 academic writing appointments</a> and <a href="#">training and workshops</a> .
<b>Student Life</b>	Available 24 hours a day, seven days a week, the <a href="#">Student Life</a> team are dedicated to supporting student wellbeing and enhancing the student experience. The team are based in halls of residences but support is available to all students.
<b>The Student Advice Centre</b>	<a href="#">The Advice Centre</a> provides free, independent and confidential support to all students including support with housing, finances, complaints and academic support.
<b>The Student Services Centre</b>	<a href="#">The Student Services Centre</a> can help answer any questions about accommodation, fees, funding and ID cards.

