

Attendance and Engagement

To get the most of your studies, remember that it is important to attend your classes, engage in discussions, participate in group activities, and interact with your lecturers and peers. These are all opportunities for learning, collaboration, and personal growth. We encourage you to approach your studies with honesty, intellectual curiosity, and a commitment to learning.

ENGAGE

As a student at the University of Worcester, you have a responsibility to actively engage with your learning opportunities. It is important that you attend your lectures and seminars, as this is where you will be introduced to the information, the concepts and the theories related to your course. Engaging with the teaching session, through active listening, taking relevant notes, asking questions and participating in discussions, is what will help you process and understand your subject. These activities will enhance and inform any independent studying, allowing you to develop critical thinking and problem-solving skills.

INTERACT

Your lectures are also an opportunity to interact with your peers; share ideas, establish study groups, and build a network that can support you throughout your degree. Connecting with your peers through these shared experiences allows a sense of belonging and community to be built.

ATTEND

Attending your lectures can also have other positive effects on your wellbeing. They provide structure and routine, which can help reduce stress. Regularly attending your lectures will make it more likely that you stay on top of your coursework and have a clear idea of what is expected from you, which can also help alleviate anxiety. Making a plan to attend your scheduled sessions can help you stay motivated and gives a sense of achievement every time you show up and participate.

ASK FOR HELP

To make the most of your university experience it is important to make every effort to attend all of your sessions. It is understood however, that there will be times through illness or other extenuating circumstances, that this may not be possible. If you are struggling to regularly attend, have missed sessions or are struggling for any other reason, you can speak with **firstpoint** about further support.