Returning to Learning:
A Guide for Mature Students
www.cardiff.ac.uk
welcome

If you are returning to learning after some time away from school or studying and are now thinking about applying to university, then we hope this guide will interest you. There are many reasons why you might not have considered university before, but whether you are just starting to consider studying, or are some way into putting your ambition into action, this guide will help you through the steps required to make those important decisions.

At Cardiff University there is a large and diverse student population, and mature students, who make up about 15% of all undergraduates, make a significant contribution to the intellectual life of the university. They bring a commitment and enthusiasm to their studies, as well as social and interpersonal skills gathered from various life experiences that enhance the learning experience for everyone. Coming from a whole array of backgrounds, mature students enter with a variety of qualifications and work-related experience and often achieve a better than average degree result.

Cardiff University welcomes applications from mature students. We hope you will find this guide useful as background information during the application and entry process. Once here you will have access to a stimulating learning environment with world class study facilities. The guide also explains the range of services we offer to help ensure that you are supported during your studies and in your role as a student at Cardiff University.

This guide complements the information you will find in our undergraduate prospectus and on our website. For the most up-to-date course information and for information on visiting the university please see our website www.cardiff.ac.uk.

Abu-Bakr
Abu-Bakr Mammad-All Shabazz is from Cardiff. He completed an Access to Combined Studies course over 3 years and went on to study a BSc in Economics and Sociology at Cardiff. He then took a PGCE course and now he works as a tutor in the Cardiff Centre for Lifelong Learning. He runs courses in Black History in the community.
why go to university?

Mature students have many reasons to study at university

Changing and developing a new career

Higher education qualifications can be the route to a more fulfilling and rewarding career. Studying at degree level demonstrates your ability to think and work independently and enables you to develop important transferrable skills such as numeracy, communication, research, analytic and critical thinking skills.

Prospects

Gaining a degree can make a considerable difference to your career prospects, increasing your potential of gaining a ‘graduate’ job, or promotion and a larger salary. Over the course of your working life, you can expect to earn on average, over £100,000 more as a graduate than a similar person with level 3 (e.g. A-level) qualifications. For some careers, such as nursing, pharmacy, engineering and law, a university qualification is the starting point.

Personal Goals

Perhaps your reasons for studying are personal rather than professional. You may have reached a stage in your life when you can finally study a subject that you truly enjoy. Perhaps it’s a new passion or you might have always had an interest in your chosen subject – either way studying at university can help satisfy that ambition.

University can broaden horizons. Studying for a higher education qualification can be an enriching experience and provide you with an opportunity to encounter new ideas and people from a wide range of backgrounds and cultures. Gaining a degree can make a huge difference to your confidence, a demonstration to yourself and others of your abilities.

why choose Cardiff University?

Choice

There are more than 380 degree programmes, many offering considerable study flexibility and choice.

Quality of Teaching

The quality of teaching at Cardiff has been independently assessed as being of excellent standard.

Student Satisfaction

Feedback from current students in the recent National Student Survey indicated a high overall level of satisfaction.

Research-led

Teaching is research-led, ensuring that students experience leading-edge innovation and thinking.

Learning Environment

The high quality learning environment is second to none. Our well-supported library and IT facilities allow for flexible access including the ability to work from home.

Student Support

A range of support mechanisms and people are in place to support your success at Cardiff.

Job Prospects

Close links with employers and professional bodies ensure that you are equipped with the skills that are in demand. Cardiff continues to be targeted by employers looking for graduate employees. Approximately 90% of Cardiff graduates of known destination went into employment or postgraduate study / professional training.

A capital city

Cardiff is a thriving and attractive city that is widely recognised as an outstanding place in which to live and study. It combines all the advantages of a compact, friendly and relatively inexpensive location with the cultural and recreational facilities of a modern capital city.

Nicola

Aged 25 Nicola Hall is studying a BA in History with Welsh History. Nicola left school at 13, due to being bullied, then entered college at 15 to study for her GCSEs. Nicola worked full-time and studied part-time until returning to full time study at the age of 21 to take A-levels. Nicola would like to be a writer and lecturer or possibly undertake research for a political party.

“WHEN I DECIDED TO GO TO UNIVERSITY THE REACTION OF THE FAMILY WAS MIXED. WELL YOU CAN NOTICE A CHANGE, I THINK AT THE BEGINNING MY FAMILY WERE A LITTLE SHOCKED BY MY DECISION. THIS LEFT ME FEELING A BIT ISOLATED AT TIMES, BUT OVER TIME, INITIAL REACTIONS CHANGED AND IT GREW IN RESPECT AND APPRECIATION THAT YOU ARE TRYING TO GET ON AND DO SOMETHING FOR YOURSELF AND I THINK IT HAS NOW CHANGED INTO ADMIRATION.”

Dave

Jackie Davies is the admissions tutor in Cardiff University Law School. She was a mature student who returned to study in her thirties after having four children. She completed her studies in Law at Cardiff and went on to teach at the university.

“WHAT KEEPS ME GOING? THE THOUGHT OF GOING BACK TO MY OLD JOB! THAT AND THE FACT THAT I KNOW I AM SETTING A GOOD EXAMPLE FOR MY BOYS. THEY’RE NOT PARTICULARLY ACADEMIC BUT SINCE I’VE GONE TO UNIVERSITY THEY’VE DECIDED THAT MAYBE THEY WILL GO Too.”

Pete
What about qualifications?

Mature students apply to university with a wide range of qualifications and life experiences. Admissions tutors are the staff in Academic Schools whose job it is to assess applications and select which students are offered places. All applications are considered individually and a range of relevant factors evaluated to determine whether a mature student is likely to succeed on their chosen course of study.

Entry requirements are designed to ensure that you are adequately prepared to follow your chosen subject and will vary from course to course. Once you have an idea of what subject you are interested in, look at the relevant academic school’s website to get an idea of entry requirements.

If you have any queries, perhaps your particular type of experience and qualifications are not covered by the school’s admissions criteria, it is most important that you contact the relevant admissions tutor. A quick and clear information related to your particular circumstances is essential before planning the next stage.

For mature student applications, admissions tutors will be considering your life skills and experience and thoughtful presentation of these will enhance your application significantly. Attention will be paid to how you feel they relate to your chosen degree course. You will need to demonstrate the academic potential to be able to complete the degree, and evidence of recent study will be important with this.

Listed below are some of the possible qualification routes available:
- A-levels
- Welsh Baccalaureate
- Access Courses
- BTEC National Diploma / Certificate
- Professional or work-based qualifications
- Higher National Certificate (HNC) or Diploma (HND)
- European and International Baccalaureate
- General National Vocational Qualification (GNVQ)
- Vocational Certificate of Education (VCE)
- Overseas Qualifications
- Independent study e.g.:
  - Cardiff Centre for Lifelong Learning programmes
  - Open University

Local Further Education Colleges

This is a good place to start if you are considering applying to university in the future. Colleges offer a wide range of academic and vocational qualifications, some particularly aimed at adults returning to learning. The Access to Higher Education is one such type of course that provides a particularly supportive environment in which to develop confidence in your ability to learn. Access courses offer a range of subjects as well as the study skills required to tackle university study. Both Access courses and A-levels at colleges may be studied full or part-time.

Choosing a Course

There is a huge range of courses on offer. Here are some of the issues that are helpful to consider as you work through the decision of what to study:

- What type of career am I interested in after graduating?
- Will it require postgraduate study? For example a degree in psychology is the first step towards qualifying as an educational psychologist.
- What subjects am I interested in?
- What type of course would suit me? Consider:
  - course content
  - resources available, from laboratories to libraries
  - teaching methods
  - opportunities for placements, practical work
  - project opportunities
- Does the university location and general facilities suit my needs?

With some general ideas of what to study, investigate further via the University’s web pages or Undergraduate Prospectus that describes all the courses in some detail. Useful information is also available on the UCAS website at www.ucas.com. Use ‘Course Search’ to find the course and university you are interested in, and then have a look at the ‘Entry Profiles’.

Richard

Richard Thomas, 50. After an undistinguished school career, Richard eventually moved into sales, and worked in the packaging industry with the same organisation for 20 years. A keen writer, he applied to Cardiff School of Journalism, Media and Cultural Studies in 2009 and was "astonished" to be offered a place. After graduating with a first in 2012, he is looking forward to continuing in Cardiff Business School at postgraduate level and describes his experience at Cardiff University to date as "life-changing".

Independent study is an important part of any degree programme.
Preliminary Year Programmes in Science and Engineering

If you are interested in a life sciences or physical sciences degree, or in medicine or dentistry, but your qualifications do not include recently obtained science A-levels, the Preliminary Year in Sciences may be an option for you. The Preliminary Year programme includes modules in Biology, Chemistry, Maths and Physics, and prepares students to enter the first year of a science degree. The School of Engineering also runs a Foundation Year. The Undergraduate Prospectus and website (http://www.cardiff.ac.uk/for/perspective/ug/study/preliminary) include details of all the degree schemes that you could progress onto after successfully completing the Preliminary Year.

If you are interested in seeking admission to the Preliminary Year you should contact the Admissions Tutor in the academic School in which you are interested in pursuing a degree, for specific advice regarding your particular situation.

For general enquiries about the Preliminary Year in Science please contact: Dr Henrietta Standley, Tel. (0292) 208 76735, Email: standleyh@cardiff.ac.uk.

For general enquiries about the Engineering Foundation Year please contact the School of Engineering Admissions Office, Tel. (0292) 208 74656, Email: engineering-ug@cf.ac.uk.

Part-time Study
Cardiff Centre for Lifelong Learning

The Centre provides around 700 short courses in almost 100 venues across South East Wales. Many of the courses have no entry requirements and can be studied in flexible combinations to progress towards a Foundation Certificate of 60 credits. It may be possible for credits gained at the Centre to act as a stepping stone onto a degree course, but it is important to confirm this with the degree course admissions tutor. If you are claiming one of a range of benefits, you may be eligible to claim all of your course fees under the Fee Waiver Scheme. The website has the most up-to-date information and the brochure ‘Choices’, listing all the classes, is produced twice a year.

www.cardiff.ac.uk/learn

Progression Pathways
Cardiff University is currently developing a series of Progression Pathways designed specifically to give adult learners a supportive and flexible route into Higher Education.

These pathways consist of several interesting and stimulating courses which run in the evenings and weekends at times that suit you. Their aim is to introduce you to the skills and ideas which you need to study successfully at university level. Once you complete your pathway you then have the option (subject to an interview) of moving onto a degree in your chosen subject. Each pathway relates to a different subject area, with routes already up and running into degrees in History, Archaeology and Religion on the one hand and Social Sciences on the other.

The best thing is that these pathways are open access. This means that you don’t need any qualifications or any particular level of education to enrol. Just sign up for your first course and start studying.

For more information on the progression pathways that are currently available, or pathways that are currently in development, contact the Centre for Lifelong Learning on 029 2087 000 or learn@cardiff.ac.uk.

Part-time Degrees
It may be possible for you to study a degree on a part-time basis, and these programmes are listed in the Undergraduate Prospectus under ‘Further Information’ or the website at http://www.cardiff.ac.uk/for/perspective/ug/study/part-time

Steven
Steven Staines, 30, left school at 16 and spent time working in a range of jobs from construction to hairdressing. Steven gained access to university through an Access course in Health and Social Care. He hopes to work in forensic accounting and will spend his final year of university studying abroad in Hong Kong City University.

What will studying at university be like?
The great majority of courses at Cardiff University have a modular structure which increases the choices of topics available to study. Most courses contain core modules that will be compulsory and optional modules that you select to suit your interests.

Studying at university requires students to take significant responsibility for organising their own work and time. Independent study will play a large part in your success at university. Much of your study time each week will involve reading around your subject, including time in the library tracking down books and electronic resources. As with all large organisations the University uses information technology extensively, so be prepared to communicate using Internet, email and word processing.

If you are asked to attend an interview, an open day or offered a place at Cardiff University, it may be helpful to discuss the course structure and what is expected of you with academic staff.

Your course timetables will not include your independent study. Only the formal teaching will be scheduled, and as a very rough guide, humanities and social sciences subjects involve 50 contact hours; science subjects anything from 15 to full-time including lab work.

Lectures: With perhaps 100 or more students in the lecture theatre, this is a presentation on students listening and taking notes. Some lecturers may be willing to answer questions during the lecture, but most will answer questions at the end.

Seminars or tutorials: Often weekly for each module, seminars will be an opportunity to actively participate in small groups of perhaps 10 or 15. Sometimes a student will lead the discussion on a topic decided beforehand. A supportive tutorial environment in which everyone can contribute helps students develop confidence in their academic abilities.

Practical work may include working within a laboratory in science courses or time spent working outside of the university on placement. For some, particularly health-related courses the work based placements may involve hours outside 9 to 5.

Clare
Clare Morgan, aged 30, is looking forward to coming to university. Clare worked in retail and operational management and approached her L1 place with a positive attitude. She entered Cardiff University via the science preliminary year programmes. Clare would like to work in conservation.

“1 look at Uni as a 9-5 job. I’ll go in for 9 in the morning, study for a couple of hours, go to lectures then try and stay until about 5 o’clock and then I have my evenings if I want to work part-time or if I want to relax”.

Notasha
Assessment: most courses will be assessed with both written assignments and exams. Adults returning to learning often express concern regarding exams but it is important to remember that careful preparation will help. Your exam structure will be known beforehand and practice with past papers develops confidence.

“Dealing with exam stress was a challenge. If like me you haven’t actually sat exams for the best part of 17 years then going into that is quite daunting. So learning to manage the stress and actually organising your study time and learning how to revise again is important.” Paula

Personal Tutor: Every student is allocated a Personal Tutor who is a member of the academic staff within your subject area. Your tutor can give guidance and feedback on your studies, as well as support with the additional pressures that mature students often face.

“My personal tutor has been really, really helpful. I had some issues last year which meant that I needed special circumstances for my exams and he actually helped me through the whole process. I didn’t necessarily need to see him face to face but there were a lot of emails. He really fought my corner so that was particularly helpful. My advice would be to keep in contact with your personal tutor. It is very easy to just stick to the scheduled two meetings a year, but I think it’s really important for them to get to know you well and you’re going to want a reference at the end of your degree course. So just drop them a quick email every now and then. Introduce yourself, go and see them and if you’ve got any problems then use them, that’s what they’re there for.” Paula

Technology: Like all modern university environments, electronic communication and information gathering is the norm now. You will be expected to be familiar with email, the use of the internet, and word processing to submit work electronically. IT induction, training and support are available when you arrive although practising these skills beforehand is important. The university learning environment is called ‘Blackboard’ which allows you flexibility to access resources and study when and where it suits you, including from home.

“School was awful, I hated it. I left at sixteen. I think that’s why it’s taken me… I’m 32 now... a long time to go back to education. I feel it has given me a lot of confidence coming to Cardiff and doing this because it’s something I never thought that I’d be able to do”. Nesta

“I like to think that I have shown my daughters that it doesn’t mean because you don’t succeed at 16 or 18 that’s it. Education is a lifelong process”. Sheila

how do I apply?

Full-time Courses at Cardiff
UCAS (Universities and Colleges Admissions Service) provides a central application service for full-time undergraduate courses in the UK. Applications are made online using their system ‘Apply’. You will need to set up an account which will allow you to enter information into your application each time you log on. There is no time limit from when you start your application to when you send it, but the deadline for most courses is mid-January in the year of entry. (Check the UCAS website for exceptions e.g. Medicine and Dentistry. It is still possible to apply after the January deadline, but your application is classed as ‘late’, and places are allocated from January on.

Part-time and Direct Entry Courses
For a very few courses, your application is not through UCAS but directly to the University. Further details including the paper-based and online application form can be found at http://www.cardiff.ac.uk/regis/general/procedures/undergraduate
Writing a convincing Application

Your application will include an all-important ‘Personal Statement’. This is your opportunity to make your case to admissions tutors, demonstrating why they should choose you for their course.

Consult the admissions statements on the Cardiff University Website, both the general information at: www.cf.ac.uk/for/prospective/ug/apply and specific information on the Academic School website for the course you are interested in.

In addition, 'Entry Profiles' on the UCAS website bring together information about courses, the university or college offering each course, and the information you need concerning particular entry qualifications, selection criteria and admissions policy. This information is useful to enable you to make fully informed choices. It will also help guide you in what is relevant information to include in your Personal Statement.

Your personal statement should convey your reasons and enthusiasm for your chosen subject and career plan. Admissions tutors will be looking at your statement for motivation, evidence of clear thinking and analytic skills as well as a good standard of written English. Demonstrate how your work and life experiences have provided you with a range of skills and abilities that will enable you to be successful at university. Evidence of positive responses to challenges or particular difficulties that you may have experienced may also be relevant.

"I was given some guidance in college of how to complete the personal statement, but I think the hardest thing was actually selling myself. It’s not something really that many women in particular are good at doing. We tend to downplay our strengths, so that was difficult. Mature students have actually quite a lot to offer. We have a lot of experience to add, not just exams that we’ve done or courses we’ve taken." - Paula

Interviews

You may well be invited to an interview. The reason for this is to offer you the opportunity to show your suitability for your chosen course and career, so some thorough research will pay off here. The interview is also a chance for you to determine whether the course is right for you, so be prepared to demonstrate your interests in the subject by asking questions and talking about yourself and your experience.

"Be really, really positive about yourself. Come across as confident even if you don’t necessarily feel it, someone who really wants to be at this university. Show enthusiasm for the subject and that enthusiasm is what will get you noticed above somebody else." - Anne Marie

Sabah

Sabah Mohammud Gho, 39. As a mother of seven children returning to education was a challenging task. However, obtaining a degree was one of Sabah’s dreams, and starting from an open door course that led to an Access course in Life Science, she was overjoyed when she was offered a place at Cardiff University. As a mature student her lecturers and personal tutor were very understanding of Sabah’s personal circumstances.

In July 2012 she graduated with an honours degree in Biomedical Science.

Offers

If you have applied to more than one university, each institution will consider your application independently. You will be informed of the decision through UCAS.

If an offer is made it could either be unconditional or conditional. An unconditional offer is made to students who have already met the academic and other entry requirements. A conditional offer requires you to satisfy the conditions detailed in the offer such as gaining the qualification you are currently studying.

From the offers you receive, select one firm choice and one insurance choice. The decision to choose an offer as your firm choice reflects a commitment to go to this university.

In the summer, exam results are announced and you will then have your accepted offer confirmed by the university or, if you have not achieved the qualifications needed, you may find a place on another course or at another university.

Graduation day, a great sense of achievement

The University has extensive IT facilities

Advice can be obtained from Student Services
Courses funded via the NHS Funding Scheme
This includes Nursing & Midwifery, Occupational Therapy, Physiotherapy, Radiography and Dental Therapy & Hygiene. The NHS funding scheme is changing for new entrants from September 2012.

✔ Support for Tuition Fees. Most students on these courses gain a NHS Funded place which usually means that your tuition fees are paid for by the NHS.

✔ Support for living costs. There are two non income assessed elements which are a NHS Grant and a reduced Student Loan. There is also an income assessed NHS Bursary.

✔ Help with Placement Costs. This is income assessed and is part of the NHS Bursary.

For more information see www.cardiff.ac.uk/advice/funding/nhsfunding/}

Students with children and/or an adult dependant
All students can apply for extra income assessed allowances for an adult dependant and help with registered childcare costs. There are also extra income assessed allowances under the NHS Bursary scheme for those students with dependent children.

Part-time Study
Support is available to fund the costs of part-time study and the level of support you can apply for will depend on the course of study and the number of credits undertaken each year. Most of this support is usually income assessed. To find out more contact the Student Advice & Guidance team.

Help with learning support costs
Every year approximately 1200 students receive ongoing support with their studies via the Student Support Centre related to dyslexia or a disability. Help with the costs of this support is via a non income assessed Allowance. For more information please contact the Disability & Dyslexia Service on telephone No. (029) 2087 4844.

Previous study
If you have studied previously on a higher education course such as a HND or on a degree scheme then this is likely to affect your eligibility for funding under the Student Loans system. If you would like specific advice about this contact the Student Advice & Guidance team. Currently, previous study does not affect eligibility for NHS Funding but please check the Student Advice & Guidance team web pages for any updates for entry in September 2013 or later.

Additional funding via Cardiff University Scholarships
Available in selected University Schools/Departments they are awarded by Admissions tutors based on academic merit.

University Bursaries
Aimed at topping up your student funding to help with costs related to studying a degree. Eligibility is based on household income. They are not available to NHS funded students. For more information on additional funding and scholarships see www.cardiff.ac.uk/or/funding/financialaid/aidandscholarships

Earn While You Learn
UNISTAFF Jobshop is the student employment agency, located in the Students’ Union, which aims to make it as easy as possible for students to find part-time or temporary work. It provides an essential service in giving all registered Cardiff University students a central starting point in their search for casual employment.
Support Services

Whether or not you use the support services, it’s always reassuring to know they are there should you need them. The pastoral care of students is primarily the responsibility of schools and a personal tutor is appointed for each student but there may be times when you need other expert support.

Student Advice and Guidance Service

A team of student advisors offer an accessible support service to students throughout the year providing confidential advice and help to students on a wide range of personal, financial, academic and general welfare issues.

Disability and Dyslexia Service

The Disability and Dyslexia Service provides confidential advice and support for students who are disabled (who have a long term medical condition, specific learning difficulty e.g. dyslexia or mental health difficulty). The service is for both prospective students and those students who are already enrolled. Staff work closely with Academic Schools and other agencies to provide appropriate and accessible support for disabled students. Staff can be contacted by Email on dyslexia@cf.ac.uk or disability@cf.ac.uk.

They really have gone out of their way to help me in terms of getting equipment and training to help you deal with your dyslexia.

Anne Marie

I find that when it comes to writing up my assignments, planning, concentrating on my punctuality, grammar and these sorts of things, I use the facilities here on a regular basis and I find them very helpful.

Abu Beir

Day Care Centre

The Day Care Centre located in the heart of the Cathays campus. It provides facilities for the children of Cardiff University students and staff, with priority given to full-time students. There are 64 places for children aged 1.0 weeks to 5 years. The Centre is divided into sections appropriate to the ages and development of the children. Care is provided through the medium of Welsh.

“THERE'S A SAFETY ENVIRONMENT IN A VERY CONVENIENT LOCATION. IT'S A RELIEF TO HAVE A PIECE OF MIND THAT MY SON IS IN A SAFE AND FRIENDLY PLACE.”

Liz

Counselling Service

The service offers confidential counselling to students who may be feeling distressed or anxious and wish to discuss matters of a personal or emotional nature.

Student Health Services

The Health Centre operates both an appointment and drop-in service for students seeking advice, or treatment for illness, injury or to discuss any health problems. Treatment is given immediately whenever advisable. However, the Centre supplements rather than replaces the GP service. All students should register with a local GP.

University Chaplaincy

The Chaplains give pastoral support, provide places and occasions for prayer and reflection, and make links with the local community and its activities.

The University is surrounded by attractive parkland

The University has a Health Centre

Relaxing in a University coffee shop

University Day Care Centre
further information

Accommodation
If you are moving to Cardiff the University has a variety of residences, many with en-suite shower rooms within each single study bedroom. The University will send a letter/email with residences information to everyone who has been made a conditional or unconditional offer to study at Cardiff. If you are planning to make Cardiff your firm choice University you can apply online for University residences straight away.

You may wish to request accommodation to share with people nearer your own age. The University has some accommodation for post-graduate students, and Residences may be able to allocate some of these to mature students depending on availability. Once you have received the residences information, applying promptly will be helpful.

Residences also offer help to students seeking places in privately-owned accommodation. A regularly updated list of flats and shared houses is available on request, email residences@cardiff.ac.uk. Advice regarding tenancy agreements and other aspects of living in private sector accommodation can be obtained from the Student Advice Team and the Students’ Union Advice & Representation Centre.

Students’ Union
Cardiff University’s Union is a purpose built centre located near the city centre with a wide range of facilities for eating, drinking and socialising. It provides many different services including a Student Advice Centre, a Student Employment Service and the Student Development Unit offering professional development and work experience opportunities for current students.

Mature students are represented on the Union Executive by the Mature Student Officer. The wide range of clubs and societies for people with shared interests includes the Mature Students Society, which offers the opportunity to meet other mature students from around the university.

Future Careers
Whether your degree prepares you for a specific career or not, the Cardiff University Careers service will be invaluable in moving you towards the right graduate job.

During your studies you will have developed many employment related skills and experiences and the Careers Service will help you best present these to employers.

“I’m thinking of becoming a social worker. If you’d asked me a few years ago when I first started university, it would have seemed unimaginable. But now I feel quite confident - it’s a real possibility.”

Dane

Support during the application process
The Widening Access team in the Centre for Lifelong Learning run an e-Mentoring scheme that links mature applicants (and those with non-traditional qualifications) with current mature undergraduate students through email. Prospective students gain insight into study at university from the perspective of someone who has recently been through the process. The role of the mentor is to support, encourage, motivate and inspire.

Mature Student Induction
Mature Student Induction is held just before your first year starts in September. It is a way of welcoming you to the university and introducing you to fellow mature students. Staff from around the university are involved in providing information and answering questions. You will gain further Insight into the experience of being a student at Cardiff University including the study resources and facilities available to you.

What do I do next?
The role of the Widening Access Team at the Centre for Lifelong Learning is to support mature applicants considering higher education. We welcome enquiries from anyone thinking of returning to learning no matter how soon it is in your journey towards University. The Further Information page has our details.

Open Day
The University Open Day takes place in the spring term. It is an opportunity to visit Academic Schools, meet academic and support staff and generally find out about the University. More information is available online at the University website. On the morning of the Open Day the Centre for Lifelong Learning runs a session focusing on the needs of mature students. As well as information specific to mature applicants, you will have an opportunity to meet current mature students, other applicants and find out about the mature students society.

Many Academic Schools run supplementary information days which can be a useful source of information and reassurance particularly for mature applicants. Check Academic School webpages for details.

www.cardiff.ac.uk/opendays

“We went to the mature student induction within the Centre of Lifelong Learning and it was fantastic. It took so much of the anxiety away. It just made all the difference - sitting and talking to other mature students. It was a really, really positive experience”.

Dave

“It was scary at first. I think you do feel a bit like a fish out of water. There are a lot of younger people here, and for the first few weeks you’re trying to find your feet. It took some time locating where I needed to be and getting used to the timetable. But the second year has definitely been an eye opener - it’s been really good this year”.

Pavia

The University shares the Heath Park Campus with the University Hospital of Wales

Cathays Park Campus

What do I do next?
Returning to Learning: A Guide for Mature Students
contact information at Cardiff University

Undergraduate Recruitment

Widening Access Team
Cardiff University Centre for Lifelong Learning:
Senghennydd Road, Cardiff CF24 4AG
Tel: 029 2087 6182
Web: www.cardiff.ac.uk/team/wa
Email: LEARN-WideningAccess@cardiff.ac.uk

Student Support Centre
Cardiff University, 50 Park Place, Cardiff CF10 3AT
Tel: 029 2087 4844
Web: www.cardiff.ac.uk
Email: studentadvisory@cardiff.ac.uk

Student Finance Office
Cardiff University, 30-36 Newport Road, Cardiff CF24 0DE
Tel: 029 2087 4399
Email: fees@cardiff.ac.uk
Web: www.cardiff.ac.uk

Careers and Employability
Cardiff University, 2nd Floor, 50 Park Place, CF10 3AT
Tel: 029 2087 4228
Web: www.cardiff.ac.uk/careers
Email: careers@cardiff.ac.uk

Students’ Union
Cardiff University, 50 Park Place, Cardiff CF10 3QN
Tel: 029 2078 1400
Web: www.cardiffstudents.com
Email: studentsunion@cardiff.ac.uk

Day Care Centre
Cardiff University, 43-45 Park Place, Cardiff CF10 3EB
Tel: 029 2087 4235
Web: www.cardiff.ac.uk/creche
Email: creche@cardiff.ac.uk

Residences Office
Cardiff University, PO Box 533, Cardiff CF14 3XZ
Tel: 029 2087 4849
Web: www.cardiff.ac.uk/residences
Email: residences@cardiff.ac.uk

Useful Contacts

Universities and Colleges Admissions Service
P0 Box 28, Cheltenham GL52 3LZ
Tel: 0870 468 0468
Web: www.ucas.com
Email: enquiries@ucas.ac.uk

Department of Education
Tel: 0370 000 2288
Web: www.education.gov.uk

Student Finance Wales
Tel: 0845 602 8845
Web: www.studentfinancewales.co.uk

Student Loans Company
100 Bothwell Street, Glasgow G2 7J0
Tel: 0141 306 2000
Web: www.slc.co.uk

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