

YOUR DIVIDING THE HACKS

Starting your DMU journey

We can't wait for you to join the DMU family later this year. We remember how exciting starting university is, but it definitely comes with some new responsibilities like budgeting, making new friends and living away from home. Your first term will be unlike any previous year, but there are lots of things being put in place to try to make sure that you will still be able to enjoy DMU student life to the full. To help you prepare for the transition, we have put together some of our top tips and tricks we wish we had known when we started at DMU.

In this handy guide, we'll share our advice on studying for exams, as well as tips on clubs, sports and societies. We hope that our personal life hacks will give you the knowledge and confidence to try new things, make lifelong friends and get the most out of university life.

Mart Mollie Mehul

Darren Yvonne

TOP TIPS FOR LIVING AWAY FROM HOME

After spending so much time in lockdown, living away from home might seem like a big step! Here are our handy hints to get your place in order.

- 1 Spend time getting to know your flatmates sometimes you can even get in touch with them on accommodation group chats, or our Facebook group, before you arrive. Remember, everyone is in the same boat so making friends is easier than you think!
- 2 Make your new bedroom feel like home by decorating it with some photos of family and friends, posters and decorative items. Don't forget a door wedge as well so you can keep your door open and get to know your flatmates.
- 3 Club together with your flatmates to buy essentials for the flat. Because let's face it, no one wants to spend their last fiver on toilet paper. There are lots of handy apps that make it easy to create a pool of money ready for when you run out of something.

Did you know?

Try Nada on Saint Martins Walk in Leicester, which sells food, cosmetics, detergents and cleaning products, all sourced locally, plastic-free and zero waste.



Don't neglect your mental health while at University. It can get quite busy whilst on placement, but I try and make time for things I enjoy. It's always important to take regular breaks and socialise when you're jacing big challenges. Karl

TOP COOKING TIPS

Whether you're a keen cook or a complete beginner, here are our top cooking tips.

- 1 Learn to make the meals you love having at home it can help you to plan your meals and also impress your new flatmates.
- 2 Cook a larger portion than you need and freeze the leftovers so you have quick and easy meals on hand for when you are busy with deadlines. Spaghetti bolognese, soup and curry are all perfect for freezing!
- Plan food shopping with friends so you can get meal ideas from each other and make the most of special deals like buy one get one free!

Did vou know?

If you're stuck for ideas on what to cook or simply don't have the time, make use of DMU's Food Village which is located in the heart of campus and has a huge range of food on offer at low prices.



At uni eating out can be your best friend but also your worst enemy! A good, well-structured budget can help you not dip into your overdraft and help you monitor what you spend!

Mollie

BUDGETING TIPS

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As restrictions ease, you'll want to make the most of going out and socialising. Here are our handy hints to keep you out of your overdraft and to make the most of vour student loan.

- 1 Take advantage of student discounts! A Totum card might cost £15, but it's totally worth it when you can save big at places like Amazon, Superdrug and the Co-op. You can also sign up to UNiDAYS with your DMU email for free access to lots of amazing discounts.
- 2 If you are looking for some part-time work while you are at university, register with Unitemps. Their office is conveniently based on campus and jobs are available both inside the university and in the local area.
- 3 Figure out your budget for each week once you have paid your rent to help you keep an eye on your spending! Some banks are also really helpful for showing you where you spend your money each month.

Did you know?

You can shop at the city's market, one of the largest outdoor covered markets in Europe. You'll be supporting local businesses, and you might be surprised to see how much fruit and veg you can get for £1.



Make sure you go over your notes at the end of each day. It's something that's helped me so much, you'll be surprised at how much more you remember.

Mehul

STUDY AND EXAM TIPS

It's not easy getting back into the swing of things when you've had a long break from studying and exam prep.

Here are a few tips to help get you into study mode, whether you're at home or on campus.

- 1 Add visual prompts and colours to your notes to help you remember important details it can help with your memory recall in stressful situations.
- 2 Set up a group chat with your classmates to discuss ideas, share thoughts and motivate each other! This will give you new perspectives and help you to feel more connected.
- 3 On your laptop or computer you can download a program to block access to distracting social media sites for a set period of time. The library also has a digital hub with software for things like note taking and brainstorming.

Did you know?

If you have a thing for stationery, you can visit Set on the High Street, Typo in Highcross or Regency Stationers in Charles Street in Leicester for your fix.



Joining a society is a great way to meet new people and create long-lasting friendships! You can learn new skills and expenence new cultures that will make you unique and stand out from the crowd.

CLUBS, SPORTS AND SOCIETIES TIPS

With more than 100 societies and 40 sports clubs at DMU, you can keep your mind, body and soul in good shape. Your first term will be unlike that of any previous year, but despite some necessary restrictions. you'll still have lots of fun opportunities.

- 1 Make sure that you check out the De Montfort Students' Union (DSU) website to see all of the clubs, sports and societies that DMU has to offer. It's the best way to meet new people who are interested in the same things as you.
 - 2 Fancy taking up a new sport, but not sure if it's right for you? DMUactive runs all kinds of free sport and fitness sessions. This year they are working to create safe activities just for you. Sessions will run face-to-face where possible in line with the latest advice, and also online.
- 3 Can't find a society or sports club that you want to be a part of? You can start your own, it's as easy as filling in a form on the DSU website!

Did you know?

If a more relaxed approach is what you're looking for, DMU's Queen Elizabeth II Leisure Centre boasts a 25-metre pool, sauna, climbing wall, sports hall, fitness suite and free-weights area.



Make the most of everything DMV has to offer, especially in your first year when you have more time. You canget involved in societies, volunteering, sports work placements and so much more.

It really gives you a fuller experience.

Yvonne



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Join our "Applying to DMU 2020" Facebook group to connect with other applicants and find out all you need to know about DMU.

Don't forget, you can chat online with our friendly student ambassadors about being a student at DMU.

Visit dmu.ac.uk/study/chat-with-a-student