

Other leaflets in this series:

Academic:

I disagree with my marks
I've been accused of plagiarism

Housing:

Do I need to pay council tax?
How can I save money on my fuel bills?
How can I get my deposit back?
I want to get out of my tenancy agreement
My house is a dump

Money:

Can I get help with health costs?
Do I have to pay tax and national insurance?
Help I'm skint
How can I fund my course?
I'm really bad with money
My boss owes me money

General

How do I complain about the University?
I've got a University disciplinary hearing

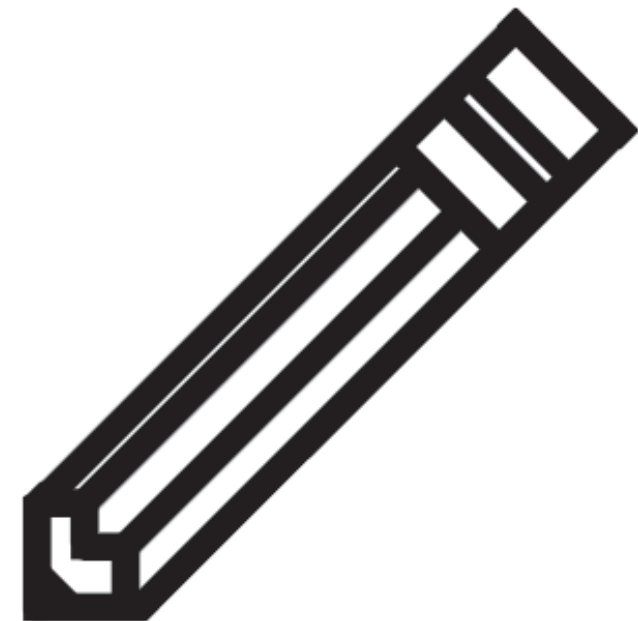
I hate my course, what are my options?

Advice & Representation Centre
1st Floor, Falmer House, Brighton, BN1 9QF
Tel: 01273 877038 Fax: 01273 873501
Email: advice@ussu.sussex.ac.uk
Web: www.sussexstudent.com/advice



Advice & Representation

www.sussexstudent.com/advice



First of all, don't panic! It is not uncommon to feel overwhelmed or disappointed by your course, and you will have a range of options.

At one end of the scale you may simply need some temporary help adjusting to the reality of undertaking your course. Alternatively, you may wish to transfer to a different course, take time out from your course (intermit), or even withdraw from your studies permanently.

The most important thing is that before making any decision, you share your concerns and get advice from someone at the University.

You could talk to your personal tutor or one of the Student Life Advisors in the University's Student Life Centre.

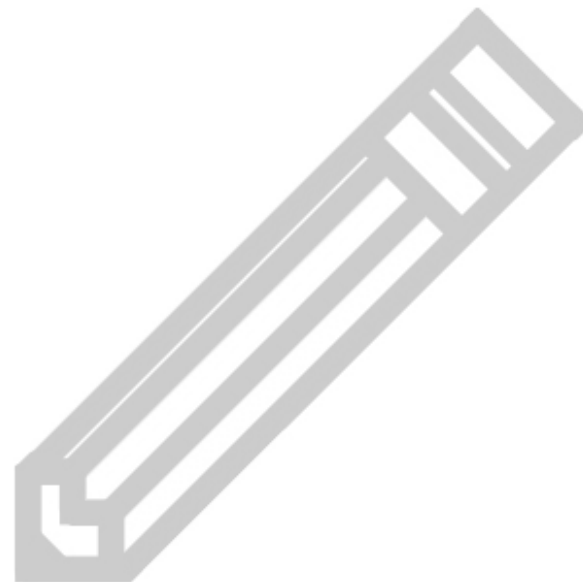
They should be able to:

- Talk through the reasons why you think your course may not be the one for you and what options you have.
- Refer you to more specific student support services if you have a need for extra study support (for example, additional study skills workshops or a dyslexia assessment).

There are a number of important financial and practical issues involved with some of the options mentioned

above (for example, what would happen to your student loan/grant if you withdrew or transferred course).

An adviser from the Advice and Representation Centre can talk these things through with you.



Talk to someone:

To see a Student Life Advisor contact the Student Life Centre- details at www.sussex.ac.uk/studentlifecentre.

To see a Students' Union adviser contact the Advice & Representation Centre to make an appointment- details overleaf.

Websites:

Student Life Centre - www.sussex.ac.uk/studentlifecentre

Advice & Representation Centre www.sussexstudent.com/advice