

UCS UniReady Workshop

Information, Terms & Conditions

Safe and confidential

You will experience a safe and confidential space where you will learn more about the challenges of mastering the basic real-life skills of day-to-day living, the new-found level of independence of being at university can bring. We will share some tools and strategies to enable you to help yourself to prepare yourself for the challenges of this new learning environment.

The workshop will be confidential in that we all commit to keeping everything discussed in the workshop confidential, and it will not be recorded. Please remember any comments you make or reply in the chat facility can be viewed by all participants on and after the event.

We want to give space for all participants, but we appreciate some people may want to speak less and some might want to speak more. All we ask is that as a group we give everyone the opportunity to engage in a way that meets all the needs of everyone.

Cancellations

Please remember to cancel your place if you are no longer able to attend. This will give someone else the opportunity to attend.

In Crisis?

If you are suffering from severe/acute anxiety or experiencing panic attacks 'in the moment', a workshop may not be appropriate or suitable for you. It may be more appropriate for you to meet with one of our Counsellors by appointment in a one-to-one virtual setting. You can arrange an appointment by emailing counselling@abdn.ac.uk
More crisis support can be found in the ['In Crisis' section](#)

Your facilitators

This workshop will be facilitated qualified experienced Counsellors from the University Counselling Service, who will look forward to seeing you soon!