**Student Essential Information & Support**

### University Orientation
Get to know the University and the services and system available to support your student life by completing the online orientation.

Website: [abdn.ac.uk/new-students](http://abdn.ac.uk/new-students)

### Where you are studying
You can update us whenever you want to update your study intentions through Student Hub.

Website: [abdn.ac.uk/studenthub/login](http://abdn.ac.uk/studenthub/login)

### MyCurriculum Support
You can get MyCurriculum help by using the online chat service or by calling 01224 272727.

Website: [abdn.ac.uk/mycurriculum/](http://abdn.ac.uk/mycurriculum/)

### School Information
Check your School’s section of the New Students website for details on activities, reading list and blended learning.

Website: [abdn.ac.uk/new-students](http://abdn.ac.uk/new-students)

### Counselling Service
The Counselling Service remains available to all students currently residing in the UK.

Website: [abdn.ac.uk/counselling](http://abdn.ac.uk/counselling)
Appointments: counselling@abdn.ac.uk

### Student Advice & Support
Help with queries relating to money, personal issues, disability support and visas.

Website: [abdn.ac.uk/student-support](http://abdn.ac.uk/student-support)
Appointments: student.support@abdn.ac.uk
**Multi-faith Chaplaincy**
Hosting a virtual student café, every Thursday at 11am, so students can socialise with each other. Residents at Hillhead who are feeling isolated can attend a virtual Hillhead café Tuesday at 3pm.
Email to join either cafe: chaplaincy@abdn.ac.uk

**IT Support**
Log in to myit.abdn.ac.uk, where you can chat with us during working hours, view self-help solutions and report an IT issue.

**Infohub**
Your one stop shop for all enquiries.
Email: infohub@abdn.ac.uk
Support Enquiry System: abdn.ac.uk/mist/apps/support-enquiries/
Website: abdn.ac.uk/students

**Library**
Our University libraries are open with reduced capacity and social distancing in place. You can also continue to access the digital library services.
Website: abdn.ac.uk/library

**Student Resident Assistants**
On site at Hillhead supporting students living in University accommodation.
Tel: 01224 274030 / 01224 274023 (6pm-6am), Tel: 01224 274013 (6am-6pm); Text: 07813 529 679
Email: residentassistants@abdn.ac.uk

**Toolkit**
Learn new digital skills, discover useful apps and explore University services.
Website: abdn.ac.uk/toolkit/

**AUSA Advice**
Advisers will be available for academic, housing and general wellbeing advice.
Email: ausaadvice@abdn.ac.uk
WhatsApp: +44 (0)1224 274 200

**Careers & Employability**
Operating all services online or by telephone.
Email: careers@abdn.ac.uk
Website: abdn.ac.uk/careers
Financial Support
Various funds are available to assist students in financial hardship, as well as funds specifically allocated to assist students without access to the necessary IT equipment to undertake their studies with a blended learning approach.

Email: student.support@abdn.ac.uk
Website: abdn.ac.uk/student-support

UoA Student Guide
The Student Guide is packed with lots of information to help you navigate university life, including events, activities and essential resources.

Search your mobile app store for UoA Guide to download.
Website: abdn.ac.uk/students/new-students/essential-guides.php

SLS
Enhance your academic skills including academic writing, maths and study skills.

Website: abdn.ac.uk/sls

S4S
Helping you settle into University life.

Website: abdn.ac.uk/students/support/students4students-3585.php
Safety

SafeZone is a free app that connects you to the University security team if you ever need urgent help, first aid or if you have an emergency while on campus.

Website: abdn.ac.uk/students/support/assistance

Pastoral Support and Guidance

All on-campus undergraduate full or part-time student will be assigned a Personal Tutor.

Website: abdn.ac.uk/students/support/pastoral-support-and-guidance.php

Assistive Technology

Confidential advice and support for people with additional support needs including: physical disability, specific learning difference, mental health issues

Website: abdn.ac.uk/toolkit/#assistive-technology

MIND

Advice on mental health and wellbeing is also available at MIND.

Website: mind.org.uk

BeWell

Our BeWell programme is designed to support you throughout your University journey.

Website: abdn.ac.uk/bewell