



Thinking of leaving?

First of all, don't just drop out, talk to someone. The University does not want to lose you and will do all it can to help if you are experiencing difficulties.

Why do I want to leave?

It is not unusual to feel unsettled during the first few weeks of coming to university. It may take some time to adjust to being away from home, living with new people, making new friends. Or it may be that you feel you are on the wrong course, or that you would prefer to be at a different university. Whatever your reasons, it is important to talk your concerns through with someone.

Who can I talk to?

There are a number of people you can talk to depending on what your concerns are, whoever you choose to speak to first can help you through what to do next.

University's Student Services:

The Student Advisers can advise on possible options about your course or module changes and next steps you need to take.

Tel: 01245 686700

Email: student.services@anglia.ac.uk

Visit: www.anglia.ac.uk/studentservices

Counselling and Wellbeing

[Counselling and Wellbeing](#) is there to help you work through any personal problems that may affect your reasons for thinking of leaving.

The Student Money Advisers

The Student Money Advisers will be able to advise you and provide information on any financial implications including how leaving will impact on your student loan and repayments.

Tel: 01245 686700

Email: moneyadvice@anglia.ac.uk

Visit: www.anglia.ac.uk/moneyadvice





The Employability Service

The Employability Service is available to offer advice and guidance and to help you look at all your career options if you do decide to leave University.

For independent advice about leaving

[ARU Students' Union Advisers are available](#) to any student for information, support and advice relating to any aspect of your time at Anglia Ruskin University and can help by talking through your thoughts about leaving and help you make a decision.

What other options are available at ARU?

It may be that you are experiencing health or financial difficulties and you may wish to consider Intermission. This means that you can leave your course for a while (up to one year), and resume at a later date, Student Advisers are responsible for arranging periods of Intermission along with your Course Leader.



Anglia Ruskin Students' Union Advice Services:

Cambridge

Tel: 01223 460008

E-mail: cambridge.advice@angliastudent.com

Chelmsford

Tel: 01245258178

E-mail: chelmsford.advice@angliastudent.com