



UNIVERSITY OF LINCOLN

Science Foundation Year



Holistic development underpins academic success

"Tools to keep myself balanced and productive"

"More motivated to plan my studying in relation to reaching my goals"

Supports inclusive transition into Higher Education

"I can change my mind-set, it's not set in stone"

"Able to understand how to maintain positive mental health"

Developed in response to student-identified skill gaps



Coding

Sleep

Exam Stress

Nutrition

Digital Skills

Career Readiness

Stress Resilience

Academic Mind-set

Organisation

Budgeting

Procrastination

Note Taking

Confidence

Emotional Intelligence

Mindfulness

Social Media

Time Management

Homesickness

Rental Advice

Healthy Relationships

Expert speakers from across the institution

"Made me more optimistic"

"Aware of people to go to and places to go for support"

Enables a diverse student cohort to thrive

"Life changing"

"I love how they give importance to wellbeing and mental health.... really important nowadays because stress forms part of our everyday lives"

Embedded into core lectures



Ellie Davison, Tom Hobson, Jayne Hopkins