



Leaving home for the first time is very exciting, but it's also a time of big change. Students going away to study at university and/or thinking about moving out of home, may be moving into accommodation with people they've never met before.

As the UK's largest student accommodation provider, Unite Students has spent years helping young people thrive in new situations and feel fully prepared for the big 'Leap' to university life.

Over the last few years, our insight reports have identified a significant gap in student expectations of what life will be like living away at university, and the reality they find once they actually arrive. These findings have been corroborated by a steep increase in the breadth of flat disputes and welfare issues with our students. In our campaign [The Leap](#), we were able to further research the disparity between expectation and reality by engaging parents and students across the UK to assess their needs and expectations of student life.

To support students, Unite Students have developed Leapskills, a workshop through which we can better prepare prospective students for living away from home.

This workshop is based on our insight and student resilience research, and can be run in as little as 45 minutes. Drawing on video content and a digital game, it introduces a number of student life scenarios to provoke group discussion on conflict resolution, problem solving and a general insight into shared living. We have run these workshops ourselves with over 1000 young people across the UK and tested it with teachers. Overwhelmingly, young people report feeling better prepared for moving away to university after attending the workshop.

By supporting the transition to independent living in this way we aim to prevent problems arising which may cause significant difficulties for young people.

We will shortly be running briefings to introduce teachers, tutors and school liaison practitioners to the facilitator pack and digital game.

If you would like to register your interest in the session, please email leapskills@unistudents.com.

