

Wellbeing and Fitness to Study statement writing guide

How This Guide helps

The following step by step guide provides you with basic information and advice on what to do if you are required to attend a Wellbeing and Fitness to Study meeting. If you would like additional support, you can contact us using the details below. Please note that an Adviser will not be able to predict the outcome of any Wellbeing and Fitness to Study Review.

Contact Details



023 8059 2085



advice@susu.org



The Advice Centre - SUSU



susu.org/support

Wellbeing

It is important to recognise that it is normal and natural to feel some anxiety when you are following a formal process and that the University has support in place to help you with your wellbeing.

You can contact the University's Wellbeing Team on studenthub@soton.ac.uk or by calling **023 80 599 599**. They are available **24 hours a day, 7 days a week**.

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confidential advice and information.*

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 **02380 592 085**

Reasons for writing a Wellbeing and Fitness to Study Review Statement

While there is no requirement to write a student statement, here is how it may help with a Wellbeing and Fitness to Study Review.

A student statement:

- Helps you focus on key points and outline your suggested plan, as well as the support you are seeking or may need
- Shares key points with a supporter/companion before your meeting
- Answers the questions that may potentially come up in the meeting
- Acts as a 'script' in your meeting
- May form a part of the official record of the meeting
- Shows your insight into your wellbeing

Potential statement sections could include:

a. Introduction

A chance to 'thank' those present at the meeting for considering your statement and briefly outlining the key messages you want to put across.

b. Main Body

You may consider dividing it into sections, for example:

How have things been?

This might include:

- How have your studies been going?
- What support or advice have you sought?
 - This may include submitting any relevant letters/documentation
- Explaining how your health and wellbeing have been

How are you now?

This might include:

- Have there been any recent changes?
- Do you have any current challenges?
- What is helping now?

What about next steps?

This might include:

- What further support would you need?
 - Think about academic, practical and/or wellbeing
- Your plans regarding upcoming academic work
- Do you need to take some time out from study?
- Regular review meetings

c. Summary

You may wish to finish with summarising the key message for the meeting participants. A summary is also a chance to remind the participants of the suggested action plan for engagement and support you have for the future.

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