



Emmanuel College Freshers Pack

WELCOME TO UNDERGRADUATE FRESHERS from the COLLEGE COUNSELLOR

I would like to welcome you to Emmanuel and to wish you well during your time here.

Once you have arrived in College there will be so much to acquaint yourself with and so many interesting and diverse demands upon your time that you may well feel literally in a whirl. I wanted to offer you some thoughts from my experience as College Counsellor to bear in mind whilst first joining and later settling into Emmanuel.

This is an important transition point in your life and it will call upon your personal as much as your intellectual resources. It is an opportunity to discover more about yourself as well as make new friends and relationships, pursue particular interests and explore new challenges. At the same time you will not have your usual sources of support so readily available and the lack of familiarity in the first few days, even weeks, can become quite demanding.

Joining Emmanuel may have involved a move in country as well as home, and at moments the sense of loss may feel greater than the excitement of new opportunities. It will take time to adjust and to establish new links with people whom you feel you can depend upon here. There are of course many opportunities in the close-knit community of the College and in the University to both facilitate this change in your life and encourage your active participation. You will have the benefit of the support of your peers as much as perhaps the pressure of their and your expectations.

If you find that you are not settling in as well as you hoped, or feel there is something you would like to talk over, then do come and see me. As College Counsellor my role is to support and enable you to pursue your life and studies as effectively and successfully as possible. I am professionally trained and have much experience of working with people in the University setting. The details of anything you choose to bring to a consultation will not be revealed to anyone else within the College.

You can contact me via your Tutor, via my answer phone or email. I am available on Mondays and Fridays for appointments and drop-in sessions. The times will be posted in the Porters Lodge, on Tutors' noticeboards and the Counselling room door.

The Counselling rooms are in: **55 St. Andrew's Street (access from Chapman's Garden), room nos. 10 & 11 on the first floor.**

Telephone: (3) 30491

Email: ah300@cam.ac.uk

I will be available throughout the year and would encourage you to get in contact sooner rather than later with regard to any concerns you may have. It is not just at the beginning of your time here that you may feel uncertain, worried or confused. The University also has a central Counselling Service that can offer a range of resources as described in the accompanying leaflet.

During the year, the Dean, Jeremy Caddick and myself will be holding some joint workshops and sessions. In the first term we will invite you to an early evening event so that you have an opportunity to get to know both of us at the beginning of the year.

I look forward to meeting you.

Ann Hughes,
College Counsellor

August 2010