



## **Emmanuel College New Graduates Pack**

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### **WELCOME TO NEW GRADUATES from the COLLEGE COUNSELLOR**

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

As graduate students you will have much personal experience to draw upon to inform and enhance your life and studies. At the same time this is a point of change and challenge, and particularly so if you are new to the UK. There are many opportunities in the close-knit community of the College, as well as the University, to both facilitate this transition and encourage your active participation.

If you find that you are not adjusting 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 email, or directly from the Emmanuel website. I am available on Mondays and Fridays for appointments and drop-in sessions. The times will be posted in the Porters Lodge, on the Tutors' noticeboards and the Counselling room door.

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

**Telephone: (3) 30491**

**Email: [ah300@cam.ac.uk](mailto: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. I can confirm again that the counselling provision in College is confidential. The University also has a central Counselling Service that can offer a range of resources as described in the accompanying leaflet.

I look forward to meeting you

With all best wishes.

**Ann Hughes**  
**College Counsellor**

July 2018