

The Social Side

There is a massive push for all things social when you start university. This can seem very daunting for a student diagnosed with Autism.

You are entering a world where communication is paramount in understanding the context of world you will now be living in. Never think you are alone... Every student has fears and apprehensions about going to University, finding their feet and fitting in. It is perfectly normal. The emotions you may be feeling could well be felt in many students who are sharing your environment. Reach out to others who may be finding the change a challenge.



Join a club or society and meet like minded people



You will be living with strangers, take some time to get to know them



People on your course will have similar interests



You are not alone, loads of people are in the same situation as you



Register with a GP local to your University

Autism | East Midlands

