

Our **confidential and impartial support teams** are based in the **Centre for Student Life**.

We're here to help you succeed and make the most of your student experience.

Scan the QR code to find out more.



Get in touch with Student Connect

- Visit us in person at the Centre for Student Life, Park Place, Cardiff, CF10 3BB
- Use our online Student Connect portal

Cysylltwch â Cyswilt Myfyrwyr

- Gallwch siarad â ni wyneb yn wyneb yng Nghanolfan Bywyd y Myfyrwyr, Plas y Parc, Caerdydd, CF10 3BB
- Neu gallwch ddefnyddio'r porth Cyswilt Myfyrwyr ar-lein

✉ studentconnect@cardiff.ac.uk
☎ +44 (0)29 2251 8888



Our Student Connect team is your first point of contact if you need any advice, information, or tailored support from our Student Life teams.

Student Health and Wellbeing

Looking after your **health and wellbeing** is important. Student life can be full of ups and downs, and throughout your time here you may need someone to talk to. We can help you with:

- self-help resources and low-intensity appointments to advise on strategies for your emotional health and wellbeing
- peer support and regular events
- professional one-to-one appointments based on your needs
- practical support if you have experienced violence or abuse
- support to manage suicidal thoughts, self-harm, and changes in or erratic behaviour.

Residence Life

Join your **Residence Life team** who bring a fun and friendly community to your university student accommodation and can help you settle in. We can help with:

- inclusive events
- support from peers
- a community space.

Student Futures

Whether you know where your future lies or if you are still exploring options, we can offer advice to help you **plan for your future**. We can help with:

- CV, LinkedIn, and job application advice
- work experience and opportunities to study, work or volunteer abroad
- building your entrepreneurial skills or starting your own business.



Student Advice and Money

Starting at university may be the first time you've had to think about **managing your own money**. We can help with:

- funding advice
- bursaries and scholarships
- money skills and budgeting.

Academic Study Skills

Studying for a degree may feel like a bit of a step-up or you may just need to refresh your **academic study skills** after some time away. We can help with:

- personal study advice
- hints and tips
- a wide range of study skills classes and online resources.

Student Disability Service

If you are a **disabled student**, there may be a little more to think about when at university. We are here to help you reach your full potential. We can help with:

- academic school and exam adjustments
- Disabled Students' Allowance and funding support
- adjustments and support.

Student Visa Support

If you are an international student, moving countries can be a little daunting and you might have lots of questions about **living in Cardiff and the United Kingdom**. We can help with:

- changes in circumstances
- adjusting to life in Cardiff
- visa and immigration advice.

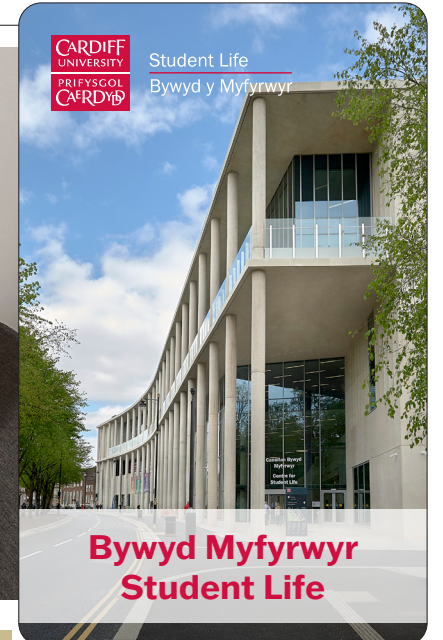
Student Mentor Scheme

If you're a first-year student, we can put you in touch with a **student mentor** to help you settle in. They can help with:

- introducing you to other students
- sharing insights on your course
- giving you practical advice.



Student Life
Bywyd y Myfyrwyr



Bywyd Myfyrwyr
Student Life

Mae ein **timau cymorth cyfrinachol a diduedd** wedi'u lleoli yng **Nghanolfan Bywyd y Myfyrwyr**.

Rydyn ni yma i'ch helpu chi i lwyddo ac i'ch helpu i wneud y mwyaf o'ch profiad o fod yn fyfyrwr.

Sganiwch y cod QR o isod i fynd i'n plattform ar-lein.



Ein tîm Cyswllt Myfyrwyr yw eich pwynt cyswllt cyntaf os oes angen unrhyw gyngor, gwybodaeth neu gymorth wedi'i deilwra arnoch gan ein timau Bywyd Myfyrwyr.

Iechyd a Lles Myfyrwyr

Mae **gofalu am eich iechyd a'ch lles** yn bwysig. Gall bywyd yn y brifysgol fod yn hynod gyffrous ond gall fod adegau anodd hefyd, ac efallai y byddwch angen siarad â rhywun. Gallwn eich helpu gydag:

- adnoddau unangymorth ac apwyntiadau i gael sgwrs anffurfiol a chael cyngor ar strategaethau ar gyfer eich iechyd a'ch lles emosiynol
- cefnogaeth gan eraill a digwyddiadau rheolaidd
- cwnsela i gefnogi materion fel profedigaeth, problemau perthynas neu drawma
- cefnogaeth ymarferol os ydych chi wedi dioddef trais neu gam-drin
- cymorth i reoli meddyliau am hunanladdiad, hunan-niwed, newidiadau mewn ymddygiad neu ymddygiad sy'n anghyson.

Bywyd Preswyl

Ymunwch â'ch tîm Bywyd Preswyl! sy'n dod â chymuned hwyliog a chyfeillgar i'ch llety myfyrwyr prifysgol ac a all eich helpu i ymgar-trefu. Gallwn helpu gyda:

- digwyddiadau cynhwysol
- cymorth gan eraill
- man cymunedol.

Dyfodol Myfyrwyr

P'un a ydych yn gwybod ble rydych chi'n anelu amdano o ran eich dyfodol, neu os ydych yn dal i archwilio opsiynau, gallwn gynnig cyngor i'ch helpu i **gynllunio ar gyfer eich dyfodol**. Gallwn helpu gyda:

- CV, LinkedIn, a chyngor ynghylch ymgeisio am swyddi
- profiad gwaith a chyfleoedd i astudio, gweithio neu wirfoddoli dramor
- meithrin eich sgiliau entrepreneuriaidd neu ddechrau eich busnes eich hun.



Cyngor ac Arian Myfyrwyr

Wrth ddechrau yn y brifysgol, efallai mai dyma'r tro cyntaf i chi orfod meddwl am **reoli eich arian eich hun**. Gallwn helpu gyda:

- cyngor ar gyllid
- bwrsariaethau ac ysgoloriaethau
- sgiliau arian a chyllidebu.

Sgiliau Astudio Academaidd

Gall astudio ar gyfer gradd deimlo fel tipyn bach o naid neu efallai y bydd angen i chi loywi eich **sgiliau astudio academiaidd** ar ôl peth amser i ffwrdd. Gallwn helpu gyda:

- cyngor personol ar astudio
- awgrymiadau
- ystod eang o ddos-barthiadau sgiliau astudio ac adnoddau ar-lein.

Gwasanaeth Anabledd Myfyrwyr

Os ydych chi'n fyfyrwr anabl, hwyrach y bydd ychydig yn rhagor i feddwl amdano wrth fynd i'r brifysgol. Rydym yma i'ch helpu i gyrraedd eich llawn botensial. Gallwn helpu gyda:

- addasiadau gan ysgolion academiaidd ac ar gyfer arholiadau
- Lwfans i Fyfyrwyr Anabl a chefnogaeth ariannol
- addasiadau a chefnogaeth.

Cymorth Fisa i Fyfyrwyr

Os ydych yn fyfyrwr rhyngwladol, gall symud gwlad fod yn hynod anodd, ac efallai y bydd gennych lawer o gwestiynau am **fyw yng Nghaerdydd a'r Deyrnas Unedig**. Gallwn helpu gyda'r canlynol:

- newidiadau mewn amgylchiadau
- addasu i fywyd yng Nghaerdydd
- cyngor ynglŷn â fisâu a mewnfudo.

Cynllun myfyrwyr sy'n mentora

Os ydych yn fyfyrwr yn ei flwyddyn gyntaf, gallwn eich rhoi mewn cysylltiad â myfyrwr sy'n mentora i'ch helpu i ymgartrefu. Gall **myfyrwyr sy'n mentora** wneud y canlynol:

- eich cyflwyno i fyfyrwyr eraill
- rhannu gwybodaeth am eich cwrs
- rhoi cyngor ymarferol i chi.