

Leaving home for the first time is very exciting, but it's also a time of big change. Students going away to study at university and/or thinking about moving out of home, may be moving into accommodation with people they've never met before.

As the UK's largest student accommodation provider, Unite Students has spent years helping young people thrive in new situations and feel fully prepared for the big 'Leap' to university life. Over the last few years, our insight reports have identified a significant gap in student expectations of what life will be like living away at university, and the reality they find once they actually arrive.

To support young people, Unite Students have developed Leapskills, a workshop to better prepare young people for independent living. Our workshop is based on our insight and student resilience research, and can be run in as little as 45 minutes. Drawing on video content and a digital game, it introduces a number of student life scenarios to provoke group discussion on conflict resolution, problem solving and a general insight into shared living.

Over 4000 young people have experienced Leapskills across the UK. Overwhelmingly, young people report feeling better prepared for moving away to university after attending the workshop.

By supporting the transition to independent living in this way we aim to prevent problems arising which may cause significant difficulties for young people.

Email [leapskills@unistudents.com](mailto:leapskills@unistudents.com) to find out more including to register for a briefing webinar or download the free resource here

## Leapskills prepares young people for independent living by:



Building resilience and coping techniques



Building conflict resolution skills



Signposting relevant support networks



Matching expectations with reality

