

Support Services

RGU Sport Clubs are here to support you during your time at the University. Each of our clubs have active Health and Wellbeing Champions on their committee who are trained to signpost to University services and promote member wellbeing. Throughout the academic year, Health and Wellbeing Champions will share content on both internal and external support services. It is important as an active member of an RGU Sports Club that you are aware of the services available to student members.

The University and RGU:Union have several support services which are readily available to you throughout your time at RGU.

The University has a variety of services available, including but not limited to:

Career Support Services - Our employability team are committed to supporting you throughout your career by providing advice and opportunities to allow you to make the most of your time at university. They can support you by facilitating individual discussions about possible career options, aiding with decision-making and guiding you through the application processes.

Counselling and Wellbeing - Studying at University is an exciting and rewarding experience. For some it also brings challenges, which might at times be difficult and stressful. The Student Counselling & Wellbeing Centre has Counsellors and a Student Wellbeing Advisors who can talk over issues that may be concerning you.

The Inclusion Centre - The dedicated team at the Inclusion Centre are on hand to provide you with information and advice to support you through your time at RGU.

Study Support Services - The Study Skills team offer advice on a range of study related topics. The team aim to support you to meet your academic potential and become a confident, independent learner.

Report and Support - Our online platform allows students to make anonymous or named gender-based violence disclosures. Following a disclosure, you will have access to specialist support from a trained member of staff.

Student Help Point - From travel to tuition fees, accommodation to application forms and finance to free time, the Student Help Point can help whether you are on campus or online learning.

Find out more about how individual services will continue to help you, from our service pages listed [Support & Advice Services | RGU](#)

As well as the university's support services, RGU:Union also offer advice and support for students. For more information on RGU:Union and the support they can offer students please visit [Support \(rguunion.co.uk\)](http://rguunion.co.uk).