

RESULTS DAY SURVIVAL GUIDE



RESULTS DAY IS APPROACHING

2 weeks to go...

If Essex is your firm choice have you applied for your accommodation yet?

- As a first year Essex student you're guaranteed accommodation as long as you apply by 11.59pm on Friday 23 August. With so many accommodation choices from the iconic Towers to the slightly more sophisticated Copse, we have no doubt that you'll settle straight into your new home.
- If you've already made your application, well done! Your room will be confirmed once we've received your results and confirmed your place. Then you can start packing!

Search accommodation at essex.ac.uk to find out more

1 day to go...

The wait is nearly over. Tomorrow is going to be a big one so make sure you use today to prepare.

- Designate some 'me' time. Perhaps that's having a bath, watching your favourite movie or enjoying a summertime stroll – put aside some time to relax, unwind and take your mind off your results!
- Eat a proper dinner to set you up for the days ahead and get some decent sleep. With university on the horizon there are plenty of late nights to come, make the most of an excuse for a good night's rest.

Results Day AM...

It's the big one; today's the day so here's what we suggest.

- Pop the kettle on. We wouldn't advise taking on Results Day caffeine free.
- Enjoy a good breakfast. It's the most important meal of the day and all that stuff, but seriously, you should set yourself up with a good breakfast.
- Make sure your phone is fully charged, and ideally keep your charger to hand. You'll have a lot of calls and texts to make to share your news... and probably an Instagram story or two #officiallyEssex

Results Collection...


You might go and collect your results from college or you might access them online. However you receive them, give yourself some space and take a deep breath...

If things go to plan...

- Congratulations, you did it! If we're your firm choice and you got the grades we'll have confirmed your place. You'll be able to see this in your UCAS Track and you'll find your confirmation letter on your myEssex applicant portal. Don't panic if your UCAS Track status doesn't immediately update, sometimes this takes a little while.
- Start prepping for university life with us! You can find accommodation groups on social media to get to know your flatmates before you even arrive! And definitely be sure to check out the SU website to see what's planned for Welcome Week. It's never too early to start stocking up on instant noodles...

If things don't quite go to plan...

- If you haven't got the grades you were hoping for, trust us, it's not the end of the world.
- First things first, breathe, and maybe put the kettle back on!
- Next, call your friends, your family, the next door neighbour you haven't seen in a month! Whether you want to squeal, scream, cry or vent, get on the phone and let it out.
- Take some time to work out what your next step is, don't drag your heels but be sure to think it all through.
- Our **Clearing Survival Guide** will take you through the nitty gritty of Clearing, so head over there to de-mystify.
- At Essex, we'll have considered your place on the course you applied for and a foundation year if relevant. If you've not been successful then we won't be able to get you a place on the same course, but give us a call if you see a different subject you might be interested in.



So there you have it, a quick step by step guide for the big day. We wish you the best of luck, not that you'll need it, and hope to see you in September! In the meantime we're always here to answer any questions, however big or small, so feel free to get in touch.

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All photos are taken by our wonderful students. To see more of what life at Essex is all about just search **#MyEssex** on Instagram