

## Section 7 – What to expect in your first term



### Clubs and Societies

#### What are 'Societies'?

University is about so much more than studying for your degree. Your time as a student is a valuable opportunity for you to try new things and get involved with clubs, societies and volunteering.

Most universities offer extra-curricular opportunities for students to enjoy in their spare time, such as sports club membership through the Athletics Union; societies associated with particular courses and also societies that bring together like-minded people to share a common interest, such as drama, photography, comedy and cooking. There really is something for everyone! Universities will also allow you to create your Society!

#### Sports Societies

Universities' various sport clubs will give you an opportunity to train, compete and socialise with fellow club members. You can get involved with traditional sports or try something new like quidditch, canoe-polo or octopush. Each university will offer something different!

Around 180 universities and colleges in the UK compete in the British Universities and Colleges Sport ([BUCS](#)) league, which sees individuals and teams from across the country compete against others within the region in a wide range of events, including team sports such as football, rugby, netball and cricket and individual sports such as boxing, climbing and gymnastics.

Joining a group can have a positive impact on your student life, which of course will benefit your personal development, employment prospects as well as boosting your social life.

#### How to join a Society:

During Fresher's Week, representatives from the various societies will be out and about advertising and recruiting within your university. Simply sign up to ones that interest you or perhaps join a society with your house/flat mates as a way to get to know each other and bond.

You can use university websites to explore their different societies, often they will have a social media presence which you can follow to find out more.

Ultimately joining a society is great way to make new friends and enjoy yourself so take advantage of these great opportunities that await you!