Meeting with your Personal Tutor and building a relationship with them is a good way of getting personalised and relevant guidance as your studies progress. Your department will tell you who your tutor is and provide information in induction or in your handbook about how departmental personal tutoring support is provided.

The primary focus of personal tutoring is on providing academic support. Tutors can discuss a variety of things such as general performance issues and feedback you have received, ideas you might have about study and employability skills you need to develop, queries you might have about the rules and regulations of the department and University, and questions about other sources of development and support that are available to you across the University.

If you have health or other significant issues that might affect your studies it is advisable to discuss these with your Personal Tutor.

Remember that your Personal Tutor:

- Is not an expert in health and wellbeing issues – Your GP or healthcare provider, or University Wellbeing Support Services (Disability Services, Mental Health, Student Support, Counselling and Wellbeing) provide professional support for health issues or matters beyond basic academic welfare.
- Is not an expert in all subject areas. Module staff will answer any questions you have about module content or module assessment.
- Is not a careers advisor - although they may have careers experience that is relevant to you in some cases. Student Careers and Skills will assist you with all your careers and employability queries.