

New Guides Tackle the First Year University Transition From Both Sides of the Front Door

As freshers arrive this September, two companion guides address the student's adjustment and the family's anxiety, the two halves of one transition.

LONDON, LONDON, UNITED KINGDOM, September 1, 2026

/EINPresswire.com/ -- This week, hundreds of thousands of UK families will drop a child at university for the first time. Almost every piece of advice available focuses on the student. Very little addresses the parent, aunt, uncle or guardian standing in the car park afterwards, driving home to a house that suddenly feels different.



Freshers week isn't one transition. It's two, happening in different houses at the same time.

Pat Clough, a neuroscience informed leadership consultant and founder of [NeuroLeadership.io](https://neuroleadership.io), has published two companion books addressing both halves of that moment. [Survival Guide for First Year University Students](#) speaks directly to the young person navigating freshers week, homesickness and the sudden demand for independence. [Survival Guide for Parents of First Year University Students](#) speaks to the family managing separation anxiety and the shift from daily carer to distant support.

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Pat Clough, author and founder of NeuroLeadership.io

The first year of university is consistently identified as one of the most psychologically demanding transitions for both student and family. Student mental health services routinely see rising demand in the opening weeks of term, while many parents describe a sense of loss and

disorientation that goes largely unacknowledged, and almost entirely unaddressed in existing back to school guidance.

"Everyone prepares the student. Almost nobody prepares the people watching them leave. Freshers week is not one transition, it is two, happening in different houses at the same time. These guides were written because that gap is where most of the anxiety actually lives."

~Patrice Clough, author and founder of NeuroLeadership.io

Both guides draw on Clough's neuroscience based approach to behaviour change, translating research on stress, identity and adjustment into practical, everyday guidance rather than academic theory. Written as a pair, they are designed to be read separately, by the student and the parent, so that each side of the transition is spoken to in its own language.

Survival Guide for First Year University Students is available in paperback (£7.82) at patclough.com/students-survival-guide-2.

Survival Guide for Parents of First Year University Students is available in paperback (£7.87) at patclough.com/parents-essential-guide.

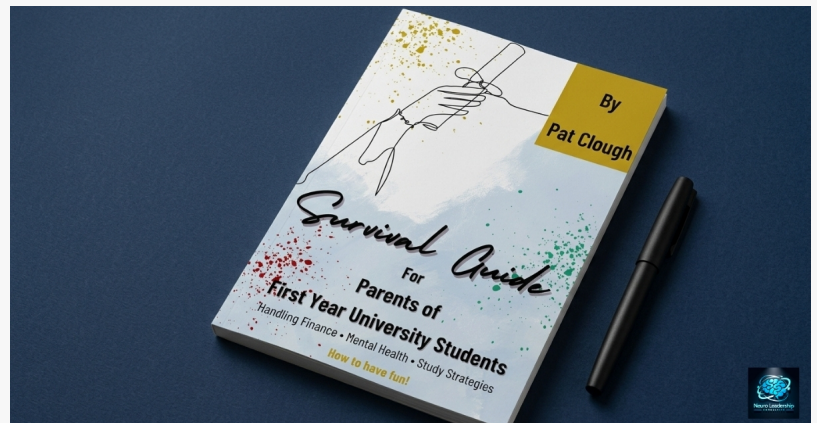
Both titles are also available free to Kindle Unlimited subscribers.

About Pat Clough

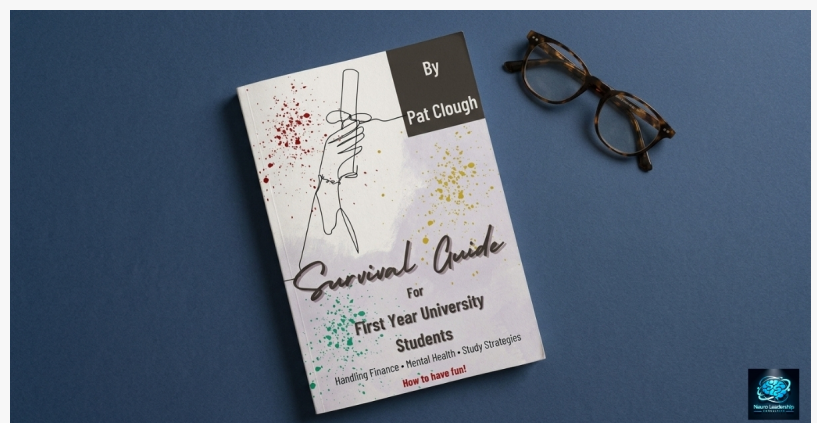
Pat Clough is the founder of NeuroLeadership.io, a neuroscience to leadership consultancy, and MindWealth Collective CIC, a National Lottery funded social enterprise delivering neuroscience informed programmes for young adult carers in Tower Hamlets and Hackney. She holds an MBA and FCA



Two companion guides by Pat Clough: one for the student, one for the parent, covering finance, mental health and study strategies for the first year of university.



Survival Guide for Parents of First Year University Students by Pat Clough. Paperback £7.87, free on Kindle Unlimited.



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