

## Subjective Well-being, Beliefs, and Lifestyles of First Year University Students in the UK

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**Abstract :** Mental well-being is an integral part of university students' overall well-being and has been a matter of increasing concern in the UK. This study addressed the impact of university experience on students by investigating the changes students experience in their beliefs, lifestyles, and well-being during their first year of study, as well as the factors contributing to such changes. Using a longitudinal two-wave mixed method design, this project identified important factors that contribute to or inhibit these changes. Implications for universities across the UK are discussed.

**Keywords :** subjective well-being, beliefs, lifestyles, university students

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