Education

Being diagnosed with cancer is one of the most difficult situations anyone has to face. It can affect all areas of your life, including your education.

During treatment, you may need to have some time off school, college or university. You may also need time to cope with and adjust to your feelings. It can be difficult to concentrate and study when you feel anxious, shocked, or upset. You may worry if you have to take time off from studying.

You may be able to return to your studies between treatments. Even if that isn’t possible, once your treatment is over and you’re feeling well again, you can usually get back to your education.

You may be anxious about mixing with people again. You may worry how friends you haven’t seen for a while will react.

Tips for managing your education and cancer

• Let people know. It is important that your school, college or university knows about the cancer. They need to know the effect that the cancer and its treatment has or will have on you.
• Be clear about your needs. Don’t assume that your teachers and lecturers understand or know anything about the cancer.
• Keep studying. If you can, making the effort to keep up with school work may help to pass time in hospital or if you are stuck at home.
• Seek advice. Find out what will happen if you have to take time off from studying.
• Get the right support. If you are going back to school, the school nurse should be able to support you and help you talk to staff about anything you need. You may also be able to get support from a CLIC Sargent care professional.
• Stay social. If you use social media and want to share how you’re feeling, try the Facebook pages for CLIC Sargent, the Teenage Cancer Trust and Teens Unite.
• Keep in touch. Try to meet up with your friends somewhere where you feel comfortable, before you go back to school, college or university. This will give you confidence when you return to your normal routine.
• Don’t accept bullying. If you’re anxious about being laughed at, teased or rejected because of your appearance, it is important not to blame yourself. Talk to someone about it.
• Find out about tuition fees. If you are at university during your treatment, seek advice from the university’s disability or financial advice team. You may be entitled to claim additional benefits.
**Local resources:**

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**National resources:**

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| CLIC Sargent                            | www.clicsargent.org.uk  
|                                         | Email info@clicsargent.org.uk  
|                                         | Tel 0300 330 0803 (Mon to Fri, 8:30am to 5:30pm)   |
| Disabled Students Helpline              | www.disabilityrightsuk.org  
|                                         | Email students@disabilityrightsuk.org                |
|                                         | Tel 0800 328 5050 (Tue and Thu, 11am to 1pm)         |
| Children’s Cancer and Leukaemia Group   | www.cclg.org.uk  
|                                         | Email info@cclg.org.uk                               |

**Further information**

- [www.macmillan.org.uk/supportgroups](http://www.macmillan.org.uk/supportgroups)
- [community.macmillan.org.uk/cancer_experiences/16-24_and_living_with_cancer](http://community.macmillan.org.uk/cancer_experiences/16-24_and_living_with_cancer)

Our booklets and leaflets are available to order free on [be.macmillan.org.uk](http://be.macmillan.org.uk)
- [MAC6706 The cancer guide for young people](http://MAC6706 The cancer guide for young people)

**More information and support**

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, Monday to Friday, 9am to 8pm, or visit [macmillan.org.uk](http://macmillan.org.uk)

Deaf or hard of hearing? Call using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app. Speak another language? Telephone interpreters are available. Please tell us in English the language you would like to use.

We produce information in a range of formats and languages. To order these visit [macmillan.org.uk/otherformats](http://macmillan.org.uk/otherformats) or call our support line.