

Adanna

(She/Her)

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Map

As an international student, it's challenging to leave one's homeland behind, embrace a new way of life, and build new friendships. I often find myself wrestling with waves of anxiety. I have a bit of work experience, but I have found it challenging to simply say 'yes' to opportunities. I've had moments where I've felt completely overwhelmed by the choices in front of me. And to be honest, my past experiences haven't turned out as interesting or as useful as I had initially hoped, which has been a bit disheartening. I'm eager to gain relevant work experience and create valuable connections, but I often find it difficult to set realistic goals. I have this looming fear of failure that's always in the back of my mind. I'm determined not to disappoint myself or my family. I'm using Future me plan as a tool to help me reflect on my experiences and establish new, achievable goals.



Experience

Using Future me plan, I set out my goals clearly and sought to find ways to achieve them. My first step was applying for jobs through [Jobs4Students](#). I found a part-time job on campus as a [student ambassador](#) welcoming new students and showing them around campus. Another goal of mine was to form valuable connections. As a mature student, I believe it is harder to make friends. I challenged myself to get out of my comfort zone and through the Students' Union, I joined a few societies, such as the [African Caribbean Society](#). I've also gone to a couple of [International Student Events](#), such as the 'International Student Day' and 'Museum Visit' too.



Reflect

I've always feared failure, but by implementing Future me plan and reflecting on my journey, I know that I have succeeded a lot more than I thought. I've been able to gradually build a home for myself in an unknown country. Through my work experience, I've been building the relevant skills I need, such as communication and time management. By being a [student ambassador](#), I learnt that being anxious was a normal part of a student's journey and it made me extremely happy to be able to assist other students, who felt like me. By joining societies, I have built my own community, with like-minded individuals, which has reduced my anxiety. I believe that, had I not pushed myself out of my comfort zone and took the initiative, I would not have been able to grow my confidence as well as I have done. I still have a lot more I want to achieve, but by planning my goals realistically and taking small steps to achieve them, I am feeling a lot less anxious and more hopeful about my future.



Share

By working as a student ambassador, not only did I want to help students in the same university, but I wanted to expand and help a wider group of students, especially international students, and mature students. I thought the best way to share my story and connect with others is through social media. I've used LinkedIn to post my journey and experience, and I have connected with students from across the country. I've also set up a TikTok account, where I upload daily videos, giving tips to other international and mature students, and sharing my day-to-day life as an international student. So, in case somebody wants to move to a new city for education, but they don't know where to start, they have prior knowledge of what they can expect. Since sharing my journey, I have received several messages, especially from mature students, about how my videos have given them that push to apply for university.

