Neha

(She/Her)

Faculty of Health & Education

Map

I've found my university experience to be a lot more challenging as I have caring responsibilities, and don't have time for co-curricular activities. This has affected my social life at university, as I'm struggling to make friends or maintain the friendships I'm making, because of a lack of time. I'm struggling to stay on top of my university work, and I feel a lot of pressure to meet the grades required to enter my chosen profession. To tackle this, I want to create manageable goals around my University work, stay focused, ask for help when I need it, and make sure I don't burn out! I'll be using my Future me plan to make things more manageable and consistently reflect, share, and celebrate my achievements to stay motivated.

Experience

Through Future me plan, my first step was to write down all the goals and challenges I wanted to overcome. My first struggle was keeping on top of my assessments. I decided to ask for help and spoke to my tutor who recommended the university's study skills sessions. I attended the Study Skills workshops and had one-to-one support – these were great for my confidence. I've also learnt tips and techniques of how to manage my time better. My second goal was to ask for help. I've contacted the wellbeing support and have had a few counselling sessions. I've also been very open and honest with my tutor about my struggles, and we've been able to set goals together.

Reflect

One thing I've realised is that I am extremely hard on myself. It was important to understand that university was going to be challenging for me due to my extra commitments. However, I learnt that time-management doesn't have to be as daunting as it's made out to be. Through setting a to-do list, I've found it easier to complete my tasks and be organised. Future me plan has really helped me to create and follow through my goals, and take those small steps that make a big difference. Every now and then, I do face challenges, but I've built my resilience and now can handle situations better. I've also learnt to be kinder to myself in the process and not pressurise myself if things don't always go the way I want them to go. .

Share

Once I shared my struggles with my friends, and decided to get help, I have been able to manage my goals a lot better and I feel less overwhelmed. I have been slowly working toward getting extra credit through Rise and so completed the assessment - it felt really good, as not only did I find the reflections really therapeutic, but it really helped me see how much I have achieved and how my professional skills have developed throughout the year. Plus I loved the challenge of sharing my journey in a creative way and I want to do more of this using different platforms in the future. I will always advise other students to seek help immediately and never to battle issues alone, as the student life can be hard. There's a lot of support and guidance available through the university - all you have to do is ask.