

“ I've had to practise managing my expectations. Putting aside those perfectionistic expectations reduced my stress and made it easier to achieve more. ”

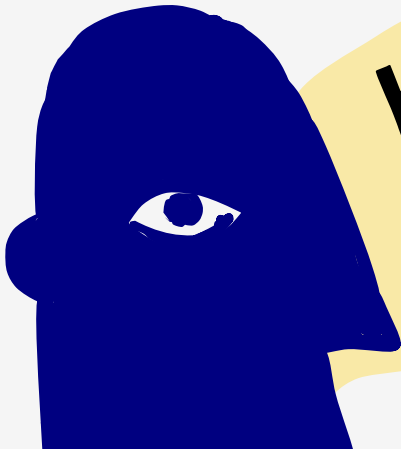
Elenore, Y2 Medicine

“ [academic] learning is just one part of your life and there is so much more to enjoy. ”

Debbie, Y1 Maths



take a peek at the



**bigger picture**

Remember, your university journey is more than just grades - it's about growth, experiences, and the bigger picture of your future success.