



Well-being advice from course reps

Tasfia Hazari and Arooj Afzal

Level 4 Biomedical Science Rep, Tasfia Hazari

"I understand how stressful the transition from college to university life can be especially since I recently ended my first year of university. It can be very difficult navigating through lectures and trying to make your notes for revision. Although very overwhelming you must try to take care of your physical and mental health. Try focusing on perfecting your revision techniques so when you are closer to exams you have the perfect tools that work for you. Avoid staying up later than necessary, aim for at least 8 hours of sleep each night, and keep up a balanced diet. Try to socialise and establish new friends despite the full academic schedules. You will soon find that your peers can be quite helpful in preserving your mental health and just making your university life a little more tolerable. Your course representatives and wellbeing officers are available to you at any time and always willing to chat with you to take your mind off stress factors of university as well as personal life."

Level 5 Biomedical Science Rep, Arooj Afzal

"As a student myself, I understand the importance of prioritising mental and emotional well-being throughout our academic journey but also how hard it can be. During exams, it is natural to feel overwhelmed, but remember, you are not alone. Reach out to friends, family, or university resources for support. Taking care of ourselves is crucial; let's remember to find moments for self-care amidst the busyness. Whether it is going for a walk, enjoying your favourite meal, or getting a good night's sleep."

