

University; Mental Health & Relationships

- ★ **Separating friend groups.** Some of your friends may be going to different universities or schools of higher education and you won't see them daily. Your relationships help you; they are a supportive factor in your life and help you stay strong mentally. Let's not forget you will gain new relationships in your new school, and, as technology is so advanced, it is easy to stay connected.
- ★ **Peer Pressure.** When in the company of new friendship groups, and trying to fit in, it can quickly be the case that you feel pressure. It is wise to surround yourself with people who respect you and who you can trust, they help you to stay true to your own morals and helps you keep your self-worth and value.
- ★ **Have belief in your ability.** You got into university, you got accepted based on your capability, so you are deserving of your place. We can doubt our ability and intellect at times, Remember that you are unique and an individual, so shifting your focus back onto what you are capable of achieving is a better way to go through uni.

