

# STUDENT ROLLER COASTER



## QUICK EXPLANATION

University can be an immensely rewarding and a positive experience, however, it is not without its difficulties. Your university career can be described as a roller coaster, with many ups and downs whilst you are studying.

It is important for you to be aware of these fluctuations. When this journey dips and you feel at your most vulnerable is great to be actively aware and work through them with the tools from this set of wellbeing resources. Remember; the student support team are there for anything that you feel you can't self-manage.



## AIM

To help normalise the highs and lows of university, and to prepare you if you do hit a dip at any point in your uni life.



## INSTRUCTIONS

1. Using the worksheet below;
2. Have a think about the ups/highs of university. Things that are good about university or that you are enjoying, such as meeting new people, or starting a new sports group.
3. Now have a think about the downs/lows of university. Things that can be hard about university, such as being away from home or having financial trouble.
4. Lastly, using 2–3 examples of the 'lows' that the you thought of, ask yourself 'what could I do to support or overcome these difficulties'. For example, if the you said 'being away from home is hard' think of ways you can overcome homesickness like making friendships with course mates, calling home more often, or trying new things.
5. To end this task, remind yourself that it is normal to feel stressed and overwhelmed whilst at university, but it is important to put things in place that help you, such as continuing to do the things that you enjoy or ask for help when you need it.



## RESOURCES

Worksheet .

## WORKSHEET: ROLLERCOASTER

WHEN CAN UNIVERSITY BE HARD? WHAT ARE THE DOWNS/LOWS OF UNIVERSITY



WHEN CAN UNIVERSITY BE GOOD? WHAT ARE THE UPS/HIGHS OF UNIVERSITY?



WHAT COULD WE DO TO HELP AT TIMES WHEN UNIVERSITY IS HARD?

