

## Managing your anxieties – Transcript

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### Managing your anxieties

It's natural to feel anxious when you start at college or university.

You might have doubts about:

1. **Trying to keep up with other people.** Focus on planning your own activities, rather than worrying about others.
2. **Developing self-confidence.** Focus on your motivation for study. Be determined to enjoy your course. Think of yourself as being on an adventure, not a trial.
3. **Coping with student life.** Be open to seeking support. There are always people willing to help.
4. **Meeting deadlines.** Maintain a diary, planner or calendar, with all study, work and social activities.
5. **Making friends with other students** – both on your course and beyond, at induction events and societies. There are great opportunities to meet new people.

It may help to:

- Think about what your worries are;
- Put these thoughts into perspective.

You can always talk to someone. Realise that many other people feel the same way.