

AGONY AUNT

'How Do I Get Over A Break Up?'

The breakup happened for a reason. Something we are always told when a relationship falls apart. I hate to say it, but it is the truth that nothing happens by chance. As much as this breakup hurts, and may feel as if you've had your heart ripped out of your chest, it has happened and there is a purpose to it. It may be that you just need time away from each other to reevaluate everything and truly realise and appreciate one another, because it wasn't working and that's why it finished. This could be the start of something great, as however long you are in a relationship from a few months to years it can consume your life. See the positives in being able to remember there was a you before both of you and take this time to love yourself and love the people that are in your life. I wish I could sit here and tell you a special remedy or cure to solve a broken heart but there really isn't, it just takes time. Time with learning and loving yourself, readjusting to the difference. The idea of adjustment commonly is seen as a negative but in honesty change is an amazing thing. Michaela Angemeer's anthology of poems 'You'll come back to yourself' explores a variety of themes one being lost love. Angemeer utilises the specific structure of poetry to convey the overall message of choosing yourself and ultimately coming back to yourself. It is hard to know what to do a time like this, taking some time out and reading some motivating poetry is a way of helping to realise that is genuinely going to be okay. Angemeer's book is definitely a ray of hope.



“Any motivation tips on how to stay focused on your dream career”.

Remember everything in life is a choice if you broke this off then live with your choice or if you didn't then choose to live this new life you've been gifted. Never force anything, everything that is meant to happen will find its way somehow, just hold on.

Living life with ambition will always get you far. When you have your heart set on something, and you have a goal, a desire, you know your end destination. However, sometimes it can be hard to hold on when it seems so far away from reach. They say success is not a destination it's a journey, which is extremely hard to believe sometimes but when you are through the hard times whether it be struggling to revise for your exams, finishing that essay, or working that low paying job for a while. All of them are setting you up for your future as dreams do not come easy, so you have to work hard to get them. If you work hard now you will be rewarded when you get that perfect job you have always wished for. Life doesn't go to plan, and as much as we would like to control it, it's uncontrollable so all we can do is choose the right path that takes us to the place we hope to go.

If you work hard now you will have a life full of enjoyment, if you are lazy now you may enjoy it, but you will have a life full of hard work. Take the Leap: Change Your Career, Change Your Life a book by Sara Bliss through the inspiration and advice from over sixty people and their experiences and stories creates a roadmap to your dream career and how exactly to get to where you want to go. If you are feeling a bit lost, this book will guide you the way back on track.



How To Maintain a Long-Distance Relationship

The dreaded two words that haunt every relationship: Long Distance. Whether its your partner moving for a career or you make the decision to move to a university, hours away. Moving to university is daunting enough, but the prospect of potentially losing your partner increases the sense of fear regarding such a massive change in your life. The first week you may find yourself struggling to juggle: new friendships, enrolling at your classes, settling in with new flatmates, homesickness. All while trying to reassure that this move doesn't affect your relationship. It is important to prepare yourself for this change and know that these difficulties are completely normal, faced by many other students around you.



The beginning of your life change will always be like this, but once the dust settles you may find maintaining a long-distance relationship easier than you think. As difficult as it may be to discuss the future of your relationship when you break that you are moving miles away, it needs to be done. Depending on your situation it may be an awkward topic to discuss so broach it with sympathy, but in the long run, will prove beneficial. The move can spark questions of whether you are both in the position to maintain a healthy relationship. Having a conversation about this will ensure no stone is left unturned and you have both had opportunity to get everything out in the open. The last thing you want is when embarking on your new uni life is to be unsure of where you stand, potentially facing a breakup at a time when you're meant to be enjoying yourself.

Especially freshers!

How To Balance a Degree and Nights Out at Uni



Two things that you need to prepare for when beginning your new uni life, is embarking on your new busy social life, and the massive workload you will have to carry on your shoulders. From personal experience as Christmas or the end of the year approaches, assessment deadlines will loom and your friends will urge for more nights out to end the year with a bang. You may find a number of occasions where you have to make a choice between meeting that deadline or not missing out. Something to note with this new lifestyle is that whilst being sociable is really important in aiding your mental wellbeing, getting your degree is what you are there for. So missing the occasional trip to the club with your friends isn't exactly the end of the world as there are plenty more to come. For those who haven't yet begun Uni, it is important to note that the university take into account that during freshers week you will be more focused on making friends or aiding your hangover, but try not to let your freshers mindset continue throughout the year as it is important to keep reminding yourself of what you are here for. Pre-reading over summer and keeping a tight schedule of work that needs to be done and deadlines will help stop that overwhelming feeling that you have way too much work to do, yet don't want to miss out on making memories. Use your time wisely during this journey!

"I've been at uni for a few weeks and I hate it. I'm really struggling with homesickness, do I drop out?"

Hiya, the way you are feeling right now is normal and I can assure you, you are not the only one feeling this way. I had struggled with homesickness when I began university. Thinking about leaving my family home was bewildering, so when I was left to unpack on my first day there, I instantly felt a pang of homesickness. It is a matter of eventually embracing your new environment. You took the leap to move out to study for a reason, so just remember you've got this far. Don't let your initial feelings deter you from the bigger picture! Universities typically have student support systems implemented in place, so if you research on the resources available, you will be able to find professional support. However, can be daunting so if that is not ideal, I would advise that you allow yourself to feel homesick. Whether it is staying in bed all day or having a cry, give yourself some time to be wallowing around and then pick yourself up and your phone and ask your friend if they would like to explore around. Making your university room feel more homely, decorating it with good memories could also reduce the homesickness, as essentially your home is right there with you then. I would also recommend keeping in contact with family back home but keeping it to a substantial amount where you are involved with the people around you at university more than people back home. Remember you will be back home soon for the holidays and can always visit and I'm sure you'll have plenty of memories to share. Don't drop out just yet; at least get your next student finance instalment in and then leave with style if the worst comes to the worst!



"How to balance my finances at uni?"

Hiya, Ah finances and budgeting at university.

This is a topic you will be glad to know I'm a little more clued on about (don't worry I lived on

Tesco meal deals in my first year, because I spent all my loan on the latest iPhone, trust me it gets better!)

The most beneficial thing would be to establish the amount of income you will be receiving, whether it's your maintenance loan, bursaries, part time job etc. You can then estimate your expenditure, dividing it into essential costs such as textbooks, rent, food and non-essential costs, like new clothes, nights out etc.

Calculating how much of your income will go towards essential costs, will leave you with a figure for non-essential costs. If you divide this to term time you can establish your weekly budget. I organised my finances in budgeting apps which I found useful. I would recommend Squirrel and Monzo, however it is best to do

research of your own to decide which would be most suited to you. A final thing I would advise would be to set goals. If you have a reasonable weekly budget, perfect! However, there's a

likelihood that you might be living off 10 pounds some weeks (it is doable!) therefore it could be useful to set targets to either increase your income or reduce your outcome. Some ways to reduce costs could be to purchase second-hand textbooks which you can sell afterwards. You can also bulk buy your food, especially freezer food as it will last a lot longer.

Balancing finances at university is daunting, however I want to reiterate that you should treat yourself occasionally. As long as you are planning ahead you should definitely enjoy yourself and do the things that you love.



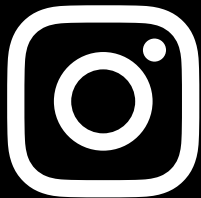
“I’m finding it difficult to make friends at uni and am struggling with loneliness, any advice?”

Hiya, I am so glad you have reached out. Feeling lonely at university is very common, there are a lot of expectations we have as students as to what our experiences are going to be like, and it isn't always perfect and that's okay so do not feel alone. If you are struggling a lot then do reach out, whether it is to friends and family or even to your university. There are student support systems put in place to help with feelings of loneliness and mental health. My university: Nottingham Trent has a health and wellbeing resource page where there is plentiful information to help me if I have any concerns so I would recommend researching on the type of support your university offers for students. When it comes to friendship, it is important to remember that everyone is in the same boat as you, it is a new environment, new people, so if you are living in halls, leaving your door open can make you look more approachable. Facebook group chats will be your holy grail, but if you don't have Facebook, another great way to make friends is through societies. There are numerous societies that universities offer so if you look into ones you may be keen on, you can befriend so many like-minded people. You can also be part of the committee that runs the society if you love it that much, or even make your own! I met some great people this way. Remember your university experience is what you make it out to be, don't be afraid to put yourself out there. It is a daunting time for a lot of people, but there are plentiful opportunities waiting for you. Who knows, maybe your potential best friend for life is living right next to you!



Best wishes,

Agony Aunt



@pop_perception