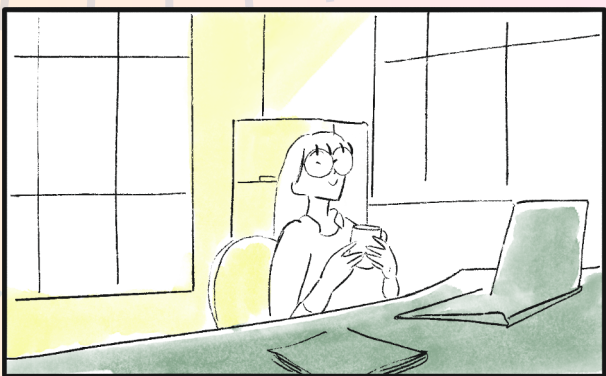
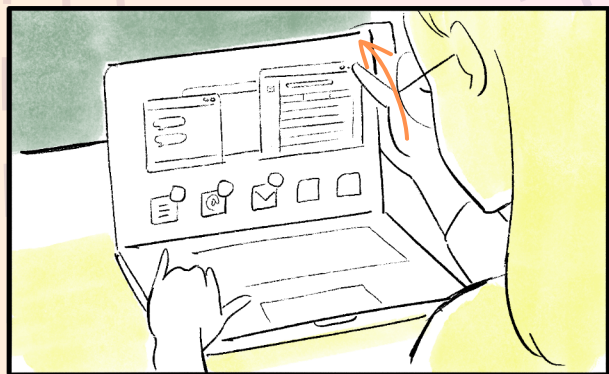


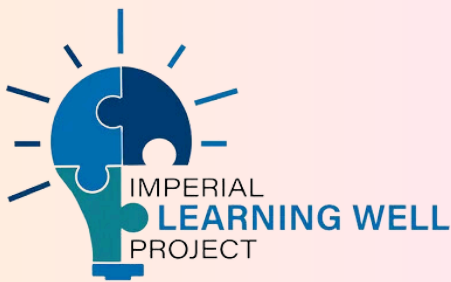
What does 'enough' look like for you?

'Enough' can look different each day - some days it's tackling the hardest tasks, other days it's choosing what feels manageable.



"Some days I have the energy to tackle Physics, even though it's difficult and not something I enjoy. On other days, I recognise that Physics is not the right focus for me, so I shift to something else, like studying volcanoes, which feels more manageable. So I try and tailor what I work on based on my energy levels, and I don't waste the energy. If I've got Physics energy that day I use it because it doesn't happen all the time."

Juliet, Y1 Engineering



1

How can I tailor today's goal(s) to match my current energy and motivation?

2

When do I feel most energised, and what types of tasks feel easier or harder to tackle during those times?

3

How do I know when I'm close to reaching my limit, and what helps me accept that it's okay to stop?

4

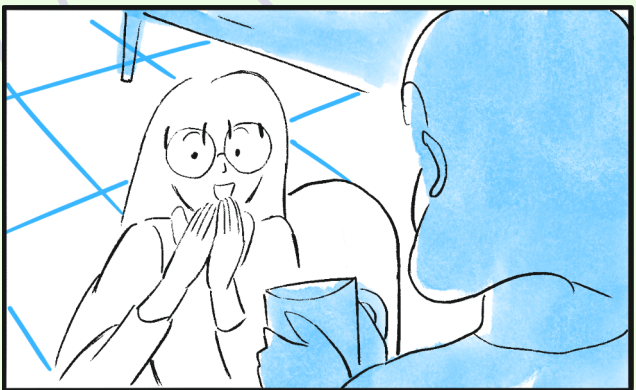
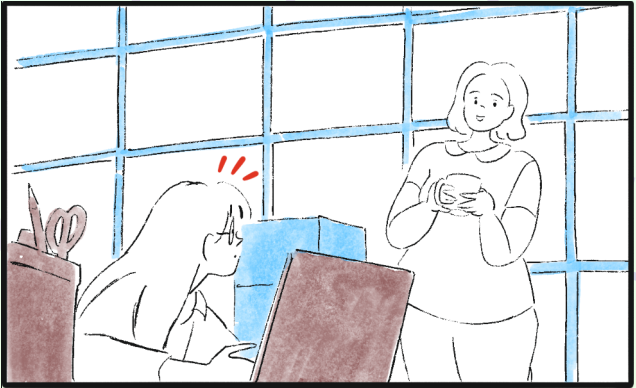
What is one small win I can celebrate today, no matter how my energy fluctuated?

SCAN ME



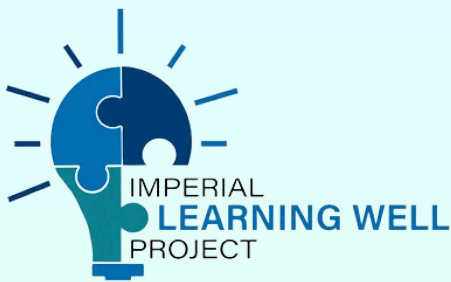
What does 'enough' look like for you?

'Enough' can mean knowing when to pause - effective effort isn't about endless hours, but balanced ones.



"I set clear boundaries between relaxation and study time, even during exam season. From my experience with GCSEs and A-levels, I know that while studying extensively can be beneficial, there is a point where it leads to diminishing returns. Prioritising my mental and physical wellbeing during exams has proven more effective. When I push myself to study excessively... the stress often impairs my ability to retain information. By keeping my study time moderate... and making an effort to stay healthy and relaxed, I perform much better, even during intense revision periods."

Emil, Y1 Life Sciences



1

What study limits can I set today to balance productivity with wellbeing?

2

What are some small signs that remind me it's time to take a break?

3

When do I feel I'm studying effectively, and when does it start feeling draining or forced?

4

What's a message I'd like to remind myself about the value of moderation during exam season?



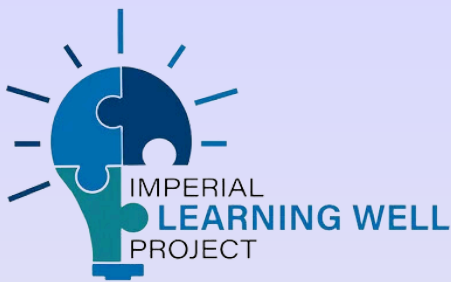
What does 'enough' look like for you?

'Enough' can mean knowing when to reach out - asking for help reminds us that it's okay to look for guidance and that we're not alone on the journey.



"I sent an email last term to my professor explaining that I was feeling lost and needed help. She provided an outline of steps I could take to get back on track, which was incredibly helpful. It was also reassuring to hear that others face similar challenges with this course. Knowing that I was not alone in my struggles made me feel more confident and motivated to continue."

Carl, Y3 Maths



1

Who in my life can I reach out to when I feel overwhelmed, and how might they be able to help?

2

What words of encouragement would I give a friend who feels they need support but is afraid to ask?

3

What challenges or questions am I currently facing where I could use an outside perspective?

4

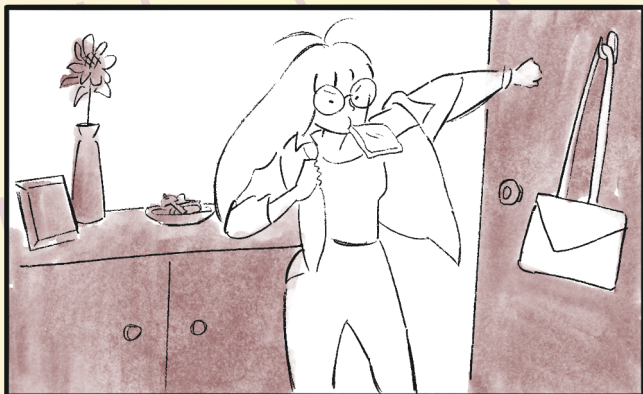
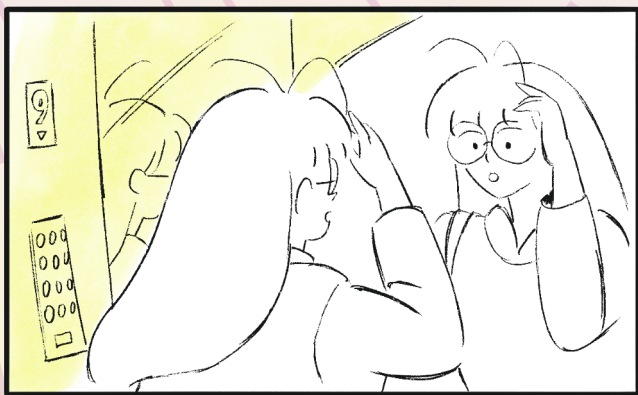
What is one small step I could take to make asking for help feel more comfortable and natural?

SCAN ME



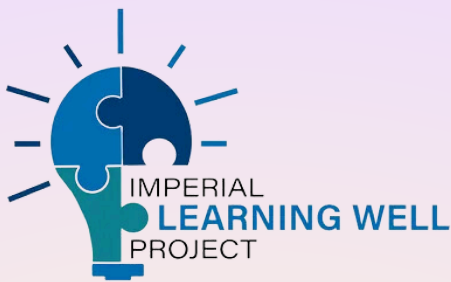
What does 'enough' look like for you?

'Enough' can mean valuing your own progress without measuring it against others - your journey is uniquely yours.



“Ensure you set aside time for your wellbeing as well as your studies. This includes getting sufficient sleep, eating well, spending time with friends, and allowing your mind to relax. It is easy to overlook these needs, particularly during exams when the focus is solely on academic content. Remember you are human and you study maths, not a machine that can simply switch on and off. Taking time to rest can make your work more enjoyable, so prioritising self-care must come first.”

Debbie, Y1 Maths



1

What activities help me feel refreshed and ready to approach my studies with a positive mindset?

2

What habits help me unwind and recharge, even during exam season?

3

What small steps can I take to ensure I feel energised and present throughout the day?

4

How can I incorporate small, enjoyable activities into my routine to balance work and rest?

SCAN ME



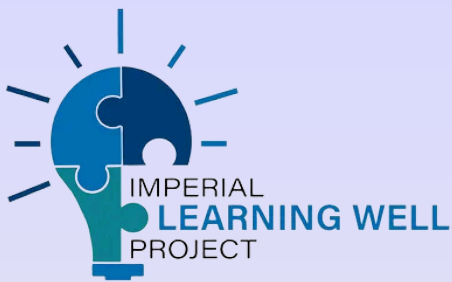
What does 'enough' look like for you?

'Enough' can mean knowing when to take a break - and being able to do it. Some days you will be able to study more effectively and efficiently than others, this is the natural rhythm of learning.



"Sometimes I'm trying to learn something and I'm not understanding it, so I think I'll give myself a break. Maybe I'll change to a different subject and then come back to it, or I'll take a break and have a snack and come back. Sometimes that helps me forget about the topic a bit. Then when I start reading about it again I can see it from a different angle and suddenly it now makes sense. If I'd continued looking at the problem in the same way I'd probably never have understood it."

Sofia, Y1 Life Sciences



1

How can I remind myself that taking a break when I'm stuck isn't the same as giving up?

2

What strategies can I use to gain a fresh perspective on a problem?

3

How do I balance perseverance with the need to step away to reset my thinking?

4

What is one change I can make to improve my learning process the next time I encounter challenges?

SCAN ME



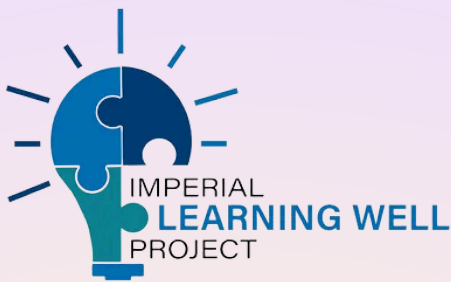
What does 'enough' look like for you?

'Enough' can mean recognising that it's ok not to chase every mark if I can still pass a module/topic. It's about keeping sight of the bigger picture - and using this to make balanced decisions about how I study and how much work I do.



“...when I got onto this course, I realised that I don't need to answer every single question and do every single thing perfectly and get every single thing right because that's not going to be beneficial. If you do that, you might not have time to cover everything you need. It's more important to learn how to understand things, and to identify where and how to allocate your time effectively.”

Stacey, Y1 Physics



1

How can I better identify which topics need more attention and which I can spend less time on?

2

Next time I get stuck on something difficult, what steps can I take to move forward instead of trying to perfect every detail?

3

When I make a mistake, how can I reframe this as a learning opportunity rather than a weakness?

4

What steps can I take to shift my focus from getting everything right to truly understanding and being able to apply knowledge?

SCAN ME



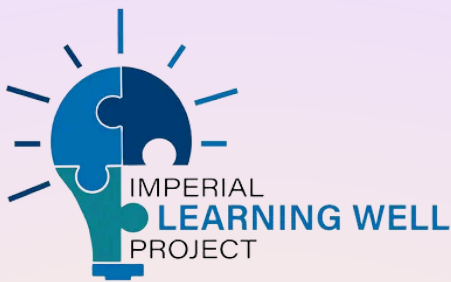
What does 'enough' look like for you?

'Enough' can mean knowing your worth goes beyond grades - it's being content with who you are, not just what you achieve in your studies.



“What I like striving for now is more contentment or peace with where you are, rather than just chasing a top mark in your exams to get that rush of happiness when you open your results. Ultimately, that's going to fade away and soon enough your brain will need another thing to get stuck into and create as a goal.”

Arjun, Y6 Medicine



1

What's one way I can cultivate a sense of peace with where I am, regardless of my academic standing?

2

What brings me genuine happiness or peace, even on days when I don't feel particularly accomplished?

3

What values or qualities do I want to embody that aren't reflected in exam scores?

4

What's a message I can give myself to stay focused on inner fulfillment rather than external success?



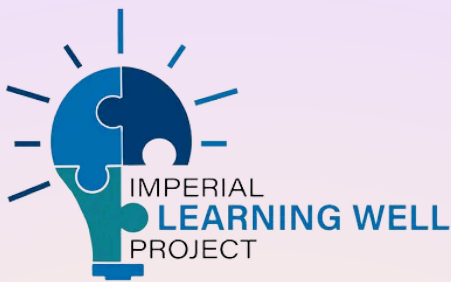
What does 'enough' look like for you?

'Enough' can be embracing flexibility, trusting that growth comes from adapting to what works best for you in the moment or in different situations.



“I don't want to restrict myself to doing things in specific ways because I used to do that a lot. I just want to be open to learning methods so whatever works for me I will just adapt that to my plan or whatever.”

Heng, Y4 Chemistry



1

How can I remain open to experimenting with different learning methods?

2

What signs help me identify when a learning approach is working well for me?

3

What can I do today to adapt my plans in a way that feels natural and effective?

4

How can I remind myself that flexibility is a strength in learning?

SCAN ME



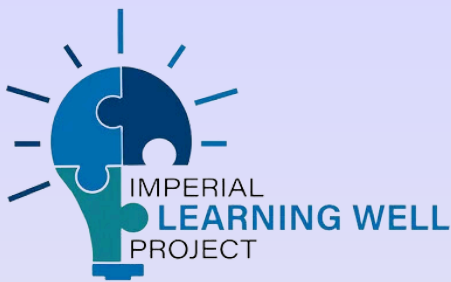
What does 'enough' look like for you?

'Enough' can be trusting in your own path, knowing that your work is valuable - no comparisons needed.



"I've never really looked at other people and said, maybe I'm not doing enough or they're doing more work than me. I'm just doing different work."

Johan, Y2 Engineering



1

When have I felt most proud of my own progress without comparing myself to others?

2

What's one area where I tend to compare myself the most, and how can I reframe it to celebrate my own progress?

3

In what ways have I grown or improved that I might be overlooking?

4

What message would I tell someone else who feels 'not good enough' because of comparison?

SCAN ME



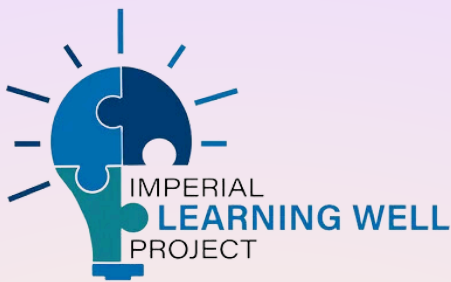
What does 'enough' look like for you?

'Enough' can be knowing your limits, recognising the value of balance, and understanding that fulfilment comes from prioritising what truly matters - not from doing it all.



"I think striving for everything, getting weary and obsessed actually really doesn't fulfil. That makes it even more important to me getting those priorities right and seeing work for what it is and rest for what it is."

Charlotte, Y3 Engineering



1

How do I decide what my priorities are, and how can I align my actions with them?

2

What does it mean to me to see “work for what it is and rest for what it is”?

3

How can I ensure that my work and rest are balanced and fulfilling?

4

What small steps can I take today to separate work from rest?

SCAN ME

