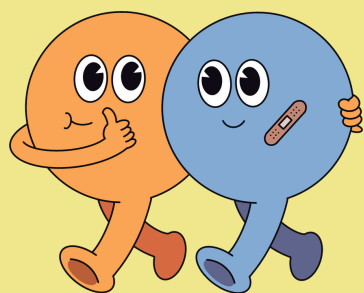




What recharges your battery?



A support network

"I felt happy that I was able to make friends and we shared the same concerns in our lives and we were able to form this smaller community."

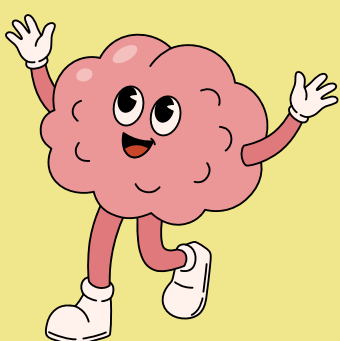
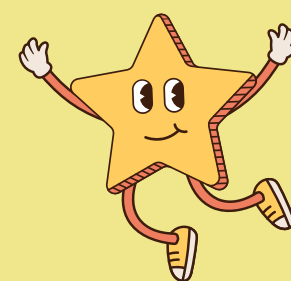
Heng, Y4 Chemistry



Taking advantage of the opportunity to be living outside your home country

"Right now is a lot of freedom... I can choose to spend my time however I want. And I think that is extremely liberating and makes me very happy."

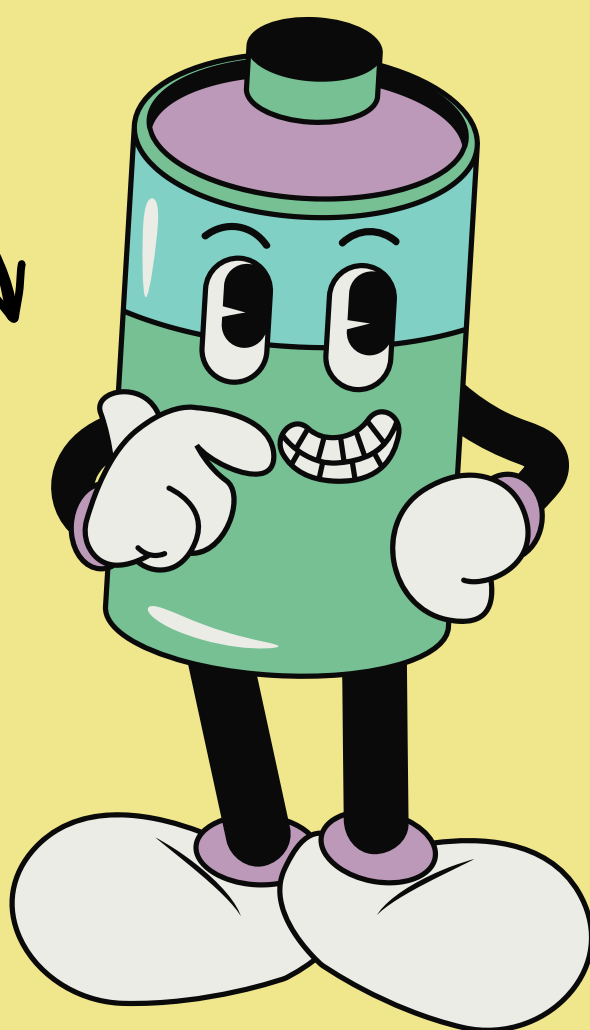
Kayjay, Y2 Engineering



Valued activities

"Did I do the things that I enjoy? Did I learn new skills that year? Did I see my friends and do things that make me happy while studying? So, it's did you pass? But did you also do things that make you happy and do things that are fun? Because it comes back to this point of balance."

Yafir, Y5 Medicine



Self-awareness & contentment

"Avoiding comparison is very important. You need to be content with your own progress, which can be hard because it might not be as good as you want it to be. But it's about getting to a point where you can recognise you're getting better and appreciating that..."

Xavier, Y2 Maths

Slowing down

"Life is very fast-paced [in London] and it's very easy to get overwhelmed by uni, work or anything ... just taking a moment to kind of appreciate everyday things like a walk in Hyde Park because I just think to myself this is actually the dream life that I had a few years back."

Leta, Y1 Chemistry

Pride in a balanced routine

"You're maintaining what you need to maintain. Despite the amount of hours you put into something you still managed to find time to have fun. You're waking up at a reasonable hour, you're going to bed at a reasonable hour...just maintaining a routine... It's a good feeling..."

Grayson, Y1 Physics

