

4 Pieces of Advice For Students in a Pandemic

This is an honest guide in dealing with the pandemic as a student.

The best part?

Advice is being given to you by Jake Mawhinney, Enterprise Marketing Assistant but also a final year student. Somebody who can relate to the procrastination, the fear of uncertainty and the daily routine of being a couch potato.

In short: If you feel like you're struggling or finding it hard to navigate your way through another lockdown, then you'll (hopefully) find these tips useful! So let's get started.

1. Everything is Temporary

This is a phrase I feel like I don't hear enough. If I were to ask you to think back to 12 months ago and ask if whatever you were worried about then, are you still worried about it or dealing with it right now, what would you say? For some, the answer might be yes, but for many, the answer will be no. Just like this pandemic, the way you are feeling right now will not last forever. Us humans are amazing in the way we work. Try accepting that mindset and perhaps you'll be surprised at what you find.

2. Making it Work

It almost feels like what it means to be a student is no longer accessible at the moment. With so many social spaces closed means that a lot of us have more time than we know what to do with. I don't know about you, but I've spent several weekends sat wondering what to do with myself. But then I realised that we may never get this much spare time in our lives again. To avoid feeling like everyday is groundhog day, try and get yourself into a routine that keeps you and your mind busy. For me, it's writing this!

3. It's NOT a Competition

I'm sure you have heard from all corners of social media about how much people may have accomplished during the lockdowns that we've been faced with over the past 10 months. The brutal reality is that it may seem that more people are accomplishing more than those who are not because nobody wants to post about things that they are NOT doing. It's perfectly okay if you have not done as much in the past hour, day, or week of your life that you usually would. Find the thing you need that brings you comfort and do more of that. Try to make sure your work life balance remains healthy by trying your best to throw in the work when you can and when you're ready. It is no competition, your personal happiness comes first.

4. Seeking the Support You Need

Everyone has been faced with their own challenges during this pandemic. For many of us, it's the social isolation or being back with family and craving independence and the huge shift in our university experience. It's left many of us in a difficult spot and it's important that we look out for each other. The University have a lot of initiatives for students who might be struggling and are looking for that extra support, because there is absolutely no shame in it. [The Mental Health Society](#) is a student-led society at the University that focuses on a student-to-student approach for those who might be struggling and to provide a place for people to connect with others. The University also have [Wellbeing Services](#), a fantastic line of support that provide a variety of resources for students who wish to access a wide range of support.

To summarize

- How you feel now will not last forever. Remind yourself of that.
- Keep yourself busy to help the repetitive lifestyle every student is facing at the minute. Try and pick up a new hobby and put yourself into a routine.
- Not as many people are flourishing at the minute as you may think. It's okay not to be okay. A lot of students are being challenged, stay strong!
- The University have a lot of initiatives in place to support students. Take advantage of that. I was heavily involved in The Mental Health Society and it was great for me to just sit and chat with other students who can all relate to something that you might feel alone in.

