

AURORA

THE STUDENT MENTAL HEALTH AND
WELLBEING BODY

TIPS ON DEALING
WITH *BACK TO*
SCHOOL ANXIETY

FOCUS ON THE POSITIVES

Problem

Often the anxiety stems from unexplained fears; we are anxious of things that *could* go wrong



Solutions

- Sit back and think about:
 - *Learning new exciting things*
 - *Figuring out a clear direction*
 - *Making new friends*
 - *Getting new opportunities*
- You can even pen down some of the things you're excited about, like friends, events, specific classes, and so on!

IDENTIFY YOUR GOALS FOR THE YEAR

Problem

You feel uncertain about your academic performance, your personal qualities, and your shortcomings when returning after a prolonged absence



Solutions

- Create a little list of goals, something tangible you can progress towards to keep the anxiety in check
- Some examples to get you going:
 - *Improving a particular grade to a B+*
 - *Working on your communication skills*
 - *Extending your group of friends*

PUT ON YOUR EXPLORER'S HAT

Problem

Familiarizing yourself with the campus, people, and culture again can be a bit daunting



Solutions

- Your university is there to help
- Attend the orientation sessions
- Freely explore the campus
- Don't hesitate to ask questions
- Clear out queries before they provoke anxiety for you



REFERENCE:

[HTTPS://MEDIUM.COM/THE-ASCENT/5-WAYS-TO-CHANNEL-BACK-TO-SCHOOL-ANXIETY-FOR-THE-ADULT-LEARNER-42C7C79274BA](https://medium.com/the-ascend/5-ways-to-channel-back-to-school-anxiety-for-the-adult-learner-42c7c79274ba)

