

## Audio file

[FYU\\_EP4\\_Ver2.mp3](#)

## Transcript – Episode 4 – Student Support

### **INTRO: Maya**

Welcome to Edinburgh Napier's Find Your Uni. This podcast looks at the different factors which can be important when it comes to choosing which course and which university to go to. Everyone on this podcast is a current student at Napier, so we've been in your shoes before. When choosing what to do next and we look forward to sharing our experiences and hope that it helps you in your journey.

### **Michaela**

Hi everyone, I'm Michaela

### **Maya**

And I'm Maya

### **Michaela**

And we're both Mass Comms students at Edinburgh Napier.

In this episode we're talking about the importance of finding a university that meets your needs, whatever they may be. Whether you want help writing an essay, you need accommodation for disability or just a bit of mental health support along the way, we're sharing our tips for guessing it right from day one.

Today we're joined by Mark Antony to chat about their experience of student support at Napier.

### **Mark Antony**

Hi, I'm Mark Antony. I am a third-year film student at Napier, so I've been here for three years now and I'm enjoying it.

### **Maya**

In the first episode of the series, we talked about the importance of choosing the right course for you and how this is the top factor for lots of people in deciding which uni to go to.

But we know it's also important to find a university that offers the right support for you. Having access to the support you need throughout your journey will help you to succeed on your course and make sure you have the positive experience that you deserve.

Every student will need some help at some point or lots of points throughout their degree, and it's possible to get support in place before you start so you can settle in easily.

Was student support, something that was on your mind when choosing university?

### **Mark Antony**

Personally, not really, but I am slightly older. I had kind of like 2 years of gap year before I came to uni. So, I had the time to kind of like deal with my brain before I came if that makes sense. I feel like most people took their time in like a gap year to be like I'm gonna travel, I'm gonna enjoy my life and I was I was fighting for my life I was. I was really like I was really trying to get my head in order so that way, when I came to uni I already had everything kind of set. So, I could get by kind of without incident, but I did obviously look into everything before I came here because I am a mature student. I wanted to make sure everything was ... That there were services available for someone who has like a say a pre-existing mental health condition like I do.

So yeah, I did. I did look into the services, but it wasn't necessarily something that I was like, I have to figure this out.

Was that something you thought about before coming to uni?

### **Maya**

For me, yes, I had a similar experience to you, where I had a year of gap year, and I took that year off because I knew that I needed a year.

Before going into more education, it was a very similar thing. Hold on.

But my dad happened to be in student support and was like Maya. You need to get on this before you go to uni. You need to get in contact with them or let them know. Maybe get support from the start. Which I didn't do.

## **Mark Antony**

That is really helpful though.

Look, my sister, she used to be like a career guidance counsellor for like sixth formers.

And so, she was really big on, like, you need to, you need to let them know before we go up there. What's wrong with you so that way you know, you know, if you can get the help that you need basically which I is not something that I would have like even thought to do if I hadn't had her kind of over my shoulder, like do it, do it, do it.

## **Maya**

I think it's a great thing to do because you at one point or another, especially if you know you've got a pre-existing thing going on, you're gonna need support and you're probably either not gonna want to do or not have the time to do it. Yes, you are at uni. You've got other things going on which did happen to me.

## **Mark Antony**

Because I don't think you realise like when you're in school. I don't know if you guys had the same experience. But I had it where it was constantly, like you have to go to uni, uni will be amazing. Have to, blah, blah, blah blah blah constantly and so. When you're already in education and getting prepared to go into more education, you don't really have the time to think about like the fine details things like how you know am I gonna need a part time job? What's it gonna be like making new friends? What's it gonna be like, dealing with the stuff that I already have to deal with? And I was still kind of like, am I ready for this? Is this something that I'm prepared for?

## **Michaela**

I honestly felt I got pushed into going to university in the first I went and then it was like COVID time, and we didn't really get an end of school, so I didn't feel like high school was finished for me kind of. And I just kind of got to the point of going to university. I got covid and was isolating and then I just felt like I wasn't ready to go to university. So I spoke to the support team and they're really helpful. They told me I should, like, defer for the year. So, I took that time and got like a job and got some experience in the real-world kind of thing. And I think it was definitely a good idea. Like, I just was not ready for uni.

## **Mark Antony**

Yeah, I know a couple of people have had similar experiences where they've either had to defer for a year, or they've left entirely and then come back because it just was not right for them in the moment. And that's the things I think like when you've taken the time to

actually prepare yourself and think about it properly and like not, I'm not saying everybody has to be like super Type A planner, like I am.

But taking the time to, like, sit down and actually think through genuinely, is this something that I want and I'm ready for? Then I think that when you do come it, it's just a more positive experience, not least because you have that kind of safety net of, oh, I know that if I'm struggling, I can go to the student support team or I can go to, like, even stuff like, I really struggle like writing essays, I'm a film student. So, I would not describe myself as an academic weapon. Put it that way. And so having stuff where it's like, I don't know, lecturers, office hours, where I can sit down and be like... please help me, I don't know what I'm doing. Is this even in English? You know it's really helpful.

### **Maya**

I feel like it's so easy to be go get support. Yeah, a lot of people don't know what the support services are, that are available.

### **Michaela**

So, I know for a start when you get into university, you get your module leader, and you get your personal development tutor. So, it's two people that you can get to through the student support system that will be there for you.

### **Mark Antony**

So, I'm very lucky. All of my like module leaders for the most part and like they're the head of the film course. They're wonderful, I cannot sing Paul Sellers praises enough. That sounds so bootlickery. But he, like he genuinely is, really. He's actually my module leader for, a lot of the academic modules because he's like maybe the smartest man ever.

### **Michaela**

I had a class with him last year as well, film theory.

### **Mark Antony**

Yes. Yeah, he is. Like he's kind of notorious for being very, very like if you think of like an old professor, he's like the stereotype almost and he's amazing. He's so good.

I did an essay on time travel in cinema and I was engaging with a lot of like science for it. And you know 'It's Always Sunny in Philadelphia' with Charlie Day in front of the like Cork Board, it's just like pure conspiracy theory. That was what my presentation was like and he was still like, great, we can do something with this. Like, he was really, really helpful and I know a couple of other people in my like course that have had there, what is it PDT's like,

actually like, reach out and be like, hey, let's all go for coffee so I can talk to you guys and like, check in and that kind of stuff. I've not had that with my PDT, but he is I think I mean, anytime I've reached out, he's been there immediately.

### **Maya**

Now I feel it is of an abundance of people that you can go to that Napier, either that you're, like, directly told you can go to or you can you feel like you can go to.

Circling back onto, you know, feeling like maybe you're not ready for uni or you're in uni and you're not enjoying the experience to the maximum. The Keep On Track team at Napier are really helpful to get in touch with. Also, like mental well-being or disability inclusion, if you want to get in touch with them before you start or once you've started, at any point during your journey, you can. I found the mental well-being team to be really supportive in the minimal. I meant that I've been tried with them, but I've only heard people singing their praises.

### **Michaela**

Yeah, I had a couple of sessions with them. I was in a bit of a difficult spot and it was really helpful just to chat to like about 1:00 to 1:00 sessions. And I just thought it was like therapy and it was quite helpful.

### **Mark Antony**

No, I've. I've never really, like, interacted with them in any like, I've spoken to them by e-mail, like that's how I have 90% my conversations at minute just by e-mail. Being an adult is a nightmare. But no, they've always been lovely. I but like you said, I find that's the case with like almost everyone at Napier.

I feel like weirdly, that's one of the benefits of being an adult you don't get told about when you're at school, of like when you're a schoolteacher is so scary they're like... Well, I can't, I can't tell a teacher struggling at home cause she'll think I'm an idiot. You know, whereas I feel like when you're at university, if I went into one of my lecturers and was like, hey, I'm struggling with this, can you know, give me some patience. They're people, they're gonna treat you, like people just gonna be like, yeah that's fine.

### **Maya**

Yeah. I do feel like it's kind of more apparent the struggles you're having, everybody has like your peers, but also like your lecturers, the staff at Napier, like they will have went through this at one point too and they make it quite obvious that this is like a normal thing to happen.

**Mark Antony**

Especially when you consider like the amount of students that come through like it's, I don't know, there's something so comforting about the fact that, like the things that make you feel the most alone are probably the things that the most universal, you know what I mean.

**Maya**

Yeah, there's no way you're the only person that's gone for this.

**Michaela**

Yeah, absolutely. And the good thing is that if you don't want to sweep someone online, like if it's a bit too, like strong going in for an e-mail, you can literally go to the student support team in the campus, I'm sure Merchiston has one opposite the IT support. Is it there yeah? And you can actually just speak to them. All the email's are on the website.

**Mark Antony**

Yeah, they're really easy to get hold of which is nice.

I've had it happen before where I've tried to like use one of the services that that maybe it has like library services or whatever and I've not bookmarked it because I'm stupid and so I'll just type in like enu library and it pops up on Google.

**Maya**

Oh yeah, the I feel like the website is very easy to navigate. Like when I was looking for uni's to go to. You know I had a look at the websites and some of them are like insanely hard to navigate and it's impossible. But Napier is quite good and the same with Moodle as well.

**Mark Antony**

And so especially back to what you're saying about being like a Covid year, I decided to go to uni during all the lockdowns and stuff, so there was no visit in campuses for me.

**Michaela**

Yeah, it's the virtual ones.

**Mark Antony**

Yeah, there was no like ohh. Like we'll show you around and show you what all the services are, you have the website for everything. And so, Napier being competent in the digital space is kind of insane and also like unheard of for like a good university.

**Maya**

Yeah.

So we've been focusing on the support people can get for their well-being and studies, but what can students do if they're worried about money or like the cost of being a student.

**Mark Antony**

So, I personally used the discretionary fund. I am like I say, a mature student. But also the cost of living has gone up and I mean, I work two-part time jobs. I'm a free freelance writer as well, so I'm really trying to facilitate income anyway I can.

But just the the with how expensive life is. Sometimes you do need an extra hand, so I had to use the discretionary not long ago, and it was surprisingly easy. I put it off for a really long time because I was like I'm gonna e-mail them and be like I'm poor and they're gonna be like well then die. But they were great. They were really nice about it. They were like, oh, that's fine. Just, you know, show us a couple of bank statements and we know you're not, I don't know, spending money on insane things. And once they saw that that was the case that I was struggling financially, that I needed a hand. They were like, cool. Here you go.

**Michaela**

I think the SAAS fund really helpful as well. What's it like 545 quid a month?

**Maya**

Yeah, the thing with SAAS is the I feel like depending on different situations like, you're not necessarily going to get the amount of money that you need, so it is sometimes important to have other things in place, whether it be a job or like the discretionary fund that's more tailored to what you're spending rather than what your parents are doing with their money.

**Mark Antony**

And not everyone has the assistance of their parents either.

**Maya**

You know, like your parents might be making, I don't know how much, but that doesn't mean they're giving you anything. Which a lot of my friends have had struggles with because I'm on top SAAS and I don't get any help from my parents, but neither do they. Yeah, their parents are like our daughters. It's like. So, they're working more part time hours than me.

And I think it's important to not discount that Edinburgh is really expensive. You do you need to know that before coming here. It's like I love Edinburgh. I would recommend it to people, I rave about it... It's the most expensive city in Scotland. Now, I feel like obviously saving, it's important, but not everyone has the extra funds to be putting money away to save that you can only save money if you have money, but I feel like just talk to people. Like ask, you can always ask your friends what they do, how they save. Like for example like the discretionary funds like or other financial aid, things like that. You can talk to the uni or people like yourself who have it, like how to navigate it. Also part time work and speak to ENSA, the student union, they sometimes have like connections to openings there or advice for you and then job seeking is job seeking. It's just that.

### **Mark Antony**

And there are other ways to save money, especially when you're coming to Napier. So as an example, there's a resident assistant position that they offer at student halls where you work basically part time as a resident assistant, but they give you a discount on halls. It's like 50% or something. So, there are ways around it and you can ask for, you know, certain accommodations and that sort of thing and that's in a weird way that like. Because I mean the way that you make friends when you move to a new area outside of, just through classes and that sort of stuff is work. Like anybody who's lived alone in the city, that isn't the city they grew up in, knows the best way to make friends is through your job almost. And so being able to do a job that's like through the university just facilitates you to meet more people at your university.

### **Maya**

Yeah. Actually, getting a job, especially if you're just starting and you might be quite a scary thing like you're already starting this new course. But personally, for me I've found that working alongside Uni has given me a really good balance. Like I really enjoy my job. So, when I come away from uni I'm getting paid to hang out with people I like and take some time off like I don't feel like I need to be doing work then because I'm making money and I'm at work and I like being able to do more than one thing. I feel like sometimes you get stuck in a rut with uni work and I just wish I had something else, but I can't like my mind can't afford to be doing something else but work. I'm just like I'm working. It's fine. I'm still doing something productive.

### **Mark Antony**



Yeah, especially with like, almost like customer service job. It's nice to be able to turn your brain off. I was a bartender for like 5 years. It was very nice to show up to work and be like, well, I'm doing this, and I don't have to think about anything really, just have to make sure that I make the drinks correct. I'm not poisoning people on accident. And we're good.

**Maya**

Yeah, but at the same time, like you do have to find a good balance, like don't overwork yourself. If you're really struggling, like do have a chat with the uni.

**Michaela**

Yes, I just went for a transfer from my old ASDA shop to one in Edinburgh and I felt quite nervous to, like, get into a new workplace and, like, meet new people, but I definitely recommend a little part time job whilst you're studying.

And so other than those services, the university offers, what else do you feel supports you as part of your community at Edinburgh Napier?

**Mark Antony**

I mean, I personally have really benefited from the societies that Napier does as you can probably tell I can talk forever, but I live alone, so I spend a lot of my time on my own, literally. I will go whole days without speaking to people, especially since my job now is is, is very. You know, I don't talk to anyone. So, having a society where I can like, twice a week, show up, talk to people that aren't my friends do something I enjoy turn my brain off. It's great.

It's really good for your mental health. Especially cause like, so I'm part of the Archery society. I feel like having a repetitive, of there are so many like different things with your like form and whatever you have to go over having like a repetitive thing that you cycle through almost subconsciously. It's really relaxing almost.

**Michaela**

Yeah, I'm part of the Edinburgh Napier Wellbeing society. We do yoga every Tuesday. I'm actually the well-being officer now, you know, got into the committee so I'm quite happy with that role. So yeah, every Tuesday they do little yoga like sessions. It's like an hour long, and it's just really good to, like, turn your brain off for a bit and ignore the studies.

**Mark Antony**

I mean, it's also very helpful for like if you are doing some like yoga. Whereas, exercise, I don't know about you but like between work and study, and trying to have some degree of

social life, I will find that sometimes I'm just like 'Ohh why does my whole body hurt? Because I haven't moved in about 5 days.' So like having something that facilitates it in there. And also, I'm not one of those people that can just go to the gym. I get bored. I get so bored, so I'd like something like yoga or talking to people or you're in a community. It facilitates. It facilitates. It makes it so much easier to be like 'Oh I'm having fun, I'm actually enjoying myself.' I used to do a lot of rugby and swimming and those were, I mean, swimming less so, but rugby was very, very social.

### **Maya**

I did basketball all throughout school and I always enjoyed that as like a break from school work and it was very it's very social, like Team Sports. There's so many sports teams or sports offered through the university. I'm also part of the film Society, which I like because again, a lot of the time I feel like I can't take breaks from my work. For instance, if I'm watching a film in my bed, you know the bag of popcorn like rotting.. I do feel like I'm procrastinating but. You know, I can see my laptop knocking on the other side of the room, like slightly open with the light like do some work. But if I'm watching a film with friends somewhere that's not my house where I've been all day like, getting out maybe going for like a drink after or just chatting with people. I feel like I'm fulfilling my social quota for the day so it's a bit different.

And like, oh, this is nice. I'm socialising. I've done uni work. I'm taking a break. It's good for me, it's healthy and a lot of societies are like that. Like, sometimes you're too busy to plan things and you can get overwhelmed. But if you've got a society event, you just go to that.

### **Mark Antony**

Edinburgh is really good for that, but there are quite a lot of things to do, which is nice. I mean going back to the whole film thing. I'm obviously a film student and cinema tickets in Edinburgh so cheap which is crazy. It's like 5 pounds for student ticket at Cineworld, which is insane. Because I mean I live not far from London and the student ticket is 14 pounds. So, like if I went to the cinema and wanted like say popcorn and drink, I'm taking out a mortgage bro, like that's not happening. Whereas here I sometimes, I'll like sit in the library or whatever for long periods of time, working myself to the bone and then afterwards be like, well, cinema is like 5 minutes away, I'm gonna watch probably a horro movie at 11:00 at night because I can and it's not gonna break the bank. I won't. You know, maybe I still will cry on the way home because I was scared, but like it's different.

### **Maya**

Yeah, Edinburgh is one of those cities that has so much on at like any time, like, even if you're not doing something that is a connected or with the university like a society, there's so many groups outside. I did Taekwondo for a bit because I did it when I was younger and I like, finished first semester of, you know, and I was like I want to get back into Taekwondo so I literally just like looked up online and there was about a million places that I could do Taekwondo and it's the same with like everything. It's like you're always going to be able to find something that's enough for you. 00:20:12 Mark Antony

### **Mark Antony**

It's one of the benefits of being in a city, I find is that there's actually like community centres and think like I there there's a church not far from Merchiston campus, which is they'll do like coding courses and stuff. I see posts for all time. I'm not that's not my not my bag, but you know, for people who like that sort of thing, that's there for you and you'll find stuff like that all over, which is great.

### **Maya**

So how do you look after yourself when you're going through a tough spot at uni?

### **Mark Antony**

So, for me that's it's kind of maybe more involved of the process because I have borderline personality disorder, which is like a personality disorder, which is very difficult to manage, hence why I needed two whole years to kind of get the reins on the horse before I could you know come to university because otherwise I would just be Godzilla. Just throwing hands with everyone I see but not that bad, hopefully, but you know. But yeah, I don't know. I think having a support network is maybe the most important thing I know. It's so like a cliched and like the first thing everyone says talking about like, especially mental health, but having people that you can talk to is so important.

And if you're like me and you've come to Scotland and you're not from Scotland. That can be really hard because you're so far removed from any support network that you've built up like all of my friends are in Wales, so it's not like I can, you know. I know some people who are, they come from Newcastle, so for them it's a case of where I can just get the train home, or Aberdeen or whatever. I can't do that. I'm not like. Ohh yeah, I've got class tomorrow, but I'll go down to Cardiff for a day. Like it's not least because I just can't afford it. So having access to them in some way be it like scheduling to, it sounds so lame, but scheduling time to like zoom call my friends just so I can actually see their face and talk to them and have an actual conversation. That's not like words on a screen, yeah is so beneficial. And yeah, it takes time to build up a new network wherever you are so.

**Maya**

Yeah, I'm kind of on the other side of that. Like I'm in a different city, but I lived in Glasgow.

So, I feel like completely blessed to be able to hop on the free 900 because I'm under 22 and go home in like an hour. It's great, but I realise that not everyone has that, but if you do have that like I feel like Scotland's very well connected with and transport like.

**Mark Antony**

I'm I was so mad because when I got here, I didn't know it like anything about it, and then I immediately turned 22. And it was like, well.

**Maya**

Thing that a lot of people, well some, I don't know the amount of people I don't know, but some people don't know, but.

If you're not Scottish you can still get a bus pass, so if you're coming from not Scotland, or even if you're coming from Scotland and you've not got a bus pass because maybe your parents' drive. I don't know. You're making sides. Get a bus pass, cause even the buses are fantastic, Glasgow buses, Horrid. Terrible. They smell like pee. Edinburgh buses, they're well mopped, you can take nice photos on them if you want.

**Michaela**

They're constant as well that go to campuses.

**Mark Antony**

They are, they are very regular. There's night buses as well.

**Maya**

The buses that go to campuses, regularly show up in like hordes of three. You've got a choice.

**Mark Antony**

Yeah. And the fact that all night buses is crazy to me.

**Maya**

The night buses are pretty good.

**Mark Antony**

Yeah, it's like because back where I'm from past 10 o'clock, good luck. It's like ohh there are no footpaths and also no night buses if you want a taxi, have fun waiting for three hours. So the fact that like if I wanted to say go to like a university social like a club social or something and be out in Cowgate until maybe an unhealthy time, maybe like 5:00 in the morning. That's fine because I can then get either the first bus or a night bus depending on whatever shows up first.

And like I don't know, the whole city is just so connected.

**Michaela**

Yeah, it's quite small as well.

**Maya**

Yeah, it's tiny.

**Michaela**

It's like homely.

**Maya**

Yeah. Obviously if you've not lived in a city, I can imagine it's bigger and people who have come from towns and they're like, what even is a city? This is insane, what do you mean? It's not just lots of small towns. What do you mean it's so connected. And I'm like, yeah, cities right. But if you come from other cities like maybe in England or Glasgow and other Scottish states are pretty small. Edinburgh is tiny and like you can walk across it very, very fast.

**Mark Antony**

Ohh, I mean I stayed in, I stayed in student accommodation in my first year just because I think it's a good way to like, meet people. Yeah. And I would work. I used to work in name places, but I used to work in Miller & Carter, the steak restaurant on George St. And so, I would walk from Bainfield, which is one of the accommodations to Miller & Carter kind of, yeah, every like 3 days or whatever and it only took about 40 minutes. Granted, I walk very, very fast. A lot of places to be, but even then, it's like a leisurely stroll along the canal and like, yeah.

**Michaela**

Yeah. It's a nice route. Another thing with the free buses with the pass you can get trams for free as well. So if you're staying like Leith or something if it's got Edinburgh written on the student card, then you can get it for free.

**Mark Antony**

Raging... as an old person, raging.

**Maya**

Yeah, I didn't know I was because I came with my Glasgow Young Scot and they don't let the Glasgow or like any other card, unless it's Edinburgh Council go on the tram which I'm like how are you benefiting from that? like fair enough. So, I got an Edinburgh one just like go on the trams and actually go anywhere that I want to go. Except for the one time a year I decided to go plane and take the tram rather than the bus that takes just as much time.

But yeah, that can be nice and Leith is nice to go to our feel like not a lot of people who go to Napier would stay that far down.

**Michaela**

It's also cheaper.

**Mark Antony**

Yeah, I'm so I currently live out in Drylaw, which is kind of like north west side of Edinburgh. It was quite far. It was like 40 minutes by bus. But yeah, I feel like if you're staying, especially at student accommodation, you won't necessarily think to like places like Portobello Beach. You won't necessarily go to. And I think making the time to like have an explore. Maybe it's because I'm such a solitary creature, I like having the time to be like oh I've got a thing on I'm just gonna get a bus and, like, go to Leith and go to a cafe and sit a cafe and read a book.

**Maya**

Yeah, I think these things are so good for self-care because I find myself in the house so much. And the second I leave, I'm like why was I in there for so long? Treasure just having a walk, taking like your mind off, maybe go with friends, maybe go by yourself. But like, that's something that I do to kind of look after myself and do you guys do anything?

**Michaela**

Well with a Napier society. We actually did a sea dip recently at Portobello Beach. So, I used to do this with my friends back home because I live just outside Edinburgh. So, we've got like four or five beaches, and we don't just go for sea swims. It's so fun.

**Mark Antony**

I feel like if I see that I'd shrivel up and die. I can't handle the cold.

**Maya**

So, I did it on New Year's Day. You know the Looney Dook?

I set myself up for the year for the best year of my life doing it. But it's like we just dress up a bit funny. We didn't do that bit because we were hungover, bit funny, and we go into the ocean in January.

**Mark Antony**

So, we I don't have an ocean, so I don't have it. Unfortunately. No, we did not. I would say I would love to. In theory, I would love to. I mean, OK. So I grew up in Australia, I grew up on the gold coast. So, for me, when I think of the ocean, I think of lovely and warm, you know sharks.

Whereas if somebody tried to convince me to go into the ocean here, that's a threat on my person, I think, I think I would take that personally.

**Maya**

Oh, it was so cold my feet took an hour to recover. I didn't know if I was going to lose them, but it was very, very fun.

**Michaela**

I did it all the time. I don't know how I did it.

**Mark Antony**

You must build up like a resistance to it. I think I also some people just are naturally more adapted to the cold. Like I can't, the second it gets below like 15. I'm like a shrivelled toss. I am dying. Like I'm walking around like 16 layers. I'm like nobody talk to me unless I've had a hot chocolate.

00:28:24 Maya

And are there certain things in uni that you face challenges with, like, exam time deadlines, feeling homesick?

**Mark Antony**

Yes, I get

**Michaela**

I mean, I get home sick and I live, what, 20 minutes away from here.

**Mark Antony**

Yeah, I get really badly homesick. I have, thankfully, quite a good relationship with both my parents. But it does mean that, like, recently I had to, I had to fly home because one of my grandparents is not not very well. And I was only there for, like, literally two days, I think. And the whole time I was like, I don't wanna go back up to Edinburgh. I wanna stay in my bed. Go to sleep in my bed.

I mean, with things like that, I mean also like I think the cliché like film students is that we're not very smart, which is not true. I've got some very, very smart film students. I'm not one of them, but I have met some very yeah, I've met some very smart film students. I think the cliché is that we would show were things like essays and stuff, but we don't have traditional exams. Thank God.

**Maya**

I feel like, you know, like when people, when you say that to people because I feel like we're in mass communications and the course is quite similar like it has a lot of course work and not so much exams, but the deadlines are scary and they come upon you and they they jump on your back and suddenly they're there and didn't know they were there. But you probably should.

But there is lots of support like for disability inclusion and mental well-being where you can talk to people about like. So, I'm not diagnosed with ADHD, but I've been trying to become that diagnosis for four years, but the form is simply too long that I've had it four times, which should be the real test, if you're asking me. But I can't complete form. And I've not actually done it because I procrastinate to the high heavens, but there are still people you can chat to about navigating deadlines and organising your time and stuff like that. Also, talking to like the academic skills team, if you struggle with essays.

**Mark Antony**

You can get like referrals and extensions pretty easily, which is nice.



**Maya**

I was struggling with some course work at the end of last year and I chatted to my lecturer, and she was very helpful with it all. Like you can schedule meetings with lecturers or with your PDT. Which just by emailing it's very easy to get in touch with everyone you know. Yeah. And everyone's very approachable.

**Michaela**

Yeah. And everyone's very approachable if you're struggling.

**Mark Antony**

And there are some really like intelligent. Like, I mean, all of the lectures. Intelligent lectures for a reason. But there are some lectures here like I know for a fact that if I went to them like I'm assuming you guys know who I'm talking, about she's a communications teacher. We had a module with Ariadne in like first year where she went over the basics of essay writing with us, because we have film students. So you know ourselves, not great for us. But I know for a fact that even now if I like if I emailed her was like, hey, I've forgotten 90% of what you told me. Could you like, could I meet your for coffee and give me a run down? that she would be like. Yeah, here's my office hours come meet me and we'll have a chat about it.

**Maya**

Yeah. Or at like, a lot of lecturers have pointed me in the direction or just like my class of, like, different drop-in sessions, those kind of four different things. Like there are always things going on within lectures, outside lectures, tutorials, all this that are really helpful. And then as you were saying, officers like lectures are encouraging you to go for a reason like you should go.

**Mark Antony**

Especially if theres like, any doubt at all if you want those people like I know some people were like, Oh yeah, it's fine. I, you know, I've got this no problem. But if you're like me and you tend to, like, make yourself sick with worrying about like, I get so in my head about it, I like freak out and then I'll go to the office hours and he's like, yeah, this is fine. I don't know why you were, like stressing? Yeah. Yeah, nothing is.

**Maya**

Yeah, nothing is a silly question. They like, I feel it's so easy to work from home these days. Like, there's a reason these lecturers, when they're not doing lectures, are still in the uni

like it's for the students, like it's their job to help support us. So, you should. I know it's scary but take them up on that.

**Mark Antony**

I mean and also that goes that goes for like us as students as well. I think when you work in the same environment all the time, especially when you're working from home, it can be really difficult to focus on what you're doing. I tend to find when I'm at home, all I'm doing is procrastinating because I'm at home, that's my chill space. So, I don't want to be working there, but sometimes just getting a change of environment will facilitate that for you. It will make it a lot easier for your brain to kind of get back into motion again like we've got the Jack Kilby Centre here, which is like a computing centre.

**Maya**

I love the Kilby.

**Mark Antony**

Everybody I know loves the Kibly. Yeah, I feel like I spend more time there by doing my house, to be honest.

**Michaela**

Especially deadline season.

**Mark Antony**

Ohh yeah, deadline season that does become crazy in there though. Like it's so, but there's there's tonnes of like computers, Macs, there's laptops that you can. Being in that space, especially because like I can guarantee you, especially around deadline season, if you're in there and you say you're like me, you're not necessarily best at like asking for help you're in there. You're struggling with an essay or whatever you will bump into somebody on your course struggling with the same essay.

**Maya**

Oh yeah, that's happened to me so many times. I literally walk in there, and I'm like, stopping it every second table literally.

**Michaela**

But yeah, so with the laptop hire, I actually found out the other day that in the Jack Kilby when you walk in, it literally says in front of you how many laptops that are available. And I was like I have not seen this before.

**Maya**

I've never noticed that.

**Mark Antony**

Yeah, it's like a massive like LED screen. Like I just, I feel like when you're in there, you're in there for a reason, so you might not notice it unless you like need it.

**Maya**

Wait, I know.

I'm going straight to the Kilby after this to figure out where that is actually.

The other thing is, some days like you don't wanna leave the house. And that's OK. Like you're gonna get those days. Something that's helped me. I have a lot of those days staying. Today was actually one of them but here I am. One of the things is that really helped me since moving flats. I was like, I'm gonna start a new we're gonna get this room from in order. I don't want to leave my room, but I'm not gonna stay in my bed all the time. Like I set up a really nice study space at my desk and move my desk to the window to get some natural light. Some vitamin D, I make my bed every morning and I do not go back into it until night. Because I'm like once I've made it, I'm like it's a precious artefact, but my totties are really comfy. I can't, I can't get on them.

So I sit at my desk and I like to romanticise studying. I like to make a little coffee and like, fix my posture and then I just like, feel good about what I'm doing. Like even if I don't feel like my work is perfect, I'm like, but I feel good and that is going to be helping me in some way

**Michaela**

Yeah. I have a friend that I actually got in touch with keeping on track people because she was struggling really badly with, like wanting her work to be perfect. And they were really helpful with just breaking it down with her and just being like OK, just do this part and then maybe in the next paragraph, kind of just like there for you with that kind of thing.

So, we're going to move on to some tips and advice for our listeners.

So, what advice would you give someone who is anxious about getting the help they need at uni?

**Mark Antony**

Personally, I don't know because it can be quite difficult. I think, especially like if you do suffer with like the mental health condition like anxiety, depression to reach out and to ask for help. I know there's, the uni provides online services you can talk to people which for some people is a lot easier.

### **Michaela**

When I got in touch with them, they were offering me their face-to-face or zoom calls.

### **Mark Antony**

I know there's like a volunteer programme, you know, through the university or by the university where yeah, you have, like, people who are older students who will dedicate, maybe like a night a week or whatever to answering anonymous questions basically, that sort of thing. Which can be, you know, as much as we say like mental health is cool to talk about now, and it is. It can be really embarrassing. Like when going back to having like borderline personality disorder, sometimes in like the pit of a depressive episode, it can be awkward to ask some someone for like, how do I get out of this, you know?

So, having the ability to do that online without judgement of like or fear of being seen.

### **Maya**

I think also the first port of call doesn't have to be somebody at the uni. They can just be stepping stone, can be like a friend or a family member, or it could be the other way around where you want to speak to, you know, one of your lectures or someone with the uni first, because you may be too embarrassed to chat to friends.

Just figure out what's best for you, I think.

### **Mark Antony**

Yeah, I, but I think I don't know. I think having somewhere that you know you can go to cause sometimes it can be a case of like you know, I love my friends and I love my family. I'm very thankful personally where I do feel comfortable to maybe info dump on them and overshare. Yeah, not everybody is like that. I know people who are like I would rather rot in the pits of hell and tell my father how I feel. So in that case, it can be really helpful to talk to someone that you don't know. There are no stakes in it, almost.

I do something like even little things like when you move into a new flat, there's always gonna be teething issues. I think the RA's are students, you know, they've been there. I

mean, they literally are there. Most of them live in accommodation. So, if you're having problems with like 'Oh, you you're unhappy and you're flat, blah blah, blah' and you just want to want to talk to there was about and you know, people like you. There's there's nothing wrong being like, hey, can I talk to you about something and, you know being like my family, it's gross, any advice?

**Maya**

Yeah. Going on from that like, what are some ways students can save money and still enjoy student life?

**Mark Antony**

Get a Tesco club card. Like there's a Tesco right next to Merchiston campus which truly, truly, truly is the love of my life too. Too good to go as well.

**Maya**

Oh, too good to go, where you get like bags of food that hasn't expired, but they can't sell it anymore and you can get just like a bag of random like nice things.

Student discounts are good. I also like Unidays and Student Beans. Like I didn't look at them through first year because I was like, there's gonna be nothing but even like if you want like UberEats or something there's discounts,

**Mark Antony**

Yeah, because you do wanna treat yourself sometimes.

**Maya**

There is 50% off from Domino's Pizza.

**Michaela**

You getting freshers in soon? Absolutely.

**Mark Antony**

I don't know about you but if I got like, a large pizza. I'm not even going to eat that in one go anyway, that's two meals. That's two.

**Michaela**

Exactly. Cold pizza is even better.

**Maya**

Yeah, check. Also ask if there's, it feels cheeky, but I'm in the shop and I'm like, do you do student discount and I'd say about half the time, they'll say yes. Yeah, maybe not like supermarkets, but if you're buying something and I just always ask, like, even if there's not a sign.

**Mark Antony**

Even like if you go out for drinks as well, sometimes drink places will do like student menus like Bar 50 in Cowgate, they have like a like a secret student menu. But if you're like I'm a student at Napier, I'm with this society. Prices are cheaper for you, which is crazy.

**Michaela**

Another thing with student discounts, what's the camera place? Camera Obscura? They do student discounts, so you can get it on like little day trips and stuff as well.

**Mark Antony**

Yeah. Sometimes places you don't think would do student discounts will do student discounts.

**Maya**

Stirling Castle, which is usually like £20 to get into, I know a really odd place, but I'm just showing the gravity of student discount. If you can get it with like a student card or Young Scot card, it's like 1 pound I else.

**Michaela**

I think Edinburgh Castle is the same actually.

**Maya**

So, it's like you're saving 19 pounds.

**Mark Antony**

Which is crazy. That's crazy.

**Maya**

Like some of these student discounts are our 4 artefacts.

**Mark Antony**

You've unlocked the ancient wisdom, published and discussed.

**Maya**

It's so nice. Like you've got, like, the price on the till and you can see it and you're like, I'm a student and it goes down. And it's, uh, it's the nicest.

**Mark Antony**

Yeah, it's magic. It's magic.

**OUTRO:Maya**

Thank you all so much for joining us today and thank you, Mark Antony, for having this chat with us.

Next time, we're wrapping up this series with all our top tips and information on how to make the next step in your journey to university, making your choices to what to pack to move into halls. We've got all the best advice, and you won't want to miss it.