A28 Interview Audio

Thu, 8/11 6:15PM • 51:47

**SUMMARY KEYWORDS**

feel, study, year, people, chiropractic, thought, helped, university, exam, students, sports, attendance, day, life, honest, struggle, bit, grades, started, shocked

**SPEAKERS**

Participant A28, Philip Dewhurst

**ANONYMISATION**

Pseudonyms used in place of real names. Locations redacted or names changed. Personal information redacted.

**Philip Dewhurst** 00:09

So, first of all, tell me, tell me why you decided to be a chiropractor.

**Participant A28** 00:15

You know I haven't been asked that question a really long time. It originally started because I wanted to help children because the first chiropractic treatment muscle was on my brother who had a lot of anger problems. And yeah, I just thought it was cool to be able to, I wouldn't say it directly was a link that helped with it. But I think just being able to treat kids of three years old, always played sports. So I actually wanted to be a physiotherapist to be honest. But I couldn't get in to physiotherapy, which is I thought chiropractic, it would be harder, but it's just like less spaces and stuff. And I just really want to help people move better and feel better.

**Philip Dewhurst** 01:06

And why did you choose AECC, then as University

**Participant A28** 01:10

It was the only place I applied to. I think, to be honest, it was it's it just seemed like the biggest chiropractic University. And I observed Fred, who's I think quite a well known chiropractor. And he, he went there. So I think it was just 100% Trusting one person I've met that went there to be honest.

**Philip Dewhurst** 01:40

Okay. And just briefly, tell me a little bit about your school. Sort of going GCSEs A levels, what type of school you went to, was it state school, grammar, private, etc, etc. Just just a little bit of background to that as well.

**Participant A28** 02:02

Yeah, state school. GCSEs always an average student, I actually failed math, i did foundation for everything, and then still went to college. I did like sports, English literature, because I really liked poetry. But I didn't actually finish A levels because my mom, we packed up and left and moved abroad when I was 17. And then I decided that I wanted to earn money. And I left that country, and then I had to do an access course, to try and get into physiotherapy, which then led me to year zero. And then now, finally at the final year, so you didn't ask for that. But that's the process.

**Philip Dewhurst** 02:47

that's, that's really good. So you've had that sort of. So when you left your A levels, and you went abroad, did you carry on sort of the equivalent there? Or did you sort of finished finished your studies when you moved over there?

**Participant A28** 03:04

Yeah, I wasn't I had really bad grades from AS levels, I really wasn't into studying I like, had quite a hard, like, teenage years and stuff. So I really never thought I would ever finished a master's in my life. It was only until I found like Thai massage. And I became a massage therapist and then that led me to working with a physiotherapist. And that's where I thought actually, I need more from this career and I just like I've been obsessed ever since. So. Yeah, chiropractic hasn't been integrated in my life at all. I know a lot of other people have grown up with their parents being chiropractors or they've, you know, been privileged enough to like have treatment. So I think for me, it was almost It's so cheesy, but it was literally like, I think it was just meant to happen. And luckily it worked out that way.

**Philip Dewhurst** 03:56

Okay, brilliant. So and also you the, from the survey, the first member your family to go to university.

**Participant A28** 04:08

Yeah, so yeah. First one, my aunt Well, my auntie did when she did nursing, it was actually a diploma. It wasn't a degree. Yeah, I'm the first one to have a degree.

**Philip Dewhurst** 04:21

And what's that been like in terms of? Have you felt any pressure? Because you're the first one is it given you sort of a different way of looking at things or how the family view you? Does it by not having somebody in the family? Does that change the way that you feel that you were less prepared to go to university or anything like that?

**Participant A28** 04:49

Yeah, I think initially, actually, luckily, a lot less pressure compared to everyone else that's come from way more privileged backgrounds. I honestly feel grateful to almost not be in that background because they have no expectations. They're like, they're just amazed that I'm doing it. And they're very, very supportive. But also, actually, the ones I'm actually close to my family weren't surprised, which was nice. It's just I never, I never had the belief. I think it took me longer to think that I could do it. Um, so no pressure, I think pressure on myself, because my grandmother has been very kind to pay my rent. Although she, she doesn't have any career or anything, but she just basically, she knew that I needed that kind of like, security. And that's massively helped so luckily, I've had that. I don't know if I'm seeing differently, they do keep calling me a genius. And I really don't feel like I'm a genius. You know, because like, I don't even know if I'm gonna get a first and like, I compare myself to everyone else. And I don't feel like a genius at all, but they're very sweet with that. And yes, it's, I was not prepared. I almost wish I could start with the experience I have now from five years, I feel like then I would be more prepared if I did it now, which obviously makes logical sense. But I've had to learn things about writing essays. It's taken me probably three years to catch up with other people.

**Philip Dewhurst** 06:20

All right. Interesting. So, um, so let's talk a little bit. I'm gonna go into some of the more structured questions because those are a few things off top my head. What do you think has been your biggest challenge at university?

**Participant A28** 06:40

People. That's more I think my brain and just things I've been through, I think I struggle with, how do i put this a nice way? People that aren't a very good influence, I think that has really distracted me from my learning. And that's like, I still kind of regret that. But they also taught me a lot. And I think that luckily, I sorted myself out for the last two years. And also just not knowing how to study. It is really hard, especially when I also got diagnosed with a mental health condition in 2019. So I think that helped me but it also made me realise why I struggle probably more with memory and more with focus. Yeah, so that's more of the academic side of most of it has been more like personal stuff.

**Philip Dewhurst** 07:38

Okay. And when you said about people there is that just the, around the university people in the university, colleagues or people in your in your year groups or staff? You don't need to go into any details? Just just trying to see if that is something that has happened, you know, from the university environment or outside of the university?

**Participant A28** 08:05

Yeah, a couple of people that have been the main influence were students, one was a partner, and one was a friend. But But I know that that's not the uni's fault. It was my personal like experience. And then the only issues I've had with staff, everyone's been honestly, so supportive, like some people have been amazing to me. I think being in clinic, the tutors, has been, yeah, it's not making the experience, as inspirational as I thought it would. So we all kind of struggle with that a little bit, but overall, the staff, I think, great.

**Philip Dewhurst** 08:42

Okay. All right. Where you're towards the end of the course, is there? Is there any one thing that you feel has affected your learning more than anything else?

**Participant A28** 09:02

I have a mental health condition. Which, like I said, has gotten better now. But it's because I had to prioritise it because obviously, the degree gets harder and harder. So I think you have a choice. And I've seen other people do where they take a year out, or they don't make it you know, I've had a friend that couldn't submit his essay in today, because he just, he's just so anxious all the time. So I think that's probably been the biggest thing, but luckily, I have determination to get me through it. But yeah, that makes it really hard.

**Philip Dewhurst** 09:35

Okay. All right. Thank you. So, we're going to go into some of the data we've got from the student record system. And, and one of the things is around attendance. And so over the course of the degree to your attendance has been around about 60% overall from the data we've got.

**Participant A28** 10:06

Is that it?

**Philip Dewhurst** 10:07

Yeah.

**Participant A28** 10:09

That's bad.

**Philip Dewhurst** 10:11

So the figures I've got here are the year one 65%, and then 64, and then 59%. So it's interesting to see that reaction. So what did you think your attendance was like?

**Participant A28** 10:31

Well, I know that it depends which year because like year two my mental health was and it's like worse than I, there were weeks where I like didn't leave the house. And then that has been like a common theme. So I'm not. I'm not surprised. Because there's been massive chunks of I don't know why I haven't been there. But I am shocked because like, I'm paying for this right? At least I'm gonna be in a big loan out this one there. So like, it's quite sad to hear that to be honest.

**Philip Dewhurst** 11:01

So it's not what you had associated with or what you thought of your, your attendance?

**Participant A28** 11:07

No.

**Philip Dewhurst** 11:08

Okay, that's interesting. So how do you think what do you see a relationship between attendance and your performance when you come to like your, your exams? Do you think that one is connected to the other?

**Participant A28** 11:26

I think logically, yes, but I think it's very individual, because I cannot like I cannot stand being in a big lecture hall. And a lot of people like, for me, it's like, loud, and I don't feel like comfortable. So I love being in like, smaller groups. And I've always learned most with like other people and doing my own reading. But of course, when I do go, or have gone to lectures, like, the other day, Wilbur did something on OSLER preparation. I was like, shocked, because I almost didn't go and I almost went to the library instead. But it was really helpful. So people normally pass around information, but people pass around the wrong information really easily. So yeah, I think so I think it's just very dependent on the situation. But I guess logically overall, then yeah, probably.

**Philip Dewhurst** 12:25

when you said that, you you, you don't like the big lecture theatre sort of setting is, is there a particular reason why you you're not a fan of that, and you prefer that small group sort of setting

**Participant A28** 12:41

It's more of a sensory thing. I don't know, if I am autistic, but I did have an assessment the other day, and they sat down was, there's a high chance of like, I could go through the next stage of having it. So I think that's one thing. I'm quite sensory, like, I can't focus very well. So like, if I can hear someone like scratching or sniffing or talking, I like, I cannot focus on the teacher. And I feel like I have to be mindful of how I'm sat the whole time. I just don't feel safe. Whereas I feel like in a smaller group, there's, I feel like people are just more interactive, and a bit more comfortable. So I think that's the main point. Okay.

**Philip Dewhurst** 13:29

And then, so your, your marks your end of year average, over the year, so we've in year, one year, you were at 65, and in year two 66. And then in year three 56. So there was a bit of a drop at year three and that kind of that there was that drop in attendance as well in year three and again, just interested to explore from from your own sort of thoughts why? Why you think that that may have happened

**Participant A28** 14:10

That's shocking, I thought you to be with so that's quite interesting, because I feel like if I'd known that that would make me attend more but because I'm shocked that's in year three. I literally can't even remember year three. That's the problem. I've had a lot of like I said before, it's very much like my own mental health and like personal things I've gone through just a lot of things. And year three was was really tough, but were we in lockdown in year three?

**Philip Dewhurst** 14:55

We had Yeah, it was last academic year. So we had um, practical skills were on site. And then we had, we started off with seminars on site, and then the new rules came in. So the sort of three quarters of the year was kind of online. But the practical skills were on site. So we were kind of in a, we were in lockdown nationally, but not at the university level, we were still coming in and doing things.

**Participant A28** 15:27

Yeah, that I don't remember I think is. Now I've like, sorted myself out. So I can imagine I feel like this year, my grades. Like I already filled us a lot more like confident and prepared. So I think that's, that's mostly why.

**Philip Dewhurst** 15:40

Yeah. Okay. All right. And then you, you have an additional learning need. So again, don't need to go into any any detail around that. But that, that there and I don't know the details of it. So. But if there's any, if you're getting any additional support or help with that, how does that sort of support you in your studies? Or does it support it? Do you feel that you're getting enough support around that?

**Participant A28** 16:22

Not really, if I'm honest, I think the support I get is additional time on my exams. And I haven't had the luxury of, because I only applied for that after year two like when I got diagnosed. So I think this year, my exams will be in like the other room. Smaller room. I don't know if they're still doing that this year. I heard they did that. Yeah. So that that is helpful. And I think the time is helpful, but I don't struggle with time, I normally am the first one to leave the exam hall because I can't stand the noises. You know, I don't struggle with time. So it's very, like presumptuous to say like, oh, you're slow, because you have an additional learning need. And that's not that's not it is nice. But that was never the problem. I've been in and out of therapy since year zero. And then last year, I started taking sertraline, which actually helped. So, yeah, I don't feel like that there's not a lot of support no.

**Philip Dewhurst** 17:25

Okay. All right. So let's move on to something totally different. And so from the, from the survey, there was those questions about how you're sort of financially supporting your studies. And, and your answers kind of put you into what I classed as financially dependent. So you've got student loans or sort of, it's not your own money, as it were, that you've taken from your bank account. So you're getting that funding? So how does, does, knowing that you've, you've got a loan to help support your studies, put any additional pressure on you? Does that change the way you approach your studies? Does it make you think differently about education?

**Participant A28** 18:12

I'm very grateful. I think that's the main thing. I don't really feel like there's any other option. There's no I don't really have. That's just what I've always known that you get a loan from the government. And luckily, not Luckily, my family's poor, but because they don't have a high income I get, like the end scale of the Maintenance Loan. So I feel quite, this is the most money I've ever had. You know, and that's, that's very exciting for me to start working because I was talking to my boss today because I have a job and he was explained to me about the financial things and I was just like, shocked because for me at the moment is probably the most the dependent but most free. So no it Yeah, I feel actually feel quite secure. Weirdly.

**Philip Dewhurst** 19:07

Okay. Which is great. And then you also said about sports, you said about sports earlier on and different clubs. So So you said that you've been involved in sports clubs, and you're spending about the same amount of time now in the sports club does your were when you you sort of started uni. So tell me a little bit about that. And in terms of how have you how have you got that balance between your sports and work well, studying and if you've had a job or anything about how have you sort of got that balance right and and been able to maintain that over the years.

**Participant A28** 19:52

Well sports always been I've competed in different sports since I was like four. So I think it's It's kind of a necessity for my mental health. To be honest, it's, it's, it's like I have to prioritise that time. I used to play for teams, I didn't join anything sadly. And it's mostly just weight training, but I just prioritise it. I feel like, you know, it sounds horrible. But you know, I could like meet up with a friend for a coffee, get overwhelmed most of the time I do. Or I can work out, because I don't know, it helps me focus. I feel like I have a lot of energy like it just, it's like a necessity and like an enjoyment and I think you just have to organise your time. Like, as I see the schedule for the week ahead, or a few days, I will like choose and prepare the day around when I can go to the gym. Yeah. I don't know if that answers it?

**Philip Dewhurst** 20:59

Yeah, well, just in terms of taking part in in the sports and things and do you? Have you ever felt that the sports has it sort of got in the way of studying or studying? It's got in the way of sports? And have you prioritise one over the other? As the as the years have gone by?

**Participant A28** 21:24

Yeah, I mean, yeah, I feel like it's annoying because, like, I want to get my body to a certain certain level, and I feel like I can't, because I'm stressed. But then when your stress exercise helps, but then it takes time away from me being able to use that time to study. It's like a weekly battle. Like, I mean, it's it's a stress, trying to organise it, but it's good when I do it. But then afterwards, you're like, oh, shit, should I've been in the gym for an hour and a half. But then you're like, Well, I can't sit in my house all day. Sorry. I said, arse I said that twice now. Yeah, that's quite stressful, actually. But sadly, I'm not part of a team, I would have loved to have been in like the football team, I would have loved that. But there's just I don't feel like there's enough time. To be honest.

**Philip Dewhurst** 22:22

Okay, and because time is obviously a key thing. So if you hadn't have been doing the sports, do you think that would have had a detrimental effect on your studies? Or if you'd done more sports? Do you think it would have had an effect on your studies?

**Participant A28** 22:41

Yeah, even now sometimes, I started a programme that was from some guy that said, I was going to the gym six times a week now for two months. And then I had to, that's just ridiculous that that is a. Even just that and not even being part of the team is affecting it. Because it's, it's not just the time in the gym is getting changed, showering eating protein, like it's a whole two and a half hours of your day gone. So yeah, it does. I felt like I would. But it's hard, isn't it? I would use that time to study more. But would I would I actually use that time to study more? Or would I just be sitting in bed watching Netflix? I do like to do that as well. I don't even have time for that. But we all know that. That's like, that's what I do on a Sunday. So yeah. I don't know if that answers it. I think I went off on one.

**Philip Dewhurst** 23:34

No, that's fine. So do you feel that you've got the balance? Right, I suppose is my main question.

**Participant A28** 23:41

Yeah, now that I've stopped. I feel like now that I just go to the gym three, four times a week and leave it as that, then, yes, I've got the balance right. With two months left of my degree, I have achieved time management in five years.

**Philip Dewhurst** 24:00

Well, some people still graduate and not have achieved it. Okay, that's really interesting. So, so on the time. Subject, you said in the survey, you said you spend about well up to five hours a week, sort of outside of classes in private study. So how do you? How do you use that time? And do you ever feel that that's not enough time? Or is it again, it's about right? You know, how do you sort of judge that the balance there?

**Participant A28** 24:38

Yeah, it's funny when you said time I was I thought, actually, I do more than that. Because, like yesterday, I was in the library for three hours just finishing off an essay, but I don't know if that counts as additional work because it has to be done. I probably do more than that, to be honest, but like I said, it depends what's going on, I feel like I should be doing more. I always feel like I should be doing more. But sorry. I'm like obsessed with. Like, I'm always listening to podcasts. I watch surgeons on YouTube. So I feel like the additional learning may not be exactly from Moodle itself, but every single book I read is about something to do with chiropractic, because I actually am interested in it. So that has helped me. Yeah, I feel like we can always do more, but you've also got to prioritise like other needs. Yeah, I feel like probably a structured organisation throughout the week dedicated to studying more, probably would have helped.

**Philip Dewhurst** 25:49

Okay. And so do you ever feel that you said, you could always do more? Have you ever felt that or been in a situation where I thought I should have done more, or, again, making any link between sort of your assessments and your grades and things and the time that you used a new study?

**Participant A28** 26:15

Yeah, the other thing is, is like there's, there's so many exams or essays that I genuinely like, put my heart and soul into. And I didn't get the grade, I thought, but I think that is literally due to lack of knowing how to do it. And lack of experience, whereas actually, to be fair lack of detail, I really hate detail. I hate I honestly, I know, I should look at the assessment criteria, I know, I should look at the examples. And a lot of the time, I can't be bothered, because like, I know, I can pass without looking at it. So it's 100% on me, and it's a lazy thing. But I think it's also because I want to go to the gym, because I want to like see my friends because I want to do this, I think I've made a balance where I'm like, I don't have any pressure to get like I've seen my friends literally end up in hospital because they are like pushing to get over 70/80%. And they are like crying and they are sick. And I'm like at the pub two days before my exam. Because I need to, like relax, I need to enjoy my life. You know, like, I don't know what's going to happen tomorrow. So I feel like I don't, I don't know if it's because I'm a little bit of an older student compared to my friends. And I've had a little bit of life experience. But I don't want to, you know, spend my whole life based on a grade that I don't think is going to make me a better chiropractor. So I think that was very deep. But that's how I feel about it.

**Philip Dewhurst** 27:45

Brilliant. No, that's great. Thank you. So I'm gonna move on to motivation. And so in your survey, you said that when you first started way back in semester one, your motivation for like starting the course was kind of the same as it would be for anything in life. And your motivation for being at university was a little bit higher than that. And then you said sort of like, over the years, that motivation has changed. So how has that changed? What is your motivation now versus what it was? Back in week one of year one?

**Participant A28** 28:39

I feel like I am, like I entered. This is one way like I entered the tunnel with like, shorts and a T shirt on. And now I'm like leaving seeing like with a suit on. Like I am such a practical work but like I've done so many jobs in like 10 years, and I love working and I love talking with people sat at a desk studying is I just it doesn't feel like my life's purpose. If I'm honest. And I think now that I have a job and like I've observed chiropractors, I just everything is coming together. I think year three and four. Really, as soon as we apply that to actual patients, and I'm in clinic I'm like, oh, okay, this is where I'm supposed to be it's all coming together whereas at the beginning it was very much like I don't know what I'm doing I don't know even know what chiropractic is. I probably still don't. Yeah, I don't know. It's definitely all about working for me to be honest.

**Philip Dewhurst** 29:44

So from a motivation point of view, what's what gets you out of bed in the morning? What's that was that drive was that main motivation come from?

**Participant A28** 29:53

My brain to be honest. Obviously it comes from there but I I am awake at seven even if i I've come back at two in the morning, and I'm like, I'm just really awake and I'm it's kind of annoying sometimes. But I think it's actually quite a big question because there's a lot of different ways to reply to that, but okay, like, emotionally. To start off with, I feel like I've had a lot of highs and lows in my life, right? So I know that like, you have to keep going and keep trying and keep moving. And that helps me not get low. Then academic wise, I just find it illogical to like not do work. When you're stressed because of work. I just feel like just do it, then you're less stressed. Like, it's just that that's my brain. I think like, Okay, this is stressing me. It's like, you don't want to look at your bank account, right? What taught me look at my bank account, no, what helped me with money is actually looking at my bank account more often. To like, actually organise it rather than like spending, spending spending, and then three weeks you're like, Oh, shit. Yeah, and I actually love it. I'm gonna say it. I actually, I love learning. And I'm just grateful to be in this environment where there's too much to learn. It's like, I can't complete it. And that annoys me. Like, I feel like you can't, you can't complete like physiology. I'm sure there's obviously there's experts, but I feel like it doesn't end. So there's a few of them. Yeah.

**Philip Dewhurst** 31:43

Okay. Brilliant. And in your, your survey, you're, you're saying the motivators. Were what we were classed as more intrinsic. So more focused on you're doing it, because you because you want to do it, as opposed to, you're doing it because you've got to do it. As you said, although you've had a deadline recently, and you've had to do things. And you think that's the same for everything in life? Do you think that you are more of an intrinsically motivated person? Or do you need those external deadlines and requirements? For for, for getting through and completing tasks?

**Participant A28** 32:24

I do, I really like the structure. I like the deadlines. You have to just be lucky that those deadlines also work with your life. Because they don't for a lot of people, you know, somebody can have really bad news, or something can happen, and it doesn't work. So that's a little bit annoying. But I have completed, I did a nutrition course online. And that was like over three years. So I could I could do that. I felt like I like both. I like a mixture of both. But I do really like the structure. And I think deadlines definitely made me work better.

**Philip Dewhurst** 33:03

Okay. All right. So let me go back to my questions here. So in terms of then, so now you're, you're at the end of the course, do you think that do you think that overall, you you got what you were expecting from the course did it? Did it meet your expectations?

**Participant A28** 33:27

I went to talk to you about this. Ah some ways, yes. Some ways, no. The amount of knowledge exceeded my expectations. Like I thought this was just some I'm not gonna lie, alternative, you know, hands on therapy that takes four years, you know, study. So I was really shocked, like with the neuroanatomy, pathology, neurology. Those were really shocking. And I really liked that. Maybe not at the time, but it was good challenge. I feel like it didn't meet my expectations and inspiration. And what I believe what chiropractic is for me. And I think a lot of us feel the same in that I feel like I feel like there's a massive separation between the degree and compared to how chiropractors work. And I think sometimes that's a little bit of a shame, but you have to learn the basics from somewhere. And then you learn when you work. I know. You can't expect the university to provide you with experience that people have learned over 5-10 years is completely different. So I do bear that in mind, but I feel like yeah, there's not as much as the passion I thought there would be

**Philip Dewhurst** 34:59

okay, And you can say whatever you want, it doesn't matter, honest as you want. So, in terms of the we touched on this a little bit earlier on when you're in terms of your preferences around studying and you said you prefer to study in small groups, how important is that for your own your own development? And in terms of having a group do you sort of study as a study group normally, is that your preferred option?

**Participant A28** 35:39

The first few years I was with a really small study group. And to be fair that actually might be one, my grade was better. They really helped me get the grades because they like push me but it was off memorization. And I, now that I've, since year three actually decided I didn't study with anyone in year three, I did literally everything alone, which wasn't by choice. There was like a change of friendships and stuff. I do like the group thing, but I really people when they're stressed and exam time, like piss me off so much, because like, just shut up, oh, my god are so annoying, right? I know, we're all stressed. Like I get it. But please don't take it out on me like, because when I get stressed is different than like, I'm not saying like, Oh, my stress is worse, but it will last a really long time. So I am at the pub two days before my exam because I value my nervous system. And I need to like stay calm. So now I started to study alone. And that means that I go off tangents and look at things that I may not have done with other people.

**Philip Dewhurst** 37:04

And in that dynamic in that small group, how does that work? Is it do you all sort of take a lead on particular areas is there particular subjects that you might be better at than others, and you're helping them to understand it? What's kind of that that group dynamic,

**Participant A28** 37:27

Um the one I was in was very much one person taking control of everything that she would read everything now. And quiz us. Quizzing was the best thing for me. And that's what I missed studying with people is that that focus because she literally wouldn't even eat all day, which isn't good. But she was very much like, stay focused, stay focused. It was a little bit controlling. But like for me, it was good because it it did help me stay focused. But I don't think I understood everything. I memorised everything. But I've always been leading practical. All the practical stuff, like anything practical was really easy for me to remember and explain. Not easy, but you know what I mean? Like, it's a bit more natural. So yeah, that was kind of a divide. That was it really,

**Philip Dewhurst** 38:22

okay. All right. As you've as you've gone through your studies, how important has it been to have support from friends and family? Has that been something that you've you know, people been there throughout the studies as a support group that you've used regularly or, or not so much.

**Participant A28** 38:51

Again, dividing it up financial support, absolutely vital, because I think people forget, like, you need to eat well, to get get through this degree. Like, I don't mean like caviar and like oysters and stuff, although that's nice. But I said that for some financial support. I was saying like, I think, yes, I could eat shit every day. But how am I supposed to memorise and learn this much stuff if I'm like not eating well. So I think that has really helped me my nan pays my rent. So like every single month, I don't have that stress. Emotionally, I have a really good girlfriend I've dated for two years. She's on the degree as well. That also comes with stress as well. And I think I've leant on people less I don't think people understand outside of uni, what I'm going through. And sometimes that's actually quite stressful because they don't understand it's exam season. And it's like, Oh, I haven't seen you in ages or blah blah and I feel like there's pressure socially whereas in my head I'm thinking like I I barely have time to breathe. Yeah, I think I've become more self reliant to be honest.

**Philip Dewhurst** 40:09

Okay. Good. All right. And then the last couple of questions, is there. Is there anything you think university could have done to support you did it do enough to support you through your your studies?

**Participant A28** 40:30

Right, I think if they have everything in place, like I've had counselling through uni, which helped that, again, that was to do with personal stuff. It wasn't to do with like academia. I then had one assessment. She was really nice about like learning needs and teaching you how to study. But I didn't take that any further. I think the resources are there. But I haven't, I don't think I remember seeing or finding, I really needed like a basic basic, I felt like I really needed basic stuff, and I didn't really know where to go. I can't say that they didn't support enough. I feel like it's on my duty to get that help. And to be honest, Claire has been like, amazing to me in year three, and Lisa, and so many people were really supportive, but you need to open up to them. That's what I've realised. And I don't know, if enough people know that I just spoke to Norman in his office for like half an hour about my hip. And that was actually really nice. I didn't even know he was that nice. You know, like, I didn't know that because you just think, oh, like, you're just a teacher, like I see you as a name and a face and your subject. I think we forget that you're actually like humans out there. You know, living your own life. So I feel like the uni support is there. I think it's just maybe knowing a little bit more, what they offer would help.

**Philip Dewhurst** 42:10

So I think we've circled back around towards the last question. So similar to the question that I asked you earlier on, but sometimes these interviews can be very reflective on the individual. So I'm going to ask a question, again, in terms of what do you think has been the main factor or main factors that have affected your education be it a positive or negative?

**Participant A28** 42:46

To be fair, I'd say other students that have been positive and negative, but like, in a good way, I think having so many people going through the same stress as you are is extremely reassuring. And also a lot of the teachers going through the same thing you've been like, you're just shocked as well. Yeah, I used to go here. And you're like, what? You know, that's so weird. And then you like see them on the little picture anyway. Yeah, it's people again, I think people that I've studied with people that I've shared memories with, that has been really motivating and also distracting, and has made a massive difference to this uni, and I think, the support from the tutors, as well.

**Philip Dewhurst** 43:33

All right, so is there anything else that you that you want to talk about? Anything else? I haven't asked you about that you think is that you want to say or anything at all?

**Participant A28** 43:48

I mean, that was pretty good questioning. So no.