

## Thinking about uni study

Reflection is an important skill which will help you get the most out of your programme at uni. Why not start by thinking about where you are now, and how you might make the most of your uni studies?

If you like, you can save your notes to look at again later.

### The plans!

Why did I decide to come to university?

What do I hope to get from my course?

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### The challenges!

What might be my biggest challenge at university?

What am I most anxious about?

## The excitement!

What am I most looking forward to?

What's the best that could happen after university?

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## The skills!

What skills do I already bring to university?

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## So why am I here?

**I'm worth it!**