

# Exam Preparation – Transcript: Student Advisor Tips: Wellbeing and Asking for Help (audio note)

“If I had the chance to do things differently, I would definitely prioritise maintaining a better work-life balance. I used to push myself too hard, often sacrificing personal time in pursuit of my goals. In hindsight, I realise that taking care of my wellbeing is just as important as working hard. I would focus on being more present in the moment, enjoying the process rather than just the outcome, and letting stress dictate my actions. I’d also embrace asking for help sooner, rather than trying to do everything on my own.”