

A T I M E T O T H R I V E

Successful Student Transitions

**Series 2 Episode 11
Voices in Transition**

Transcript and Resources

Welcome to Successful Student Transitions – A Time to Thrive

This podcast series is for you if you are:

- A student leaving full-time education and moving into the world of work
- A student moving to university or some form of higher education
- An educator, parent or counsellor supporting students as they take the next steps in their journey from school/college/sixth form into the world of further education or work.

For many students this represents the first big life transition. It can be an exciting and challenging time.

This podcast series provides strategies that develop self-awareness, understanding and the ability to thrive through times of transition.

This episode is part of Series Two: Voices in Transition, where we share peoples personal stories. You will here the voices of students and their reflections on their experience of transition and also of professionals who work to support students in transition.

This is the full transcript with links to associated episodes.

You can also access the show notes, resources and worksheets mentioned in the podcast by registering [HERE](#).

About Your Hosts

Elizabeth Gillies

Elizabeth is an Education Psychologist based in London who has worked in schools as a psychologist at the individual, group and systems level for over 30 years.



She has been fortunate to live, work and raise her family in America, Japan, and Australia so, unsurprisingly, she is interested in the challenges and opportunities of transitions.

Elizabeth is a CBT (Cognitive Behaviour Therapy) and ACT (Acceptance and Commitment Therapy) specialist. She works in schools, on-line and, near her home base in South London, incorporating walking with talking therapy in green spaces.

At the crunch points at the beginning and end of the school year, Elizabeth runs workshops for young people, teachers, and parents to help them understand common patterns of transition and how to use this knowledge to help themselves during this time and future changes.

Together with a great group of professionals in London, Elizabeth is growing a multi professional support service called Special Networks and can be found [HERE](#)

Elizabeth is a member of FIGT (Families in Global Transition) and with Louise and another FIGT member, is a co-chair of the FIGT UK affiliate. Link to FIGT. Connect via LinkedIn [HERE](#)

About Louise Wiles

Louise Wiles is a well-being, change and transition consultant, trainer and coach and the parent of two teens.



Alarmed by the recent explosion of well-being challenges amongst children and teens, especially during exam years and through times of change and transition. Louise believes we should be better preparing young people for life beyond school and university so that they can thrive through the natural highs and lows of life.

Louise combines her professional background in organisational psychology (MSc) and coaching, with her expertise as a wellbeing, positive change and strengths practitioner and her personal experience of life on the move, to develop training courses and coaching programmes that help her clients prepare for, and thrive, through the challenge of change and transition.

You can connect with Louise on LinkedIn [HERE](#)

Website [HERE](#) and contact Louise [HERE](#)

Louise is also the author of ***Thriving Abroad: The Definitive Guide to Professional and Personal Relocation Success***

Transcript

Introduction

Welcome to Successful Student Transitions - a Time to Thrive

Life is full of change and resulting periods of transition.

And some of life's big transitions begin as students as we move through the educational process and then on to the world of work or further education, university, and independent living.

If we can learn as students how to thrive through transitions, we will acquire invaluable skills that will support us through a lifetime of change and transition.

So, if you're facing changes in our life as a student, listen on as we share our insights and suggestions to help you thrive in a world where change is the only constant.

Welcome to episode 11

In this podcast we are going to introduce you to Raphie who's a 22 year old student. We will be talking and reflecting on several transitions she has made, going to university, returning home from university and choosing to continue in further education.

We want you to listen out for some common experiences of transition that she articulates really very well. She talks about the mix of emotions, the excitement of going to university and the worries seen as 'What if's', especially around friendships. There's home sickness and loss of things that are known and familiar. There are new skills to learn and a lot of things to think about.

And even when there are the natural worries and challenges of change she's open to immersing herself and giving things a go. Listen out for her noticing what's working well for her, especially when she is in that entry phase of the change cycle. And the small steps and adjustments she makes to thrive.

Connection with herself and others has been really important for her.

When listening to Rafi's story, think about what resonates with you and what might help you to thrive in your next transition, whether to university or work or wherever you go after school.

Elizabeth Gillies 02:40

So today we're talking with Rafi who's a 22 year old, been out of University for a little while, continuing in her education. And we're going to have a conversation together a little bit about thinking about those transitions, you know, leaving school and then going into other bits of in of her education and into her life, Rafi, so first thing to say, Rafi, thank you for talking with us today.

Raphie 03:10

No, no, thank you.

Elizabeth 03:11

Do you want to tell us a little bit about your journey from kind of leaving school then?

Raphie 03:18

Yeah, So, I left school in the summer of 2018. And I headed off to uni that September, I didn't take a gap year. So I went straight there and I studied Geography for three years. And then I left in, what would have been summer 2021. And then I then immediately started a law conversion in September 2021. And completed that in the summer 2022. And then, I've now started the LPC, which is the Legal Practice Course. And I just started that a few months ago in September 2022.

Elizabeth Gillies 09:05

So you've been very busy after school, haven't you?

Raphie 04:11

Yeah, I haven't had a year off? Yeah. It's kind of something that I keep on telling myself I'm going to do, but then then I don't.

Elizabeth Gillies 04:20

Well, hopefully, hopefully, you'll get around to it. Rafi. So it is a little bit. So there's been several kind of transitions there. But if we focus first about that transition to university in particular. What do you remember about that transition? Were there any surprises? Do you know what helped you? Can you can you remember back then?

Raphie 04:42

Yeah. No, yeah, I can. I think it makes me smile. Because I think, you, you when you're in the moment, I don't think you realise quite how young you are. Because you've left school and I think you feel really grown up. And I'm not saying that I'm grown up now, I'm only 22. But when I look back, I just think I was so young. But I remember really mixed emotions. Because I'd seen both my brothers go to uni. And one of them had had a great experience and the other hadn't had as good an experience. So I had kind of seen both eventualities. So yeah, mixed emotions. And I remember when my Mum, because I went to uni way up north. So I remember when my Mum drove took me out for the first time we were just pulling out of our road, my Mum remembers there's just like one like solitary tear rolling down my cheek. And I just remember that was like, 'Wow, I'm not not gonna be back here for a while.' But yeah, I remember when I was driving up, it's really easy to catastrophize in those situations and say to my Mum, you know, 'what if I don't make any friends?', 'What if I all the awful things that could, happen basically?'. But I think once you get there, you just have to immerse yourself in it. I think resisting it is the worst thing you can do because you're just gonna be thinking more about home and potentially being homesick. So yeah, I think mixed emotions that then sort of the good emotions prevailed.

Elizabeth Gillies 06:14

And good for you. And what about so there's sadness there with maybe some excitement as well about going to this new place and saying, you've got to just kind of throw yourself into it. Were there some surprises for you when you went to uni then?

Raphie 08:28

Yeah, I'd say one surprise was budgeting is really hard at uni, which is something that I mean, I can't remember what the setup was, what it was when I was at school, but you know, you didn't do much. That was you know, you weren't buying food and things like that. Well, I wasn't. And yeah, I think budgeting. And I think also a good surprise was that it was easier to make friends than you think. Because I think as I said I was I was catastrophizing about making zero friends. But, you know, everyone is in the same boat, like everyone wants to make friends. So I think a surprise is, most people are approachable, and most people want to make friends and hopefully good, like, constructive friendships.

Elizabeth Gillies 07:22

And people talk about those sort of first few weeks, that kind of honeymoon period of, you know, in that transition point about that, it being a friendship frenzy, because everybody's kind of like looking for their best friend. Yeah, I mean, did you make your best friend in those first weeks or not?

Raphie 07:39

Ah, it definitely it, you're definitely right about the friendship frenzy. But weirdly, I actually did, a lot of my best friends who I lived with in second and third year and are still my best friends this day were on my floor in my halls. But that is not normal by any means. As in, I would say I'm the exception to the rule 100%. Right.

Elizabeth Gillies 08:08

Right, but that proximity to other people, it's really quite important in those that first year isn't it?

Rafi 08:13

It is and I do always feel really, it is unfortunate when it happens to people where the people that they're in close proximity to, aren't good. I mean, aren't their type of person. But as I say, I would say that happened, more people went through that than went through the sort of lucky thing that I went through. And people always find ways around it. Like, I remembered the girl, I lived in a house of five girls in second year. And one of the girls called Kitty, she kind of wasn't, so the other four of us were a close friendship group, and she just randomly messaged me, saying, 'Have you got a house yet?' Because she really didn't get on with the girls around her, the girls and boys. And so just by chance, we had a spare place. And we obviously she took her into our house and she's now she's one of my best friends.

Elizabeth Gillies 09:09

So just kind of reaching out and asking for help is a great thing.

Raphie 09:14

Definitely. If the people in the close proximity to you aren't what you what you're looking for in friends, there are 100% ways around it. It's harder, that's undeniable. But, as you said, the friendship frenzy, if you just go out there and introduce yourself to people and they'll introduce themselves to you as well. Like you don't have to do it all. There are definitely ways around it, if you're you know, your neighbours aren't great.

Elizabeth Gillies 09:41

And you're right, Rafi, you've just got to somehow just put yourself out there a little bit, haven't you? Yeah,

Raphie 09:43

100%. And I mean, Freshers Week is crazy. But it is a good way to meet a lot of people, it doesn't mean that all the people you meet are going to be your best friends, because they're not going to be, but if you're struggling with with the neighbours on your floor, for example. You know, you can escape them basically,

Elizabeth Gillies 10:04

In sort of thinking about those kind of early days and into that first term at uni then, were there things that you are glad you did, or things that you wished you'd done differently.

Raphie 10:19

I think a really big thing is exercise. And it's the kind of thing that, you know, your Mum, your Dad always tells you to do go and join a sports team. And like it does sound it sounds cliché, but it's so true. Because not only then do you automatically have for example, a netball team you have a other people you can be friends with. But also just like keeping your body moving in that phase is so important because it's so easy not to, and I didn't, it's so easy to just eat unhealthily because, for example, the food at my halls was really gross. So we kind of end up just like I don't know, going to get like a packet of crisps after dinner and things like that. So it's really easy to not move your body enough and become kind of unhealthy and just a bit like sedentary. So I think joining a netball team is like, netball or hockey or football or whatever suits you, is you know you've got a ready made group of people that you can be friends with, and just keeping your body moving is just so important for your happiness because if you're not having a great time, then just having at least once a week, an hour of intense activity is always just going to be good for you.

Elizabeth Gillies 11:33

Yeah, I think that's a good bit of advice. If you were to think about now that you're at uni and what kind of helped you through that change, if there were a few things that you'd say, these were the things that really helped me through the change from school to uni.

Raphie 11:56

I think at the start it's really easy to get wrapped up in the nights out, and and I would say obviously go to the nights out, like I definitely did. But I think some of the things that really bond you with people are actually like nights in. So I remember we used to just gather around in our absolutely disgusting tiny

windowless kitchen on like a Thursday night and we'd all just cook dinner together have a glass of wine. Just things that wouldn't be seen as the typical Uni you know, freshers experience. But I think I'm really glad that I had nights like that. Because, I remember them still now as I'm sat here. And obviously, some of the nights out, you don't. So I'd say having just like cosy nights in and then it feels a bit more homely. If you're doing things like that, and it makes you feel more sort of grounded in a sort of rooted in a group of people.

Elizabeth Gillies 13:00

Yeah, less pressured, maybe as well. Yeah,

Raphie 13:05

Yeah, just more chats about I don't know, like your family and how everyone's actually feeling and people's pasts and stuff like that, that you obviously don't get to discuss in like a club smoking area, obviously.

Elizabeth Gillies 13:15

So I like that nights in as a as well as nights out, what else Rafi?

Raphie 13:20

I say things, getting up at a reasonable time definitely helped me.

Elizabeth Gillies 13:22

Routines kind of thing?

Raphie 13:27

Routine 100%. It's so easy to just sleep until like midday, one o'clock, because obviously, for the first time, your life, you're not at home, and you haven't got a parent watching you. But I know a few people who did that. And it just, that just leads to really bad mental health. So I think trying your best to stay in a routine. I mean, like, obviously, there were days where I slept in, after nights out and things like that, it goes without saying, there has to be balanced. But you know, generally in the week trying to, you know, I'm not saying you're gonna make every lecture and you're gonna wake up at 8am every day, but just keeping a handle on a bit of a routine, and having a little bit of exercise, I think just like a bit of everything in moderation, really.

Elizabeth Gillies 14:10

So watching your eating as well. It's like, like you were saying it's your health. It's all that kind of health stuff that will help your mental health.

Rafi 14:18

Yeah, just yeah, just small things that you're always told are going to help your mental health but it's kind of easy to forget things like, yeah, just eating fruit and veg. And, you know, I'm not saying you need to be on a, on a diet, just normal, normal food habits, everything in moderation.

Elizabeth Gillies 14:37

Yeah. And that connecting with other people as well, which is really important, isn't it? Okay. And what about that kind of - Can you compare the transition to university to kind of when you left university, and you're making another transition there? Were there any kind of similarities or differences there?

Raphie 12:30

I would say it's a really different transition because, I mean, I think the biggest thing is that when you're moving away to uni, your freedom is massively increased, because you're going from your home to living in halls or wherever you are at uni. And almost the opposite happens when, you know, most people are roughly 21 when they finish uni, and moving back with your parents can be really challenging. Especially I find some of my friends have got younger siblings. I've only got older but yeah, I think when you've got younger siblings getting back into, you know, your parents are sort of doing school run and things like that. And it can sort of make you feel a bit a bit more like an infant again. Which I think can definitely be really tricky.

Elizabeth Gillies 15:55

I mean, kind of this is called the boomerang kids, young people, where they go out and they experience freedom and being hugely independent, and then, you know, they come back, you know, they come back to being at home again, and, you know, home rules and stuff like that. It's it's difficult, isn't

Raphie 16:19

It is, honestly, it's a huge change. Almost, yeah. Almost more dramatic in ways than the first transition? I'd say. But I think you can, you can definitely navigate it, I think because, you know, by the time you've left uni, you're you're a fully fledged adult. So I think just having those more adult exchanges with your parents about boundaries, like not just walking into my room unannounced and things like that, that they might have done when you were a child. So I think it definitely can be got round, but it is a strange feeling of that reduction of freedom -100%.

Elizabeth Gillies 17:00

And did you have conversations around then those kind of boundaries and how it would be different when you came back home?

Raphie 17:08

Yeah, I think it was definitely something that we were all worried about. Coming to the end of third year was, we would discuss it a lot like 'oh there's going to be someone asking where I am or what if I, you know, stay at a boy's house and I have to explain where I've been?' things that you don't have to explain when you're at uni. And yeah, I think there was a teething phase between because I only live with my Mum now. Where I kind of, you know, if she was sending me texts while I was out being like 'what time you're going to be home?' That would annoy me because I was like, I'm not used to having to explain to someone when I'm going to be home. And so then we just came to agreement where we'll have a conversation before I go out saying, 'I think I'll be home at this time, but if I'm not going to be I'll

send you a text saying I'm doing X, Y and Z, see you tomorrow' kind of thing. And so that's how we've, how we've sort of bridged that.

Elizabeth Gillies 18:08

Yeah, very nice. Because there's kind of negotiations around those kinds of things aren't there? It's good. It's like you were saying it's good to talk about these things. So when you've never had to do that at university, you haven't, you're not really saying to people, I'm gonna be back at this time or whatever. But then suddenly, you have to, it's a change of expectations.

Raphie 18:31

Obviously, you also have to remember that it's still your parent. And if you're out until, if you told them you were gonna be home at 11, and you're out till three, they're obviously gonna be worried. So there obviously has to be mutual respect. So if I do tell my mom, 'I'm going to leave on the pub closes, I'll be home for midnight' and then it gets to two or three, and I'm in a club, I will text her saying, this has happened. And she'll be like, cool. Have a good night. See you tomorrow.

Elizabeth Gillies 18:55

Yeah, nice, nice word to choose there is respect. So that big change between being independent to being maybe more respectful about where you are, or, you know, having different kind of boundaries about what you do. Anything else about that transition out of university then?

Raphie 19:15

I think also, another thing I would say, is just the decisions that you you're making post uni, seem a lot more real. And, you know, obviously, your sort of career decisions, basically. But when you're, I think, when you're going off to uni, you know, most people know people who've been to uni, and they kind of semi know what to expect, and your life is kind if parceled up in this nice university course, it's in a nice little box, mine was Geography. But then when you're leaving uni, there's nothing nicely packaged up or boxed, you've kind of you've got to choose from this, like, potentially, unless you know exactly when you want to be like, say, a doctor, this huge range of possibilities. And it seems like such a huge decision at the age of 21, which I think can be so overwhelming.

Elizabeth Gillies 20:09

Very nicely put Rafi because I guess in school as well, there are lots of people kind of helping you think about what university to go to, and what to study, and all those kinds of things. But do you think there's still, there's that same level of support when you're leaving university?

Raphie 20:27

No, definitely not. I mean, I know that universities offer sort of career advice. And I think that does go on for a few years after. But I think the support when you leave mainly comes from whoever you live with. And I'm very lucky in that way. But a lot of people aren't. And if you're going, if you're looking to go into a career, which no one in your family knows anything about, that can be stressful because you're having to navigate the whole route to finding your your path without really any proper hands on help. As you say, Geography teachers know about Geography courses at uni. My lecturers know about what I

wanted to do my dissertation on. But if your Mum, Dad, Sister or Brother knows nothing about if you want to become a midwife, then they're not going to be able to offer that hands on help.

Elizabeth Gillies 21:25

So there's a lot more kind of things to think about when you're exiting University in that way, isn't there?

Raphie 21:33

I think so. Yeah, I think a lot. And as I say just the the decision seems so significant at such a young age. And there's not a there's not a clear map for you to follow. You've kind got to make your own.

Elizabeth Gillies 21:50

And maybe for some people, that could be a good thing. Or maybe for some people that might be quite a challenge.

Raphie 21:57

Yeah, you're right. It definitely could be a good thing for maybe people who didn't enjoy uni as much, to be able to break free from that and go into a job.

Elizabeth Gillies 22:10

Yeah. I mean, the interesting thing Rafi for you is about, you know, you've been to university then you've come back home to be at home again, and then you've done this is the second kind of further Ed stuff that you've been doing. So there's been a lot of kind of transitions and change for you. What do you think have been the benefits of these changes for you, and and maybe what do you think you've learned about yourself?

Raphie 22:36

I would say the one thing that I've really learned is just generally and getting to know myself better and how I respond in these situations. Something I've realised that I do, me and my Mum actually sometimes have a laugh about it. Whenever something big is happening, well, yeah, whenever something big is changing, I always really resist it at first. And I really sort of kick up a bit of a fuss, not necessarily like vocally, but I'm just really, really resisting it. And that takes up all my energy. And then I kind of, you know, maybe after a two months or so kind of allow, put my energy into actually say, doing the work. And then I realise, well, if I'd actually just done this two months ago, I probably would have been fine. But yeah, that's definitely a pattern that I've picked up.

Elizabeth Gillies 22:35

And, you know, rafi, it is quite a kind of reaction to change isn't, isn't it? Because it's about moving from something that you know really well to come to think, well, I'm going to this new world where I don't really know what I'm going to do or how it's going to be and so it's quite natural.

Raphie 23:53

So almost kind of like a child would, like they wouldn't want to do something, you kind of just like, stomp your feet and get all grumpy and think I again, catastrophize. I remember before I started my, the Law conversion, again I was like, what if everyone in my class hates me, and I don't understand anything. And I just, yeah, I think self doubt is such a such a big thing, especially when it comes to change.

Elizabeth Gillies 24:19

Yeah. Like, anticipate, can I do this or not?

Raphie 24:25

Then you have to reflect what you've done in your past. I've done that. This is just another thing that I'm going to do.

Elizabeth Gillies 24:34

And, you know, it's was so lovely to hear you talk about that transition to university and you having bits of doubt, and then getting on really well and making these friends in your corridor and kind of having a good time. So that's an important one to hold on to. There's been a really big transition, likely the biggest transition you've ever made where, you've actually done pretty well.

Raphie 25:01

Yeah, I think in moments of self doubt, you forget everything you've done in your past. And you're right. I don't, you know, give myself credit for like, 'oh, Rafi, like you actually can go and talk to lots of people.' You know, I've done it at Newcastle. I've done it the law conversion year, and I've done it again this year. So I mean, I haven't made loads of friends this year and last year, just a few, because it's sort of postgrads, it's different. But yeah, I just think self doubt is just, it's just a constant voice in my head, I don't know about everyone else's.

Elizabeth Gillies 25:34

No, I think it is one of those things that we can listen to. And it's also about finding a balance to, you know, to support ourselves, and have another voice there to say, 'Actually, I did it.' I've done it lots of times in fact, if we think about your transitions although we're just thinking about university, you've likely made lots of transitions in your life, not just about in relation to school, but lightly, you know, when you first started school or whatever, but about when you likely moved house or, you know, maybe you lost a friend along the way, or you know, so there are lots of other transitions we can call on to help us think, well actually, yeah, there's things I know how to do. When you hear yourself resisting a little bit. Do you know how to react to that? What do you do that helps?

Raphie 26:33

You know, I haven't worked out yet, I've actually been doing the self same thing for the last two months. So no I haven't worked out, but every time I let go of the resistance, and just do it ,little by little, it just makes you feel so much better. And it's not like I do 10 hours of work a day, not even close. It's just putting one small foot in front of the other is better than just standing still. I just find myself stood still

glued to the spot, kind of with my blinkers on. And then as soon as I just put literally half a step in front, I'm like, 'Ah, yeah, you can do

Elizabeth Gillies 27:18

Do you know, I think I would, disagree with you it's a big word, but challenge you on it. I think you know how to do it Rafi, because I do think that sometimes it takes us a little bit of time to process stuff like, 'here I am resisting, you know, I'm not liking the change.' And we can sometimes push us too quickly to move forward. But sometimes we just need to kind of acknowledge that that's how we're feeling. And once we've done that, we can say, well, actually, I can just let this go. I can take that one step forward. I can feel better about this. It sounds like a good strategy to me.

Raphie 27:57

That's true. Yeah, you're right, maybe it is just acknowledging it, I think and I reintroduced, because it was, yeah, just this whole resistance phase was just really getting me down. And I reintroduced exercise to my life, which made the biggest difference, because even if you haven't had a particularly productive day on the work front. If I go and have a workout in the gym, I just immediately feel so much better. Yeah. And I kind of realised, well, I'm in this course now, you know, I'm paying for it, I can't, I can't change that. But I can change small things around me, like going to the gym and like reading, small things that you kind of don't think won't have an impact, but they do and then sort of make everything else lighter. So you're able to, as I say, just put one foot, one foot in front of the other.

Elizabeth Gillies 28:45

And that kind of links back a little bit to what you were saying earlier about doing lots of things. You don't have to do lots, but everything in moderation, those things will all kind of build up. There's a little thing that in my world is called, and you know, that validation thing, 'name it to tame it.' So when you can name 'oh there's my resistance' it actually makes you feel you understand yourself a little bit better.

Raphie 29:11

It's really interesting. I'll remember that. Name it to tame it.

Elizabeth Gillies 29:16

A couple of last things, but this is so interesting. Um, what about what are the benefits of going through these changes for you?

Raphie 29:32

I think without sounding too cliché, I think just every time you do a bigger change, you just learn more about yourself. And I think more like what you're capable of. Which I think I need to tell myself more. And every time you overcome a hurdle, you can, you know, like I'm a celebrity, you can put a star in your bag and sort of it's, it's like a point. And yeah, I just think making you more, I think resilience is so important. It was something that was really drummed into us at school. But none of us really took it seriously. But I think looking back, they were absolutely right to emphasise that. And you might need that resilience that you've learned through change at the most random times, it can just be really small things. Well, like seemingly small things. I'd say resilience through change is a really big one.

Elizabeth Gillies 30:31

Yeah, I'm feeling that you're filling your bag with it is a great one. A nice image for me. Last question, then, if you were going to give advice to people, young people going off to university. A couple of things that you would encourage them, I know we've maybe talked about this, but what kind of things Rafi?

Raphie 30:53

I would say that mainly just to immerse yourself and just really just say yourself this is a new chapter in life and just to really embrace it. Because so many people said this to me before I went, 'the three years or fly by' quote unquote, and I did not listen to them. And my god, were they right, like looking, I can't believe that I was in first year, four years ago. So yeah, just fully immerse yourself and live every moment don't go home too often, which I know can be such a big temptation, especially in the early weeks. And I know that some people obviously there are some situations where you can't help it and you have to go home, but if you can help it, I would say go home as little as you can. Keep in touch obviously with everyone on your family WhatsApp and texting whoever, but just really immerse yourself in it, I'd say it would be a really big thing

Elizabeth Gillies 31:55

Right do you know, I really like those two things as well. And it is that kind of, when you look back, I'm sure you did those things. You know that that's where you're talking from your experience about you know, you just got involved and you did things and you you tried to make that kind of separation a little bit onto that next stage about being this independent, you know, young adult, which

Raphie 32:25

I have to admit, I did not join a netball team. But I think I did just fully say to myself look, I mean, also I live in London and I went to uni in Newcastle so the distance made it, you know, I had to make, there was no way I could just go home every weekend. So I think, just fully immersing and embracing it because even and, you know, things went wrong, obviously, of course they did. I didn't have this perfect time. But it was it was perfect to me even with the imperfections, which is so cheesy. But I just think if you immerse yourself and you make it your life, when things go wrong, you don't want to escape and go home, you just, life continues and you deal with it there in situ, which is so much better, in my opinion.

Elizabeth Gillies 33:13

Yeah. And you're dealing with it on your own with maybe the backup from friends and family from a little bit afar

Raphie 33:25

Hopefully, you know, hopefully, they're always at the end of the phone. And but yeah, I just think dealing with things while you're there is a really good skill to make.

Elizabeth Gillies 33:33

Do you know Rafi I have so enjoyed this conversation.

Raphie 33:34

I know, so have I.

Elizabeth Gillies 33:40

It's a shame we haven't got longer, because I think you've got some little gems in there about you know, just kind of recognising the stuff that's going on for you and being able to, you know, just make some, you know, like you were saying you need some small changes along the way. You don't need to do some radically huge things. But all those small things will add up and make you feel feel good about yourself. And the real thing about kind of connecting with other people, kind of looking after your mental health, connecting with other people, exercising, routines. All these things are are really, really important. So thank you for sharing your wisdom.

Raphie 34:20

No, thanks so much for having me. I've enjoyed it so much.

Further listening

We hope you've enjoyed this interview with Raphie, and a big thank you to her for her reflections and learning about how she's thriving through change.

You also might want to listen to all the previous podcasts in [Series One](#), but especially things that we have talked about today. You can access the Transcripts for each episode and buy the **THINK SHEETS** which help you to personally reflect on the podcast content.

Podcast One: Beat the Transition Blues is one of the podcasts where we talk more in depth about the nature of change, transition and adjustment and why struggle can be part of the journey, where you can grow self knowledge and resilience.

Podcast Two: Successfully Riding the Waves of Change introduces the S curve of change and helps us understand what is happening when there are continued transitions. We also talk about the value of routines when it comes to your wellbeing. Something that Rafi was able to use to thrive.

Podcast Three: Minding Your Mind. Where we talk about the origin of common thoughts about transition, about the 'what if's' and why they can be sometimes challenging but also helpful in helping us make good choices.

And if friendships are on your mind then **Episode Nine: Nurturing Supportive Relationships** could be helpful in thinking about how to develop and keep new friendships.

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