



Emotional Adjustment

- It's ok to feel overwhelmed.
 - It's ok to be confused and overwhelmed — it's also normal for that to take time to change.
 - It's not weak if you feel anxious and start to panic.
 - It's totally ok to reach out for help.
 - Reaching out the moment you need help is the best thing you can do for yourself.
 - It's absolutely fine to feel stressed by peers, studies or just life in London overall. Take your time to settle and adapt — you'll be fine in the end.
 - Everything isn't as overwhelming as it first seems — support is here whenever you need it.
 - If you're someone coming from a hotter climate, London weather is not for the weak! Between the cold, rain and lack of sunlight it can get quite isolating — but the weather does not have to determine your mood and lifestyle. There are things you can do to help.
 - You're probably holding lots of expectations of what life and studying is like at LSE. It could turn out to be harder or easier to manage than you thought.
 - I know the first few weeks can be super overwhelming — with relocation, climate adjustment, managing expectations, and being bombarded with 200 different emails, sign-ups, and society fairs. I get it — I was so lost.
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Connection & Comparison

- You don't need to follow other people's pace.
- Your peers may seem “perfect” but all of us go through not-so-perfect phases — you don't need to compare yourself to others.
- Don't fall into the pressures of other people's goals or expectations.

- It's normal to have a little bit of imposter syndrome — but you're here for a reason.
 - Don't feel like you have to have everything figured out.
 - It takes time to meet people you really click with.
 - You don't always find your close friends in first year — sometimes you find your people in second or even third year.
 - It's normal to feel lost or uncertain when entering uni — it's a completely new environment, so it takes time to settle in and make friends.
 - Say yes to things!
 - It's ok to not join any societies if you prefer not to.
 - Language barriers can be a concern, many of us experience this – but don't be afraid to reach out. Take a step and you'll make friends that are out of your expectations.
 - Being in a new environment as an international student and English as a second language — it's ok to not understand everything. It takes time and practice.
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Self-Care & Balance

- It's important to rest.
 - You can choose not to be competitive — compete with only yourself- it's more than enough.
 - Don't stress about people constantly seeming like they are studying — you don't know what they are like all hours of the day.
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Practical Tips

- Find the best places for discounts!
- There are really nice study spaces at the top of CBG with a view of London.

- It's super important to join a "hobby" society, not just career ones, so that you can meet like-minded people.
 - It's ok not to go into banking — even if your peers are all doing it. Banking is not the only career path.
 - You may think your English is not good enough, but it's absolutely fine to have different accents. We're so smart that we know different languages!
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