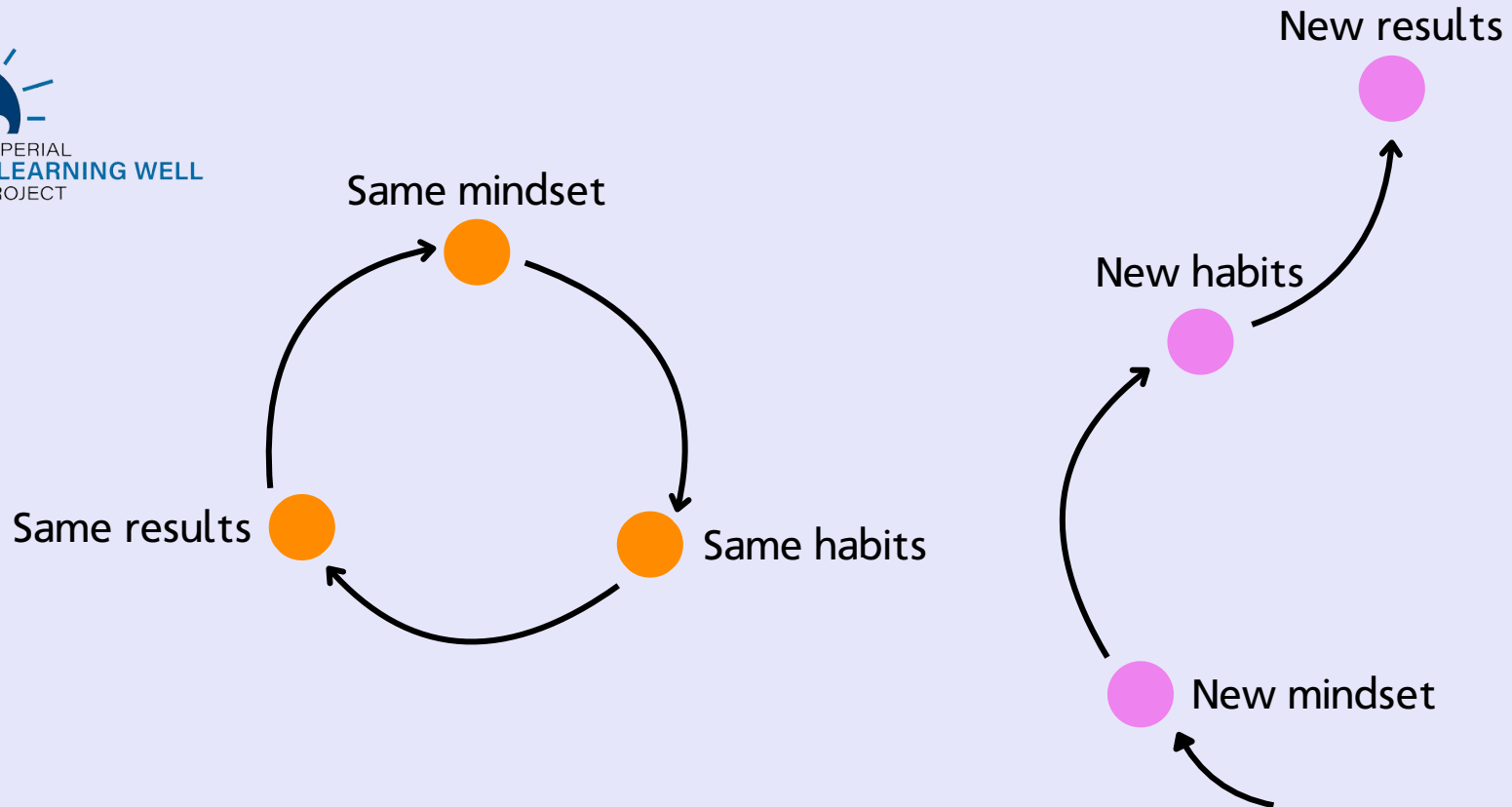
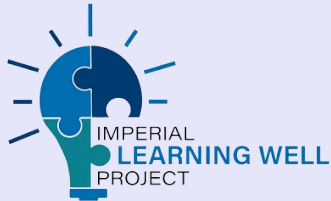


# Shift Your Perspective: Focus on Growth, Not Perfection



“Academic learning can be stressful and overwhelming. I used to get stressed because there was always more to learn, which made me achieve less. I’ve had to **practise managing my expectations. Putting aside those perfectionistic expectations reduced my stress and made it easier to achieve more.** It was a revelation when I finally **relieved some pressure off myself**, and I reminded myself of this for each exam.” - Elenore, Y2 Medicine

