

[00:00:00.170] - Matt

Are you struggling to look for work after finishing your education? Or maybe you're in a relationship you're unsure about? Are you having a quarterlife existential crisis? Are you in your twenties and don't know what the heck to do with your life? You've come to the right place. Hi, you're listening to A Cup of Growth, the drink for trying-to-be adults. This podcast is brought to you by Mags and Cass, where the girls talk about how to confidently navigate your twenties. Let's ride the struggle together.

[00:00:28.810] - Mags

Hello.

[00:00:31.610] - Cass

How are you, Mags?

[00:00:32.610] - Mags

I'm good, how are you?

[00:00:34.220] - Cass

I'm good. Excited. Excited. We've been talking about this for ages.

[00:00:40.330] - Mags

I know, right? Yeah.

[00:00:41.760] - Cass

So for everyone who hasn't listened to our lovely intro, very welcome you are to our new podcast, A Cup of Growth.

[00:00:51.030] - Mags

Yeah. Hi everyone. I hope you enjoy struggling-

[00:00:56.530] - Cass

Enjoy struggling. We are all struggling with that-

[00:01:03.330] - Mags

Yeah so, there we go.

[00:01:04.440] - Cass

Yeah. Let's all ride the struggle together, but-

[00:01:08.470] - Mags

That's what I was trying to say.

[00:01:10.440] - Cass

Yeah. Literally. But we all struggle. It's fine. We just have to laugh about it. What was I going to say?
Yeah, this is our little baby. We've been planning to do this for like a year, two years, something like that.

[00:01:25.200] - Mags

A long time.

[00:01:28.010] - Cass

Yeah, but yeah, I think we're talking, we're going to talk about how we met, and basically-

[00:01:33.530] - Mags

And that nicely leads into the topic of university and our university experience. So if you're at uni or you maybe are going to uni soon, or you've already gone to uni yeah, I think this will be a really interesting topic.

[00:01:51.430] - Cass

Very relatable.

[00:01:53.060] - Mags

Very relatable as well, so

[00:01:56.290] - Cass

Yeah.

[00:01:56.954] - Mags

Okay.

[00:01:57.080] - Cass

I think this is for anyone because I think education is like a thing that people think, oh you have to do this when you're young and then when you're in your twenties, you finish. But in our experience in uni, we had a lot of mature students, so it's never too late to learn.

[00:02:13.630] - Mags

Yeah, I think learning is a lifelong journey.

[00:02:18.310] - Cass

Literally, and I think this topic is just relatable for anyone, no matter what age you are, I guess.

[00:02:24.990] - Mags

Yeah. But I think we're going to talk more about specifically like going to uni, you know moving into halls and classes and things like that. So, yeah let's get into it.

[00:02:42.210] - Cass

For anyone wondering as well, maybe because our accents give it away, Maga and I, well, at least I am not extremely English.

[00:02:54.140] - Mags

No. I mean, I have half English blood, so that's maybe why my accent isn't that pronounced, but yes.

[00:03:03.040] - Cass

Maga's a little bit French. I'm a bit of Spanish spice. So there you go. So obviously you mix us up at uni, and it was like, oh my God, my cousin from another country, even though we look nothing alike because I'm half Asian as well.

[00:03:18.030] - Mags

Okay, we've gone on to full-on description of you.

[00:03:24.610] - Cass

I guess, if we're going to talk about how we met at uni, we didn't really bond until second year

[00:03:33.010] - Mags

Yeah.

[00:03:34.230] - Cass

Because we were in very different groups. And then-

[00:03:38.470] - Mags

Well, do you remember? We both had this weird feeling that we didn't like each other. I thought that you didn't like me, and-

[00:03:46.640] - Cass

I just thought you were a bibiddy bobbady boo-

[00:03:51.610] - Mags

Okay, whatever that means.

[00:03:54.810] - Cass

No, but I think that- there's a lot of that on the Internet, isn't it? That the first- if that's the first impression you have of someone, they end up being your best friend. And-

[00:04:06.830] - Mags

That is pretty true for us.

[00:04:08.290] - Cass

Literally, so but yeah, we were in the same class in the same course, and then on our first year of uni, we were in very different groups. We had a couple of friends in common.

[00:04:23.700] - Mags

Yeah. And then I think we just- parties and stuff, and then we just met then, and we just got really close. And then yeah, now here we are.

[00:04:32.970] - Cass

Literally. But yeah. What was your expectation of uni when you started?

[00:04:42.250] - Mags

I think, well, to be honest, I was always very excited to go to uni because I'm super academic. Like, I love learning and I love school and stuff.

[00:04:51.930] - Cass

Nerd!

[00:04:52.340] - Mags

Okay, fine.

[00:04:53.200] - Cass

Nerd!

[00:04:54.730] - Mags

Is that so? Just channeling my inner Rory Gilmore for you girls and guys that watch Gilmore Girls. Okay, yeah. So I was really, like, looking forward to all my classes, learning a lot, meeting new people as well. And not going to lie, I thought it was going to be easier than it was, but then, yeah, to be fair, first year was pretty easy, but then it got a bit more complicated, let's say, but yeah. What about you?

[00:05:31.850] - Cass

I have a total different experience to you, actually, because I came to the UK for uni actually because my mom was working here. And when I was back in Spain, I didn't think I was going to go to uni. I thought I was going to go straight to work. I had an idea that I would go to college to start to study something like a vocational or something, and then go to work. I didn't know what I wanted to do with my life. I just thought, oh I have to get a job that gives me money. And we- we're both person of letters, we're both into our literature, and I made the great mistake of going into admin and finances as soon as I finished-

[00:06:17.712] - Mags

Really? I didn't know that.

[00:06:18.810] - Cass

Yeah, and it had me so depressed because I was like, I don't like Maths. I know it's a bit controversial because I'm Asian and should be good at Maths, but I'm not good at Maths at all, and it just really

depressed me. I'm like, I know this is the way to get a good job with good money, but this is not what I want to do. And so I had a year's sabbatical, and that's the year I came to the UK-

[00:06:42.440] - Mags

Right.

[00:06:42.940] - Cass

And then I started working. And then my mom at the time was a carer and one of her clients was like, oh why don't you tell your daughter to go to uni? There's a uni in city center and she might like it. So she told me about it and then I was like at home not doing much, and I was like, you know what, I'm going to check the website for the university. And then I was scrolling through the courses and then I found our course, which was English and Creative Writing, and I was like, this course was made for me. This is what I want to do, because I've been writing for ages and you know that I perform and stuff. So I was like, yeah, I have to go. And I applied. And I was very lucky with how quickly they got me in because I thought I would have to wait another year. And they just got me in. And I was so grateful to them because I was like, I wouldn't have had this opportunity and if they had made me wait another year, I would have been like, I'm not going to uni then. And then, I found the academic side, like, really easy because I was really not that academic, like I'm like you in the sense that I like to learn and stuff, but I don't like to go to class so, sorry mama if you're listening, but yeah, I'm more of a life teaches you your lessons, right? And then I went to uni and I was like, mate, this is so easy. Like, I don't have to study for any tests, I just do some coursework.

[00:08:28.450] - Mags

We got lucky, our course was just pure coursework.

[00:08:30.090] - Cass

Yeah, just essays, write essays, write a poem, write a short story. I went more to the creative side, you went for the more literature.

[00:08:39.170] - Mags

English.

[00:08:39.650] - Cass

English. So you had to do more like essay based coursework.

[00:08:47.050] - Mags

As someone who loves academics and stuff, essays was like my favorite thing.

[00:08:51.580] - Cass

Yeah, I just like the freedom of the courseworks because I could do all of them in one bunch and not think about them for two months until the deadline. And I'm like, yeah, I have all the time in the world now. And that was in academics' bit, that was my experience.

[00:09:09.010] - Mags

Yeah, because compared to you, I had the more traditional pathways. I did my GCSEs and then I did my A Levels and then I went on to uni. It was like all of a predefined path. There was no hesitating or thinking about different options, like going into work or college or apprenticeship. For me, I always knew I wanted to go to uni.

[00:09:32.230] - Cass

I know you had to move away from home to go to uni.

[00:09:36.880] - Mags

Yes. So obviously, because I come from a tiny teeny little village yeah, I had to move away from home. And to be honest, that was one of the best things about uni, is having a bit more independence, because I'm quite a loner and I like being alone a lot of the time. So it was definitely a benefit to live independently from my parents and have my schedule and everything. So I really enjoyed that. Because I moved into uni halls, so obviously I had roommates and everything for the first year but- well, for all years, but it was a bit more different than when in the second and third year I moved into house, which is- you're a bit more responsible for your own house and looking after it and everything, whereas halls everything's there for you, you know maintenance and the laundry room and everything. So it was still very like cocooned in first year. But no, it was really nice. And I definitely recommend moving into uni halls if you're someone who wants to meet new people and you're very sociable or you just you know want to get to know just people and yeah.

[00:10:57.730] - Cass

I guess, when you're moving away from home and you don't have friends-

[00:11:02.290] - Mags

It's definitely a comfort to move into halls with other people. And the thing is, a lot of the other people that move into halls with you are in the same situation as you. A lot of them have moved away from home, they don't really know anyone, so they're just looking to make friends and to meet new people. So you're kind of all there for the same reasons, which I think it is kind of comforting in way.

[00:11:24.310] - Cass

Yeah, you're all in the same boat.

[00:11:27.390] - Mags

Yeah, for sure.

[00:11:28.540] - Cass

Yeah. But were you working? I don't remember you working when you were at uni.

[00:11:35.650] - Mags

No, no. So, I still had my job as a waitress back home during the holidays, if they needed me, et cetera, which they usually did. So that's how I sort of made money. But I definitely wish that I got a job when I was at uni, like in the same town because first of all, for- money-wise and financial reasons, it would have been so much more easier and a lot less stress to know that I was earning as well as spending. And I think it would have just been something outside of uni, but still within the same area. So it would have been a nice sort of change of pace to just have a part-time job somewhere. Yeah.

[00:12:28.750] - Cass

I- As you know, I'm a workaholic.

[00:12:31.170] - Mags

Yes.

[00:12:31.790] - Cass

And I have a-

[00:12:34.550] - Mags

Someone stop her, please!

[00:12:37.330] - Cass

This is a cry for help! I used to work at Amazon, so I worked at a warehouse. So it was a very different experience from someone working as a waitress or something. And I used to work full-time when I was at uni, so I did uni full-time and had to work full-time.

[00:12:56.400] - Mags

No wonder you burnt out so many times!

[00:13:00.010] - Cass

I was like dead. Every single time I had to message you, I'm like yo, I'm not here, be patient with me, I'm going to sleep for 12 hours tonight. But yeah, I worked a lot. And the good thing about Amazon at the time, at the time I was working there, it was the weekly pay. So in terms of what you were saying about finances and stuff, I was really covered with that because I got a good salary every week. And now that I don't work in Amazon, I'm still trying to get used to the fact that I get my salary like everyone else once a month. And every Friday I keep checking my bank account like, am I rich yet? No so, but definitely I think what you said about spending, especially when you're a fresher at uni, you just want to go out and you just want to meet people and make your own bubble and stuff. So you just want to be social, which means you go clubbing, you go for pubs and stuff like that-

[00:14:09.100] - Mags

Drinking, partying, yeah.

[00:14:10.270] - Cass

And it's just to build your confidence, isn't it? It's just like that way of how you kind of go into the world out of your cocoon and try to meet your pack. So if your lifestyle is like going out and stuff, get a job while you're at uni

[00:14:32.770] - Mags

Yes, definitely if you're the type of person that likes to socialise and go out partying and clubbing and stuff, I definitely recommend you have some source of income because that's really going to help you manage your finances and then afford everything else, like food and uni, you know, and stuff for uni and things.

[00:14:51.230] - Cass

And with that as well, having a healthy lifestyle once you're at uni because-

[00:14:55.940] - Mags

I was really bad!

[00:14:58.110] - Cass

I was going to say!

[00:15:01.310] - Cass

I was going to say because I know that when I go to your house, your mum makes the healthiest lunches, and then when you're at my place, it's just pizza and just, like, going out for Vietnamese food and just yeah- it's healthy. Asian food is healthy.

[00:15:23.590] - Mags

That's one of the things I wish I did as well at uni is have like a productive and healthy routine both morning and night because I was the type to go to bed at like four and wake up at one in the afternoon. And this is really unlike me because back at GCSEs and obviously A Level with school and stuff, you're used to waking up early and I was weirdly a morning person then because I was most productive in the morning anyways.

[00:15:52.610] - Cass

How times have changed!

[00:15:54.610] - Mags

Yeah! And then I don't know, I guess with all the partying and the socialising and stuff, I just got- my schedule went a bit out of whack. But I do really recommend to, if you can, keep to a consistent bedtime and wake time and have, you know, the morning to yourself and do your whole routine, whether that's reading, working out, journaling, whatever, just incorporate some healthy habits because I think that's really going to help your mental health at uni because I know that if- when I went to bed so late and woke up in the afternoon, I'd feel really guilty and I'd be like I've missed half my day, well, I might as well not do anything because half the day is gone anyways. But if you're the kind of person that does have sort of a bit of a different schedule than let's say the norm, you know you can start your day at 01:00 p.m.. It's fine, just have a shower, journal, grab a cup of coffee and then go to the library and do your work. No one has to know you only just woke up. But I definitely do recommend having those healthy habits like health eating, keeping an exercise schedule, like working out often, even if it's just going on a walk or something, it's really, really going to help your mental health and your productivity. So that's one thing I wish I did and I hope you guys take home because- do it for me.

[00:17:30.610] - Cass

Learn from our mistakes! I would say back when I was- when we were at uni, I think because I had such a strict schedule with work and with classes... classes. I was quite good with my daily routines and my night routines and stuff, so I didn't struggle with that. What I struggled with was food. Because in some ways in

terms of eating food, I had like very strict times to eat food because of my breaks at work and it would all depend on what my routine for work was. So I would have no breakfast, had a sandwich on my first break, lunch on my second break and no dinner when I got home or have a pot noodle. You learn very quickly on this podcast that I love my pot noodle, but yeah. And then obviously if I was stressed, I would overeat and I would have more than what pot noodle or something. And then when it was uni and things about uni and stuff, I would overeat or drink and stuff like that. I remember my first year of uni, I drunk loads and even if I was just at home, it was like a relief from work. And I smoked a lot back then as well. Cigarette children. okay. And it just was very- it was like especially first year is that need of making your mark like yeah, you know like-

[00:19:15.410] - Mags

It can be really- I think as someone who's moved away from home as well, it can be really hard to sort of find your place and know who you are because it's the first time you're away from home and you don't have your parents or anyone telling you what to do or you know how to behave or anything. And there's no real restrictions.

[00:19:32.700] - Cass

Yeah.

[00:19:34.150] - Mags

So I think it can be really hard to know your limit, especially when it comes to alcohol. That was my problem. I never really drank before I went to uni, so I definitely recommend being careful when it comes to that. Because you just think, oh, you know I'm free and independent now, I can do what I want. But still, don't put your health in danger just because your parents aren't around. Your parents tell you off for a reason. And yeah, I think- Healthy habits, guys. Healthy habits. It really does help your mental health, trust me.

[00:20:11.730] - Cass

That's another thing like, it gives like- being away from home gives you this false independence, like false confidence as well, that you think, right, I'm an adult now-

[00:20:24.810] - Mags

I know best, I know what's best for me. Most of the time, you make ridiculous choices-

[00:20:28.190] - Cass

Literally, literally.

[00:20:30.150] - Mags

Kind of keep what you were doing at home, but just know that you're kind of more on your own schedule now and you're looking after yourself.

[00:20:37.050] - Cass

And with that also being said, obviously being away from home and stuff, it can lead to homesickness. And that's why people go out and they try very hard to find their group because they need that comfort and stuff and they go out drinking and partying just to find that type of comfort or to be desensitised from feeling that sadness and stuff. So in terms of mental health, like Maga said, be very careful because I know some people that- I think we had one classmate that she missed home so much that she would only eat biscuits because she didn't want to eat food from England because it wasn't like her food from home that her mum made her. And then other people would just go out because they would prefer to go out than being alone in their dorms and stuff like that, so just you know-

[00:21:35.550] - Mags

Yeah, I think as well, another thing that I experienced in uni halls, it can feel quite lonely because I don't know you're just in this setting where you're expected to be really social and around people all the time. But there are going to be times where people are just busy or they're away or they've gone back home and stuff, and you might be with only a few other people or all by yourself in your uni halls. So I really recommend getting comfortable with yourself and really cherish your alone time. Your alone time is the only time that you get to reflect and learn about yourself, and I just think everyone would benefit from that. And I know that those who are very extroverted or whatever- it can be really hard. But trust me, there are plenty of things you can do by yourself. And it's really, really important for your mental health because it just helps you collect your thoughts without being influenced by other people and just getting to know yourself and what you like and what you don't like.

[00:22:38.210] - Cass

On that topic as well, not on the topic of being alone, but about knowing yourself and stuff. Join your uni societies.

[00:22:45.130] - Mags

Yes, that's something I didn't do either. I didn't join any clubs or societies or like you know sport things or anything. And I think, first of all, it expands your social circles to meet even more people, and you do things that are kind of related to uni but also very different to like your course or your daily routine. And I think it really helps doing something a bit different.

[00:23:13.060] - Cass

Discover something different that you didn't know you liked.

[00:23:17.150] - Mags

And there's always so many different types of things you know, so there'll be something that I'm sure that you like, so yeah.

[00:23:28.690] - Cass

Yeah I think, in terms of lifestyle, we can save so much. I think everyone has their own way of how to try to figure things out. But I think the big question here, Mags, is how- when you go to uni, how do you know what course you want to study?

[00:23:45.430] - Mags

That's really- because so many times while I've been doing my course, I mean, I don't know if you've had that, but you've sort of thought, what if I did something else? What if I did this? How would it be different and stuff? I think the thing is, I remember I just looked through the leaflet, and the thing about our course that caught my attention was that we got to write poetry and short stories and be super creative. And as someone who's just already very creative, I was just like, okay, this is my calling. I'm just going to do something creative because at first I wanted to do something like law or something because I find it very interesting, and I have a strong sense of justice-

[00:24:33.270] - Cass

Vigilante over here! Call the Avengers!

[00:24:40.230] - Mags

But law is hard, and it takes a lot of- and it's not very creative. It's very learn by the book, and there's no sort of space to express yourself or anything. And I know that if I did that, I think it'd be, first of all, I'd struggle keeping up with the workload, and also I'd feel pretty burnt out very quickly because I haven't been able to express myself creatively. So that's why I went for creative writing, because I was like this, at least I know I'm going to get my dose of creative writing and just creativity in general.

[00:25:18.090] - Cass

Yeah.

[00:25:18.460] - Mags

So I think it's just about going with your gut and knowing what you like and not necessarily what the subject is- like obviously you might be interested in a certain subject or if, for example, you're going to be

a doctor and obviously you've got a very clear and defined path for you. But if you're unsure- first of all, university is not always the option for everyone. So reconsider all your other options, such as apprenticeships, colleges, or even going straight into work and getting work experience, if that's more your thing, if you're more of a practical, hands on person. But I think it's just going with what you like, just in general, not a specific just subject, if you don't have a subject in mind, it's just are you more creative? Are you more logical? Are you a good debate- can you lead a good debate? Are you a good public speaker? I don't know. Just any skill that you have and then just see what sort of courses include those skills and then help you develop those skills, because skills is what's going to get you jobs and everything else in life.

[00:26:29.180] - Cass

Yeah, literally. I feel like there's a lot of pressure with people, not as much now as it was before, but there was a lot of pressure from parents, especially being like, if you want a good job, if you want a good future, you have to go to uni.

[00:26:44.440] - Mags

That's not true.

[00:26:45.360] - Cass

Yeah, literally. And I think now the times are changing a little bit and parents are being more understanding, but I think that pressure still remains with different cultures. And I feel like if you are feeling that pressure, even if you don't know where to go to study, that can lead to a lot of stress and lead you into studying something that you don't want. So like Mags said, just try to analyse what you like, what you don't like, what your fortes are, what your weaknesses are. And even the most important thing as well is even if you choose a course and you see that you don't like it, you can always change it.

[00:27:28.160] - Mags

It's never too late to change. I've known a few people that either I lived with or were on our course that changed halfway through, I mean, some of them second year, and it's absolutely fine. If you feel like you're not- honestly, if you just don't feel like you're happy and the work you're doing is not engaging and stimulating enough, you're probably doing the wrong thing and it's probably time to switch either to another course or to completely drop uni and do something else.

[00:27:55.590] - Cass

Yeah, because I feel like some people may fall in the trap of either, oh it's what my parents want, or in this course, I have all of my friends, or in this course, you know that's where I met my partner-

[00:28:10.250] - Mags

You've got the be selfish-

[00:28:11.240] - Cass

Yeah, literally-

[00:28:11.330] - Mags

When it comes to things like that, because you know, uni is a lot of money, time and effort. It's three years of your life, it's a lot of money, I mean, especially in the UK! So really think about what you want and what's best for you and what you're going to enjoy the most.

[00:28:33.170] - Cass

Yeah, I agree with being selfish. At the end of the day, it's your time. And I know a lot of people that think, oh I have to finish this course that I chose because I cannot just waste my time and start from the beginning and blah, blah. But you start again every day, so why not start a course that really is worth your time-

[00:28:56.970] - Mags

Yeah, literally.

[00:28:58.510] - Cass

But I guess, do you have anything to add apart from all of the-

[00:29:07.880] - Mags

I guess- not really. I guess I'll just end off by just giving just a few like tips of like what I wish I did and hope that you guys do if you're going to uni because I really recommend, so that things like making sure you're meeting people, especially in the first year, say yes to most things. I'm not saying yes to everything because you need your alone time-

[00:29:33.990] - Cass

And be brave to say no-

[00:29:36.470] - Mags

But also be brave to say no when you really don't feel like it or you've got, like, I don't know, an exam or a big paper coming up or whatever. But definitely do try and socialise as much as you can because most of the people you'll meet in your first year will sort of I mean, apart from that, obviously. And also do things like maybe get a job for financial reasons. And also you get to meet people outside of uni that just work with you and also yeah, join societies and clubs and extracurriculars to meet even more people that, again, are outside of work and uni. And then eat healthy, have some- you know have a good structured morning and night routine, incorporate some healthy habits like reading, journaling and working out and stuff, because these are just going to help your mental health in the long run. And then I think I will just end by saying, if uni is taking a toll on your mental health, do not hesitate to take a break. It's okay to just leave uni for a bit and then come back. I think you can do that. Or just if you really think that uni is not your thing, then it is in no way shameful to drop out of uni if that's what's best for you. So never sacrifice your mental health for anything and just enjoy because there's a lot of pressure at uni to do well and be good. But uni is just a fun experience where you get to meet new people, live by yourself, learn about some really cool things. So yeah, I'm going to end on that.

[00:31:25.950] - Cass

Okay.

[00:31:26.510] - Mags

What have you got to say to finish off?

[00:31:28.570] - Cass

I would say in terms of a bit kind of like you in terms of habits and stuff, I would say schedule a good working plan in terms of work if you have work and uni coursework, just organise-

[00:31:49.321] - Mags

Yeah, studying-

[00:31:49.420] - Cass

Organise your time effectively so you have time for everything. Don't leave everything to the last minute. I know some people like that, but the pressure isn't always good.

[00:32:04.020] - Mags

It's going to ruin your mental health.

[00:32:05.500] - Cass

Especially if you have exams. Just please sit down, tell your mates to get out the door and have fun without you for 3 hours while you study. Okay? Apart from that, I would say if you live at home while you're at uni, or even if you don't live at home while you're at uni don't underestimate the time that you have with your family. Because at the end of the day, they are your home, they are your rock. And I know it's a lot of not pressure, but more like an obligation to go out and make friends and go clubbing and find your pack and blah, blah, blah. But at the end of the day, you already have a pack and that's your family, and you should, you know- at the end of the day, they help pay for your tuition. Do you know what I mean?

[00:33:05.370] - Mags

If you have a good relationship with your family, obviously-

[00:33:08.190] - Cass

That's true.

[00:33:09.000] - Mags

You can find a family in your friends and other people who you rely on for support.

[00:33:14.430] - Cass

Yeah. And then I would also say, I know that uni is very exciting. I know that making friends is very exciting. And I know that being at uni definitely will lead you to a relationship. Don't let that man or the woman stand between you and your goals at uni or outside of uni, that will be another episode. But uni is more than cuddles and having kisses on the side. Do you know what I mean? Focus on your studies because that's your future, okay?

[00:33:53.280] - Mags

I can see where you're coming from. You're very passionate-

[00:33:55.160] - Cass

I'm very passionate about this because experience says a lot. And not that my partner did anything to intervene with my studies, but I know a lot of people that will let their partner step over them and distract them from their studies. So if your partner doesn't or your friends don't respect your goals, kick them out the door because where's the respect? There's no foundation.

[00:34:29.810] - Mags

Set boundaries, I guess.

[00:34:31.160] - Cass

Set boundaries. And then to finalise again, on a point that Maga said, if you feel like your mental health is getting- is you know being a lot, just be brave to ask for help. I know unis have counseling support. If you're very close to your group of friends, you can unload on them. And obviously you have a phone you can call home if you're down. But just know that there's always help available if you need help-

[00:35:11.650] - Mags

On campus, yeah. And also just one little last note. Please be safe in terms of doing the deed and make sure you get tested and all that. And if you are doing it, make sure you use a method of contraception because I know uni's usually the time where people-

[00:35:32.820] - Cass

To mingle, mingle, pringle, pringle-

[00:35:35.870] - Mags

Yeah basically, so just be safe because that's super important. We don't want any unwanted events to occur as a consequence of that-

[00:35:45.070] - Cass

Experiment but with protection, okay?

[00:35:49.310] - Mags

Right, I think that's everything for today.

[00:35:51.700] - Cass

Yes, thank you so much for listening. You've been listening to Cass and Mags on A Cup of Growth.

[00:35:59.350] - Mags

And we hope we'll see you in the next episode.

[00:36:00.890] - Cass

Yes. In the meantime, don't forget to follow us on Instagram @acupofgrowthpodcast and on Twitter and TikTok @acupofgrowth for behind the scenes, little snippets and exclusives from next episodes, I guess.

[00:36:20.696] - Mags

Yeah.

[00:36:20.840] - Cass

Also, don't forget to check out our website at acupofgrowth.co.uk to sign up to our newsletter, find some articles on our blog and the transcripts for our episodes. And if you want to have a conversation with us and you know give us your opinion on things that we've talked about and just continue the conversation, tag us with the hashtag #AdultingsFavDrink or FavouriteDrink on our socials and we'll get back to you with an answer.

[00:36:56.930] - Mags

All right, guys, see you soon!

[00:36:58.850] - Cass

Bye, love you. Bye!