

[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.

[00:00:28.090] - Cass

Hello, everyone!

[00:00:29.770] - Mags

Hi!

[00:00:32.190] - Cass

It is us! Back again. Cass and Mags. How are you today?

[00:00:35.360] - Mags

I'm good, thank you. How are you?

[00:00:36.400] - Cass

I'm good, trying to push through. So welcome everyone. You're listening to A Cup of Growth in case you didn't know that already. In the last episode, we talked about our experience at uni, how we found it, how we met and stuff like that. But I think like a lot of people focus a lot on the university experience and not really how it finishes and what comes afterwards.

[00:01:07.850] - Mags

Yes.

[00:01:08.410] - Cass

So that's what we're going to talk about today.

[00:01:11.190] - Mags

Life after graduating university, sort of what to do next, sort of our feelings as well about graduation itself, and I guess our own experience of what we did after uni because we had different paths, didn't we so...

[00:01:30.270] - Cass

I think, first off is we should mention, if we haven't mentioned it in the last episode, that the last two years of our degree was during COVID, so our uni experience was already like very much different from the usual.

[00:01:47.570] - Mags

Yeah like the last year and a half I want to say- yeah, the last year and a half of uni. So yeah, we actually experienced both before and after COVID uni experience kind of thing.

[00:02:03.800] - Cass

Even during we kept going into lockdown, classes-

[00:02:07.110] - Mags

Yeah so we kept going back and forth and stuff-

[00:02:08.730] - Cass

Yeah with isolating and stuff. So really you just had classes at home, and it didn't feel like you were studying. It was just really weird.

[00:02:18.000] - Mags

Yeah. I find it really hard to concentrate like in online- and I know a lot of people might prefer doing lectures online because it gives them more flexibility, like they don't have to go on campus and stuff. But I am one of those people that if I'm just studying in my room or something, I can get really distracted, and I need a special environment that's made for whatever it is that I need to do.

[00:02:39.990] - Cass

Yeah, definitely. I think for me, because obviously I was working full time, it just made me not think about uni. I was like, well, if I don't have to go into campus, I'll just go to work, and then you know like our coursework was very easy. Classes were you know- in my experience, there were those type of classes that you could just not show up to, especially with- because when we had to go to class, we had to clock-in with our cards and stuff and having to do it through teams, it was like, yeah you don't have to do that.

[00:03:19.150] - Mags

There was just so much less of an obligation to go-

[00:03:21.890] - Cass

Precisely.

[00:03:22.760] - Mags

Or in an incitement to go because obviously they weren't calculating your attendance and anything because of obviously COVID and stuff. So I think it was a lot easier to slack off during COVID-

[00:03:32.900] - Cass

Yeah, it was very easy to do that-

[00:03:35.510] - Mags

A lot easier which is not ideal especially because when it hit us the hardest was in our last year, so obviously this was dissertation time and everything where you have to give it your all and be the most focused out of the whole of your uni years. It was a bit complicated, but anyways, so we are going to be talking about what we did after uni. I guess a good point to start at would be, how did you feel when you submitted your dissertation? And you're like, that was it. That's it.

[00:04:09.090] - Cass

That was the thing. Because we were at home, and it was I think we were- was it lockdown again? Was it the third lockdown that we had?

[00:04:18.180] - Mags

We were just coming out of a lockdown.

[00:04:22.370] - Cass

Yeah so, I remember I was at my partner's house, and we both finished our dissertations, and we both submitted it and it was like, yeah that's fine. Let's make dinner and watch a film.

[00:04:32.210] - Mags

Yeah, it is weird because it felt so normal, but at the same time, it's such a special thing, but we couldn't do anything about it because we couldn't go out to celebrate all together or anything because of COVID, so it was just that thing where it's like, oh my God I've just done it. Okay, I'm going to go make dinner and take shower and everything which is like, yeah.

[00:04:57.870] - Cass

It didn't feel like you achieved something.

[00:05:00.510] - Mags

Yeah, like you didn't feel like you finalised your whole-

[00:05:03.230] - Cass

Yeah because I felt like- I thought that when I was going to submit in my dissertation, I would have this Eureka moment and be like, oh my God I just finished. But at that time I was like, oh my God, I just finished in my partner's living room. Wow.

[00:05:19.190] - Mags

I was literally alone in my room as well. So I was just like, I've done it. It's done. Okay, what's next?

[00:05:24.730] - Cass

Literally.

[00:05:28.790] - Mags

I was like- It was just weirdly surreal because it's like you finished this such a huge step in your life and then all of a sudden it's gone within literally a matter of minutes, and unfortunately with COVID you had no one to go out and celebrate and share that news with.

[00:05:46.350] - Cass

Literally, it finished as soon as you press that submit button.

[00:05:51.650] - Mags

It's weirdly dystopian in a way, like it's so bizarre.

[00:05:55.050] - Cass

Yeah, definitely. And I think for us especially it didn't hit home until we graduated.

[00:06:02.470] - Mags

Yeah which the graduation was months later.

[00:06:05.560] - Cass

Yeah.

[00:06:06.100] - Mags

So like we had this whole sort of period, especially over the summer, where we just- it hadn't properly sunk in. We weren't processing it until we were like, oh we're at graduation now, we literally got our cap and gown and getting our diplomas, and I'm like, oh my God.

[00:06:23.390] - Cass

Yeah, I feel like especially because we're both Europeans, I don't know if you had a different expectation of what our graduation was going to be compared to what it actually was.

[00:06:35.780] - Mags

Yeah, I guess the thing is, I'm not sure they have graduations in France. I mean- no they do, but they're definitely not as big of a thing. Whereas here you know, it felt like it was the event to attend after you finish uni. And I think it's kind of like in America, where graduations are like a huge thing. I think they're getting more and more like attention in the UK as well at the moment. And I think as well with a lot of people who missed out on a graduation because I think the year before- that graduated before us, they missed their graduation.

[00:07:15.870] - Cass

Yeah.

[00:07:19.050] - Mags

So we were the first people to do it after COVID, and I think people probably thought it was even more of a privilege to graduate because we actually got to do it. And I think that's what made it feel even more special is because the year before us, they didn't get to have a proper graduation.

[00:07:36.330] - Cass

Yeah, I remember. We know people that they actually made their own graduation ceremony in like their back gardens and stuff! And then obviously, when we graduated, it was like we were just coming out of COVID so it was like, oh this is our chance actually. But, yeah now that you mentioned like- if I'm thinking about Spain, we actually do celebrate it. It's like a big thing. So, yeah I was waiting for the cap and gown and the diploma and all of these things, but I feel like when we went there, and it was more of a hassle to get everything, get all your bits and get your seat and- than actually just sitting there and being like, okay this is my graduation ceremony.

[00:08:22.850] - Mags

Absolutely. So, moving on from graduation, what did you do after uni? You know, what was that process after you finished a few months afterwards?

[00:08:33.930] - Cass

Yeah, so I knew that I wanted to do a Master's degree while I was working, and obviously I had it engraved in me that you know, you do a university- like you do university to get a good job, but if you get a Master's degree you get an even better job, and at this point, we're all about that money. And obviously in the work that I was before, it wasn't the ideal thing that I wanted to do, and I was like, I'm in my early twenties this cannot be it for me. So I wanted to do a Master's. I didn't know what to do. But I remember while we were in our undergraduate, they kept saying, oh you have to do a Master's degree in something different than your actual undergraduate, so I was thinking of things like, what do I actually like? So I liked doing apart from literature and stuff, it was like marketing, and it was like media related, and I had just started my YouTube channel at that point, and then it was all about like film, and obviously my partner and I like films, and he does a lot of short films and stuff like that, so I knew a lot of things about media and then he was going to do a Master's, so I felt like I had someone to continue that journey with and then obviously I was in denial that I was finishing university, and I had to adult and I was in denial, so I was like, no I'm going to you know extend it a little bit more-

[00:10:09.565] - Mags

Prolong the process, yeah.

[00:10:10.690] - Cass

So I actually applied for three Master's, and that's the thing that I would suggest for anyone. And obviously we've talked about having a plan A, B and C, but in terms of like applying for universities and stuff, it's like the most important thing that you can do having plan A, B and C. And it's a good thing that I had so many options because I actually didn't get into my plan A. Plan B was like last option really. And plan C came as a surprise, and I didn't actually think I was going to get in there because my application was weak. I didn't put a lot of effort into it. And I actually got an interview for it with the course director. And then I got a task for the next step, and it was like a taster of what the actual course was going to be, and I was like, oh my God, that's so cool, and then I got it. And then doing a Master's, it was so different from our undergrad because during our undergrad, you could just chill pretty much. But in my Master's, because I did journalism and media and social media and stuff, it was so hands on. It was like, you had to do loads of things, you had to be there and stuff. And obviously I went to Birmingham, which is a bit far of a trek from where I live, so I had to commute loads and then be there. And then I was the only person in my class, so they mixed me with another course, and then it's the pressure of it's a new environment and then you don't have any friends, you don't know all the people that you knew from your undergrad, so

you're trying very hard to socialise with people and get into societies. And I think that when I started, I was like, I'm going to do all of the things I didn't get to do during my Bachelor's. So I got into all of the societies, I got into all of the groups, I went to all of the events, and I tried very very hard and then ultimately, that just led me to a very bad place mentally. And then it was the pressure of I still have a full-time job. I have to manage the money from the actual loan because it's not like in your Bachelor's, where the government just pays the loan to the university and that, you get the loan, and you're responsible for that money. And then courseworks are not just like an easy thing that I could just do at work or whatever. And then obviously, I was alone, I didn't have my little group that I had at my Bachelor's, so it was like yeah- it was a mental maze of where am I going? Where am I? And what's happening? So it was a very difficult year. I feel like that year, basically last year, was my most challenging one, not only academically, but everything else. But to be fair, I came out of it alive. So we're here now.

[00:13:45.530] - Mags

Yeah, I guess for you, it was obviously like a learning curve that-

[00:13:49.130] - Cass

Massive, massive learning curve. Like unreal. Like that's when the existential crisis hits you like bad. But talking about the existential crisis, you have a lot to say about that.

[00:14:06.090] - Mags

Yeah I think- well for me, I went a bit different to you. So I did want to do a Master's, but I didn't want to get into more debt, so I actually decided to just start job searching immediately. But the thing is, I didn't have much experience because I didn't do any work- I didn't work while I was at uni, and the only job I had to put on my CV was literally the one I did when I was a teenager you know waitressing, which is pretty generic and pretty general, but like if you want to get into a specific field, it's like yeah- it shows off some skills, but you need more basically. So at first I wanted to be like a teacher, and then I realised that I have no patience with children because I'm so introverted and stuff, I think it was just too much of an energy drainer to be around people, especially children, all day, so I decided that that was not for me. I'm glad I tried it because obviously I wouldn't have known if I hadn't tried, but yeah. So then afterwards, I was just looking for writing jobs because that's the sort of field you know we did our course in, so I was just like I'm just going to look for writing jobs and because I was on Universal Credit, I was able to join some Kickstart Schemes, which are basically schemes that give you work experience, but you can only get them if you are on Universal Credit. It's basically like a scheme to help you find more work by giving you experience. And I did that in bid writing, which is a bit of an obscure job role, but it was really fun and I did enjoy it. And then I did that for six months, and then I've been back to nothing for a few months now after I finish that. And so now I'm still looking for something, and it really does take a toll when you see everybody else around you getting jobs and having the opportunities they want and then you're just here like 'ugh', you know what I mean? But the thing is, you shouldn't compare yourself because everyone's on a different journey, and everyone goes there at a different time, gets to different stages in their life- at

different times is what I meant. And so I've kind of relieved myself of that pressure to, oh my God, look what everybody else is doing, I need to do the same, and it's like, no you don't, just take as much time as you need. You know, it's not a race. That's kind of what my journey after uni has been, which is basically little jobs here and there and then just gaps of unemployment. But I think these gaps in unemployment have made me realise what I want out of a career. And I think what I do want to do is something more creative and actually live off my craft and being unemployed has given me the time to do that and to focus on that. So basically what I'm saying is, if you need a break because you're confused as to what you want to do, take a break, because it can bring like, really fruitful ideas and things that you want in life or where you want to go.

[00:18:04.890] - Cass

I was going to say because after uni, you obviously went into the employment side, but you also had to move back home.

[00:18:16.180] - Mags

Yeah.

[00:18:16.900] - Cass

And so you basically changed your whole environment, had to deal with that and then had to deal with employment. So how was that for you?

[00:18:25.940] - Mags

Yeah, the thing is, obviously, I love my independence, so moving back in with my parents was a bit difficult at first, but I've just sort of taken my time to adjust, and I've come to a good balance of being able to work and also being at home you know. And I just think that- I do wish I maybe when I was at uni had a job just so I had that extra experience, which meant that maybe I could have continued that job and not move back in with my parents that I would have been able to get my own place with the money I had. But at the same time, I think I needed to come back home because I just needed to get away from the hustle and bustle of uni and all that pressure. I think I just needed a break. I think I generally think I needed a break. I think I just needed a break because after we finished uni, some other events happened, and it was just a lot at once, and I think I just needed to slow down, just reflect and just have a think about things. And I think being at home with my parents, where they're kind of able to take care of me at the same time and stuff, more in the sense of I don't have to pay for a lot of things financial ways, and also they're there if I need support and stuff when job searching and everything, I think that was really valuable. So it did cost me my independence a little bit, but I think in the end, it's what it was supposed to be. That's how it was supposed to go, and I think that was really beneficial. So if you move back in with your parents after, you need just know it's not all bad. Unless you have maybe not a great relationship with your parents, then I would say just get a job while you're at uni, and then you can make that job full-

time and be able to find your own place. But if you have an alright relationship or good relationship with them, then just move back in because it really helps you take some of the pressure off financially, mentally and everything.

[00:20:42.910] - Cass

Yeah, definitely. I feel like we both had this moment when we graduated where we were like, okay so I just graduated uni and we have to find work, so does that mean that we're adulting now? And then balancing that with you moving back home, and then it was like all of these steps that you have to think about your future while also realising that a lot of things that you had at uni weren't meant to be, like some friendships or relationships and stuff like that and having to make difficult decisions on what career path you want to have and stuff. It was, like a lot, and I think a lot of people don't bring a lot of awareness to it. It's just like, oh you finish uni, you get a job, and then you find your career and blah, blah. But it's like, that's a big stage of your life where you are kind of cocooned in still being a student and being able to party and blah, blah, blah, and then maybe you're working while you're studying, but then when you take that big factor out of it, it's like what are you left with? And you're trying to cling on to what you know at that stage of your life. So all of these friendships, relationships, these habits that you had from while you were being a student. And I think that's why when I was doing my Master's as well, I struggled because I was like I'm at this stage where I should be adulting more, but I am in denial that I am growing up and have responsibilities outside of this.

[00:22:19.280] - Mags

Yeah, I think you don't realise how much your uni mentality and then your after-uni mentality changes. I think there's such a difference between your uni self and then your after-uni self because I just think you're- so after uni, you're in such a different stage in your life and such a complicated one, like I think one of the reasons your early twenties are so hard is because most people finish education, and then they're like, okay what's next? And I think it's actually an invitation for you to kind of experiment with different things because you're still young, you've just finished education, and I think this is a great time to just try different things and see what you like before like you're in you're like, I don't know, late twenties, early thirties, and you start settling down properly with a job that you've had for a few years and moving into your own place, maybe starting a family or whatever, you know what I mean? So I think it's really important to really take that break between finishing uni and starting something again because it just gives you time to just morph into the adult version of yourself and figure out what you want in life.

[00:23:36.280] - Cass

Yeah. Sometimes I feel like, oh I needed a break after we graduated, I shouldn't have gone into my Master's. But then if I hadn't gone into my Master's, I wouldn't have learned all of the things that I know. Not necessarily academically, but it's all of the personal development I've had. And then it was the- you know like you were saying, we come from a literature background, and I went directly into a media one, more factual one, and honestly, I don't think it was the thing for me. But like you said, I experimented with

it, and then if it wasn't for that, I wouldn't have left my previous job and be where I am now, where I'm actually in a radio station and I do marketing, I do media, I do a lot of things that I like, and I help a lot of people and stuff. So it's like you have to do a trial and error, and it's a lot of introspective work of knowing what to do. Because I remember, even you remember this, when we graduated, I was thinking of having two jobs apart from my other one, and I went into caring, and-

[00:24:51.100] - Mags

It really wasn't your thing.

[00:24:52.190] - Cass

It wasn't my thing. I feel like that's when you did your teaching assistant thing-

[00:24:57.170] - Mags

Yeah, we both weren't happy.

[00:24:58.530] - Cass

Yeah because it was the absolute drainage of energy, and it was like you have to find those things to know that that's not where you want to go. And even like you wanted to be a teacher before, and you tried it and you were like, actually-

[00:25:15.250] - Mags

This is what I mean. I think it's so important that after uni, you just try little things for like a couple of years, even to a few years just so you can find what you really like. And then once you've found what you really like, you can actually work towards it and settle because it just helps you find different things, and then you can introspect on each little thing you do, see how you feel about it, and if that's the thing for you but- and then afterwards, you can just be like, okay I choose this one out of all the options I've done, I can get ready to work on that goal and settle.

[00:25:50.420] - Cass

Yeah, I think as well while you're having that introspective look into what you want to do with your life, I feel like as well what helped us was having an accountability buddy because we're each other's accountability buddy. So after uni, what nobody tells you is that a lot of things will change in what you thought was your safety net. So groups of friends or relationships and stuff like that, and those might have been like your forever while you were at uni, and you might have thought oh- you might have thought, oh this is it, like these are my people and stuff. And then you'll wake up one day and it's like, actually we have to go different ways now. And in some ways, you might be like, what a frickety, frackaty fruit because you're just holding on to what you know. But if you filter out the wrong people, you might find

who the right people are for you. Those are the ones that are going to stick with you. And then from that, if they are the right people, they will know how to nurture you and how to like walk in the same path as you, even if they're doing something completely different, and then you just won't feel like you're adulating alone, basically.

[00:27:19.470] - Mags

And I think as well, I think you just have to be prepared that there is such a shift between uni and then into adulthood. So I think you have to be comfortable with change because what you had at uni might not necessarily perpetuate into your adult life. Like you know, like a lot of people say friends that you made at high school might not be friends for life, but I think it's especially adequate for uni life. Like, I think you just say- people usually say, oh you make uni friends- the friends you make at uni are for life, which for us is kind of true, but we didn't get close til after uni kind of thing, sort of end of uni and after uni. So we kind of went into that morphing and changing together. But a lot of people that you just meet at uni and stuff, you just find that they just don't have the same ambition as you or they don't have the same values and morals as you, and they might not be what you're looking for as you shift into your adult self.

[00:28:35.170] - Cass

Yeah.

[00:28:35.840] - Mags

I also wanted to ask you, sort of after you finish uni, obviously, I feel like because uni is so much in itself in terms of work and social life and just living- your lifestyle is completely different. How was your mental health going after uni?

[00:29:00.270] - Cass

I- Honestly, I think you know this because you were there when it happened, but we finished- we literally submitted our dissertations, and this was like March, April something like that-

[00:29:12.127] - Mags

I think it was April/May.

[00:29:12.190] - Cass

April, yeah. And then my birthday is in May, and that's when I started the caring job. And then I literally had an existential crisis for that whole year going into last year. I'm still trying to get out of it. So it's like, I was like, oh my God, I'm just turning 22. I'm finished with uni, and what am I doing? What is going on?

[00:29:41.770] - Mags

What's next?

[00:29:42.380] - Cass

Yeah, and it kind of dawns on you. There's something my mom always said even when I was a kid, which I'm probably sure it will resonate with a lot of people, where it's like everything changes, like nothing stays the same. And then I was scared and I was like, no mama I'm like- what you mean? And then I finished uni, and I just kept seeing all the changes and I was like, what is going on? And then obviously, that shifts so much in you, and it just- you're kind of at the loss of, I'm losing all of these friends. Am I going to lose my relationship because it's after uni? What if it was just a uni fling, and we don't last forever, and I have to find a job, and what if I don't want to find a job, and I want to go into further education? What if I don't get into my dream job? I'm in my twenties, does this mean that I have to get married and have kids and have a family and settle down? It's like all of these questions just come at you all at once.

[00:30:45.500] - Mags

Absolutely.

[00:30:46.050] - Cass

And then, especially for me because I was working at a care home, it really sunk into the fact that I was like I faced my mortality, and I was like, right so this is how it's going to happen. And I tried very hard to be very strategic about everything. And it wasn't until I think I was almost finished with my Master's where we had this talk of we actually have to surrender the power to the universe or whatever because this is out of our control. Like we can only control what we do, what we think and how we feel. We cannot control it from other people. And you just have to take it you know a second by second, minute by minute, a day by day, do you know what I mean? Like you know have to work it slowly. And that's the thing that I wish I would have told myself from the beginning of- after I finished the uni of, you don't need to have all of the answers right now. And especially, it's a bit hypocritical for me because I feel like I'm always the one that gives all of the advice, and then I don't follow it myself. But I just wish that I hadn't given myself all the pressure of wanting my life to be perfect after uni. And I didn't want to make this big thing out of my life because you know not to go too dark, but mortality is a thing. And then I was just like I'm just seeing that everything is crumbling down, I feel myself crumbling down. I don't know what to do. And all of that and being thrown into the unknown and all of that denial really is just took such an impact on my mental health. And I remember I would call you crying, like Maga what am I doing? And we would have like, this is why we always have, like at least one weekly call where it's just like an existential rant. It's like, what are we doing? What's happening? I was struggling with uni and employment and stuff and you were struggling with finding a job, and we were just like crying to each other, like what are we doing? But it's just nobody tells you that's a part of it. That's a part of your twenties.

[00:33:25.620] - Mags

And I think something I'd like to add is I think you don't realise how much you're in a bubble when you're at uni. I- like it's such a different world in itself that when you come out of it, it can feel really really challenging. It can feel very daunting and almost kind of startling- like it's such a shock. And I think that might be one of the reasons I, after uni, I just wanted to rest and have a break because I was like, there was just so much going on at uni, and I didn't realise how much in my own bubble I was, and obviously I was also losing people, and I just- I think I was just like, okay I just need a breather. I just need to breathe and just have a break and just kind of take life day by day because I don't think there's any point planning when you finish uni because unless you've got a very specific field you want to go into, like I don't know medicine is usually a good example, but I think as well, it's really important to just not do any planning because a lot of the times, those plans are not going to follow through. And then you're going to feel guilty about the fact that though you haven't followed through of your plans that you made for yourself. And it's better to just take it day by day and experience as I said before, just experience different things, and you'll eventually find your calling. But I really really do advise on taking that break after uni because it's such a different lifestyle moving into adulthood.

[00:35:14.760] - Cass

Yeah. And I think as well, with what you've said about the planning, I think and not only talking about personal experience, but I think as a general, when you try to plan, most of those plans are just pressurised on you from these stereotypes of what people think, society think that your twenties are about. So you're literally just planning on, okay what job am I going to have? When am I planning on getting married? When am I planning to get house? And you just are trying to plant this imaginary, perfect life that actually, like you said won't fall through.

[00:35:53.070] - Mags

Yeah because you're putting too much pressure on yourself to be perfect. And the thing is, there's no one is perfect. And if you say you are, then you're most likely imperfect.

[00:35:59.770] - Cass

Yeah.

[00:36:00.050] - Mags

Sorry to say.

[00:36:02.390] - Cass

Reality check!

[00:36:04.150] - Mags

Yeah for all of you, those out there that just think you're God's gift, you're not, whatever whoever it is you believe in, you're not. And that's fine because that's what makes us human at the end of the day you know. Because you are supposed to just try and fail at things. Because at the end of the day, it just makes you more resilient, and then you can just see for yourself what you like and what you don't like. That's what experience is all about is just finding your true calling and stuff.

[00:36:38.340] - Cass

Yeah, and you have to experiment and fail. Those are the stories that you'll tell when you're older. Anyway.

[00:36:47.010] - Mags

Well, I think we've-

[00:36:49.910] - Cass

Ranted a lot!

[00:36:51.410] - Mags

I think we've discussed everything there is to discuss.

[00:36:54.450] - Cass

And if you have any questions, suggestions or if you want to share with us your experience, you can always always tell us about it through our socials. Instagram is and so is TikTok-

[00:37:15.540] - Mags

No TikTok and Twitter just @acupofgrowth. And then Instagram is just @acupofgrowthpodcast.

[00:37:21.560] - Cass

Oh yeah, you can tell I still need my coffee!

[00:37:25.780] - Mags

And you can use the #AdultingsFavouriteDrink or #AdultingsFavDrink to share your thoughts and opinions and ask us any questions.

[00:37:36.610] - Cass

And check our website.

[00:37:40.850] - Mags

Yeah, for the- for blog posts.

[00:37:42.290] - Cass

For blog posts-

[00:37:44.460] - Mags

Transcripts and other little good things you can find on there. And don't forget to sign up to our newsletter, so you don't miss anything and get cheeky little updates.

[00:37:56.010] - Cass

Oh yes! Literally.

[00:37:56.900] - Mags

And we'll see you in the next one!

[00:37:59.520] - Cass

Okay, bye!