

### Learning Activity 1.1 Understanding why you are attending university

It is important that you examine your reasons for attending university and acknowledge your anxieties so you can start to move past them. Try responding to these questions to help you through the process.

Take a few minutes to reflect and think about why you decided to attend university. List three potential reasons.

1.

2.

3.

Do these reasons relate to what was written in the Chapter? How are they the same and how do they differ?

What are your two main anxieties about attending university?

1.

2.

What are some ways that you can start to address these anxieties?