

Learning Activity 1.2 Redefining success

Redefining what success means to you and finding ways to better balance your life are going to be important parts of managing yourself while you go through your university degree. Complete the following steps to reflect and take practical steps:

1. What does/will success mean to you?

Write down your current definition of success in 2-3 sentences.

Reflect on whether this definition is rigid or flexible. If it feels rigid, note down ways you could adjust it to make it more flexible.

For example, if your definition of success is achieving top marks in all your subjects, you might adjust it to focus on giving your best effort and maintaining a healthy balance between study and other aspects of life.

2. How might you pivot your understanding of success if you do not reach your goals?

Think of a time when something did not go as planned (e.g., a goal you did not achieve). Reflect on how you felt and how you responded.

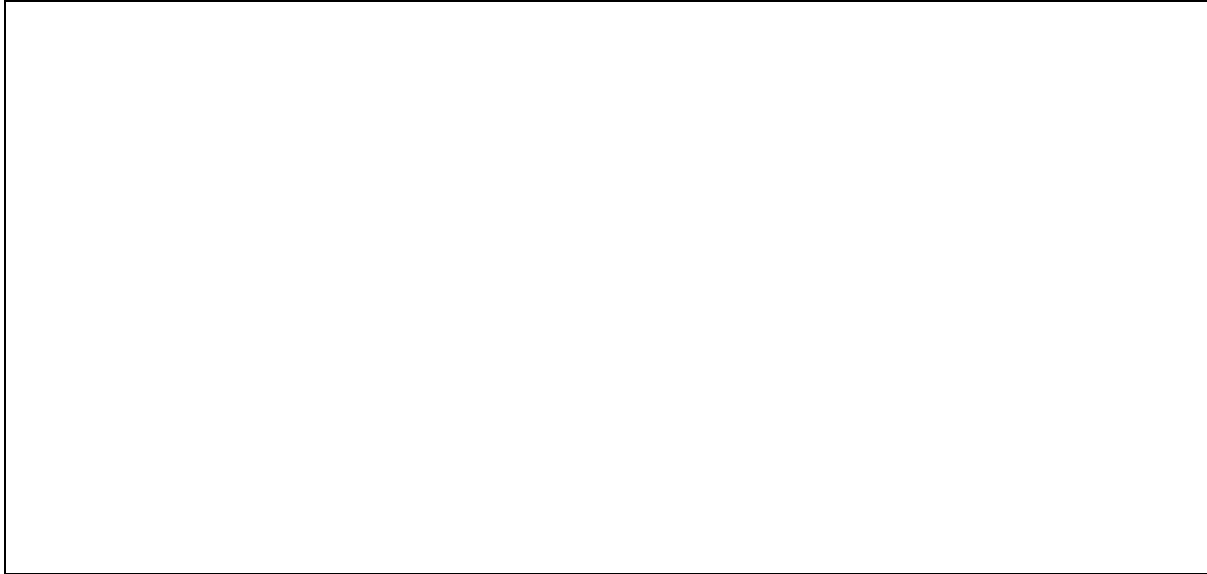
Now consider how you could approach a future situation where you do not meet a goal. Write down two alternative ways you could redefine success in that scenario.

3. What would be your 'third place' and what does it offer you?

A "third place" is a space outside of home, university or work, where you can unwind and connect with others.

If you already have a third place, reflect on what it offers you and how it helps you recharge.

If you do not have one, explore at least one potential third place, such as a park, café, library, or gym. After visiting, reflect on how it made you feel and whether it could support your sense of balance.

A large, empty rectangular box with a thin black border, intended for the student to write their reflection on their 'third place'.