Student Voices transcripts: Babett
Babett Interview 2020
Babett Interview 2019

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Academic Support 0:00
Welcome again. Babett, thank you so much for coming to talk again.

Babett 0:03
Yes, thank you so much for having me again, even if it's under different circumstances.

Academic Support 0:09
Indeed, so I saw you a year ago, about this time last year, what's happened in the last year?

Babett 0:14
Phew....I mean, I just completed my second year of my Public Relations bachelor at UAL's LCC campus. The last time we spoke, I was just about to start out on my very first job. I have moved on from that one and started freelancing now, so that is one big change. Another one is that we finally got a puppy as well. So I've been juggling having a puppy with doing University work and freelancing. And then of course, lockdown happened. That is, I think, the biggest change of them all, just because a lot of my plans that I had set out for the summer and for this term, were kind of squashed just because we had to adapt quite rapidly and quite drastically to the new circumstances. Tell me about lockdown.

Academic Support 0:57
Tell me what it was like from the beginning.

Babett 1:00
Yeah, so in the beginning lockdown, it crept up on all of us. So we were... especially some of my friends who are Chinese, kind of had an insight into how things were proceeding over there. And we were just kind of looking at things with this bewilderment and shock and wondering if it was going to get as bad as it is over there. So, a lot of my Chinese friends, for example, already started self-isolating way before the lockdown happened in what was, I think, end of February beginning of March, so they've been self-isolating for months, so I haven't really seen them in ages.

But for me personally, I think lockdown properly started once I finished my second term at UAL. So that was just before the Easter holidays. So up until then, I was able to visit classes very regularly and we had lectures and I was able to go onto campus. But during the Easter holidays, it was a UK wide shutdown. So, we were all self-isolating with my partner and my puppy and he was working from home. So, the first couple of weeks were literally just about trying to get used to this new way of working. Of course, it was holidays, but I was also supposed to get an internship for one of my assignments. So, I was just kind of trying to salvage that because I was supposed to complete one during the Easter holidays, but it ended up not happening. So, I kind of had to look for other things to do, other things to adapt to. And it's just kind of like getting started and getting used to not be able to really do anything except for in your own four walls and walk for, I don't know, once a day.

(2.35)
So, the first couple of weeks it was just about getting used to this new normal establishing a new routine, is because that is something that I've tried to do during my term at UAL, just kind of like getting some sort of structure into the way I work. But that was completely squashed with lockdown. So, I just kind of had to find a new routine a new way of working effectively. And then when University started, of course, it was completely different just as all the classes were moved online, so we only had seminars, synchronous seminars, live with our lecturers, and not actual lectures that those were either recorded or in some sort of like a transcript format, which was fine. But again, I think it just took a couple of weeks for all of us to get used to everything. And as soon as everybody kind of knew the routine, things were working pretty smoothly. So, I think as soon as we established some sort of routine, things got a lot better.

(3.20) A lot of my friends from university but also from other universities went home to their families. I mean, my partner and I made a very conscious choice of staying in London. But the way we communicated, so we kind of set up daily house party meetings, house party is this video conferencing app, you can just pop into other people's chat rooms, we basically made it a tradition to meet with each other virtually every single day, at around 7pm or 8pm, depending on the time zone. But the way we really tried to keep in touch with all of my colleagues and all of my friends was on the one hand to have this kind of informal way of talking. So, it was kind of like grabbing a beer with your friends at a pub or something you would just meet up and you would have a glass of wine and talk.

But on the other hand, professionally when University started again, we just kind of made an effort to keep a very open line of communication. So every single time like even though one of my units was called collaborative project and it was supposed to be a collaborative unit across different courses, but that was very difficult to execute during lockdown so what we kind of did to circumvent that is we focused a lot on calling each other up when we have an idea or just ideating first individually and then discussing our ideas together.

(4.30) So, this whole exchange of knowledge, even though it wasn't in the same setting, as it would have been if we were all at university. Just discussing things face to face, it was still very much doable, just because we could call up on each other and we would know because everybody was at home anyways, all the time, there was no kind of like fear of 'Oh, am I interrupting something?' or 'is there something else that they are doing? because quite frankly, there wasn't. Everybody was at home, everybody was in lockdown. So, on that hand, it made people and it made my friends very, very accessible in that regard. So every time I would want something or need something I would just give them a quick chat, like ask them if they're available and just give them a call. So in that regard, I've actually started communicating a lot more with my friends, even the ones who didn't live in London before but especially the ones who used to be here for my class and then moved, moved back to their home country for the time being.

Academic Support 5:17
What about the platforms that you're using at the moment, talk a bit about each.

Babett 5:21
So, everything at University at least is focused around Moodle, which is our online platform where it's kind of like the mothership of all information from university, and it just became even more important during lockdown. So that's where our lectures live. That's where the links to our live sessions with our professors live, which is happening on Blackboard Collaborate Ultra, which is another video conferencing platform which works considerably well, especially if it's with bigger groups of students. So, I guess those are two kind of like main functions, like Moodle is just so diverse in a sense of that you have forums, you have you have an individual page for each every unit that you have, so we have a lot of information and a lot of kind of guidance.

And we have to check in every week as well to just kind of give our course leader some sort of indication that we are still learning, we're still taking part in the course. So, I suppose those are the two main things that we that everybody uses. And one of my friends even got a grant for a new laptop because his laptop broke. So, he using the digital space at University, but he wasn't able to do that. So, in order for him to complete his work, he applied for a grant that UAL provided. So yeah, apart from that, just using my laptop, and Google Docs, I suppose when you're working together with friends, that's a good way to collaborate. But otherwise, literally everything kind of lives on Moodle and lives on this video platform that we all use at the same time.

Academic Support 6:33
Have you noticed any issues the people with connectivity or technology?

Babett 6:44
Ah yeah, I mean, I think it's kind of like when you have a FaceTime call and sometimes the other person you're talking to doesn't like, doesn't hear everything you say. I mean, yeah, there's been some connectivity issues, but most of them have been related to people not using Google Chrome, which is the most compatible browser for this video conferencing app that we use it UAL.

And yes, there's been some instances where students couldn't join. But then again, all sessions are recorded. So even if you can't join, you can rewatch them. And then always write your professors if you need any sort of information. So, I mean, I guess like, of course, it hasn't been without difficulties. But there's always some sort of way around that or some sort of solution to kind of get the personal connection with your professors and the personal guidance you need as a student.

Academic Support 7:25
Talk to me about time management.

Babett 7:32
So, at the very beginning of this year, which was way before locked down, I attended a couple of counselling sessions through UAL as well. And one of the things that I learned there was how to manage my time because I need structure in my life in order to be productive and be happy and just kind of go about with my days. So, I've kind of started outlining a timeline and just finding a kind of like a process of how to create my 'to do' lists and how to manage my time as well.

But, basically, how I do it now is that I set myself three-month goals, like I just did this last week. And then I sat down and I wrote them down and kind of just looked at each individual goal and thought, alright, what are the steps I can take in the next three months to achieve this goal. And from there, I just put it down in a very big long 'to do' list my overall three month to do lists and then I kind of break it down every individual week. So, I sit down every Monday and think about what things I can realistically achieve in that week. And then write them down in my weekly 'to do' lists and then I kind of do a day to day scheduler. Like today for example, I have an interview, so I won't be able to complete as many tasks as I can. I will just kind of schedule myself less things to do today.

For example, my last three months calls of course also included finishing my assignments to a very good standard. Kind of like doing a very advanced Gantt chart for every single thing you want to do. So that helped me personally. I know other people who do it completely differently. But I think it is just about bringing like a very basic idea of structure into your life.

So, it's just about kind of knowing what you want to do and knowing how to get there. And then just finding time and keeping to your own deadlines and things like that.

Academic Support 8:44
Presumably, some of the students have been struggling particularly if they're on their own?

Babett 8:47
If you're a student, especially if you're living alone, or if you're living in halls, I mean, on one hand, you have the support from your peers. So, I mean, ideally, if you're starting out, there will be some sort of kind of like community building and team building ways to get to know other people from your course and you're all in the same boat together. So, you're all going through the same experience, which is in itself already a very bonding kind of thing, especially if you're in year one. Like if you've already completed a year of university, I think your support system of your peers is a very, very big thing.

(9:21) But on another hand, you also have your course representative. If you have any problems or any difficulties with the course or with working online, they should, kind of, be the very first step to getting some help on a student level on a more informal level, because then they can kind of escalate that to your course leader or to other people at UAL. And on the other hand, of course, you have a course leader, so the person who was actually like responsible for your wellbeing. And the course they are very easily reachable.

(9:43) So basically, yeah, three levels of support for students, which is like your peer support, so you and your peer support each other. Then you have the course level where you have your course leader and your professors and your lecturers who can give you some help and guidance. And then you have university-wide well-being events ranging from actual counselling to just kind of like drop-in events or... like everything you could do offline before, you can now do online. So, even though it's a little bit of a change, because you do need your laptop and you do need internet but I suppose most of us have access to that, thankfully, so it's not that big of a change. Once you actually just embrace all of these new mediums.

Academic Support 10:17
Very interesting. Very well and succinctly put. Reflecting back, what are the advantages and what are the disadvantages learning online?

Babett 10.29
So, kind of if we break it down on a course level, there's kind of like three pillars of my course that we try to facilitate online and offline and they are collaboration, communication and creativity. Of course, some of these things have been more difficult to implement online, such as collaboration, because how are you going to collaborate with people when you're on your own when you're not necessarily together with other people? I mean, one of the big perks of UAL is this whole exchange of ideas when you're at Campus and then you meet these people from all of these different courses. So, it's of course a little bit more difficult to actually engage with those people. And facilities, like access to facilities is one of the big downfalls of this lockdown just because we don't have access to any of the UAL facilities, so starting from the library, to actual studios and or even just going into the campus and having an oat latte at the vegan café on the first floor. It's things that are not really possible anymore. So that's definitely been a downside.

(11:24)
On the other hand, things like creativity and communication have been fostered in the sense that we all need to communicate a lot more in order to get to the same place. So kind of like we had to learn new ways of communicating like this whole thing with working online which is probably going to be something that is here to stay, in a professional role as well, you just kind of like learn how to communicate on a different level as well and how to just kind of stay connected with people even though you don't see them.

(11:51)
And other things it's just that our professors have been a lot more communicative with us as well. So, there's been a lot more kind of weekly check ins and a lot more ways to kind of keep you updated on what is happening at university and in your course. So if we kind of look at it from a very like from my course at least, there has been some specific downfalls like the facilities but then there has also been some real gains in like in new ways of learning how to communicate because that is what public relations, my course, is kind of all about: how to build relationships and how to communicate with other people. And this is just a completely new setting that the whole world population has been thrusted into. So, we're kind of literally learning as we doing. So yeah.

Academic Support 12:27
And I suppose in that respect, you're at the forefront of learning?

Babett 12:31
Exactly yeah, I think a lot of professionals… I mean, I'm I've been connected through UAL again …we, the PR course has free access to PRC memberships, which is an institute for PR, in the United Kingdom. And they organise a lot of events. And I think what I've learned from being in contact with all of these actual PR professionals is that a lot of these things that we are learning now universities and like how do we set up a zoom meeting? How do we kind of I don't know check in with people, how do we complete our work from a home office setting? I think all of these things we can now kind of practice and do from the safety, of being in an academic setting and not having to actually perform at a professional level, because we're kind of like, again, learning by doing but we have space to learn and have space to kind of figure out how to do this.

Academic Support 13:15
Have you had any issues about managing technology that maybe you or other students have had?

Babett 13:22
I mean, for me personally, I've always, I guess, considered myself a tech savvy person. So, I haven't necessarily had that many difficulties with setting things up. And again, my partner's an engineer. So, every time I needed something to figure out, I've mainly asked him which again, just comes back to if you don't know something, just ask, even in your personal contacts with the university. But a couple of students who've had difficulties with for example, the Adobe Creative suite, but they just messaged me, as I'm my course's Course Representative. So, they just messaged me and then we got that figured out. So again, most of the technicalities have concerned bad internet connection, which again, isn't necessarily something that you could do something about from afar. But it all kind of figured out in the end, because you could either lower the quality or you could tweak your technicalities like a little bit for it to make it work. But no, I personally didn't have any, any problems with completing anything online, from the technical standpoint.

Academic Support 14:16
And can you talk a bit as you are a course rep what you see your role as being?

Babett 14:17
A course rep is basically a member of your course that is appointed to kind of represent your interests or the interests of your class. For example, like typical things you do is, you get feedback from students and then you have a meeting twice a year where you kind of update not only your course leader but also other UAL staff. You're there to be the voice of your cohort. So, basically, especially during lockdown of course, students have been very vocal, very worried and also very just very assertive and their need for information their need to resolve certain issues.

So, basically, just kind of like be this person where students can come with their problems. And I'm just trying to solve it in the most efficient and best way possible. And I think it's always easier if you have one person who kind of is knowledgeable about the issues of a lot of students versus every single student addressing maybe the same issue, but in 20 different ways. So, it's always kind of nice to have to sort of consolidated information versus everybody just going about their issues individually, because there's like strength in numbers, I suppose

(15:22)
But yeah, I mean, mainly my actual roles have just been assisting students trying to reassure them, trying to help them, trying to guide them to information that probably was already out there, but they maybe didn't know how to find or how to access. So, it's mainly just like this translating between a little bit of like, academic jargon and actual students' realities.

Academic Support 15:41
You mentioned about getting internships and jobs. I know that something that potential students are interested in so could you just talk a little bit about that?

Babett 15:51
Being at UAL has always kind of given me this advantage of being from an arts university and my employers that I've worked with have always kind of like valued me coming from UAL, especially in PR, you have this unique skill set of yes, you know about all the communication theory, but then you also know about more creative practices like I don't know Photoshop or photography, or like all of these other things that classical PRs might not have.

(16:14) So, I think UAL does that pretty well in equipping you with a unique skill set regarding of what course you study. So, that's always kind of like been a bonus even like even when I applied for internships, for example, for the summer. It's always been kind of like a very interesting point of conversation. But in general, I think it's become a little bit more difficult with lockdown. I personally had three internships planned. Two of them were 99% secure. One of them I was in the interview phase, and then all three of them got cancelled because of lockdown. But again, that is kind of just due to the very initial kind of like shock reaction of most companies. I personally think this is not something that will kind of like prevail, just might be a little bit different. Like I just kind of switched to doing a lot more freelance projects, for example right now, so it's just kind of about adapting. Now I have this whole summer where I was supposed to do an internship, but I can't do it anymore. So, I'm just going to do something that I like, and that is fun. But that would also further my career.

(17:06)
Like you also have this platform on the UAL website as well where people can advertise and then they specifically look for students there as well. I mean, there's just so many places to kind of find internships and find places to work at. But it doesn't even necessarily need to be internships, you could also just start out with a project at uni. I mean, that's kind of how I got my very first job that I did a project with somebody from UAL and then they introduced me to somebody that they were working with in real life. And that's kind of how I got my first like PR and operations job.

It's just all about finding out what you can kind of get from your university experience first and then you can maybe see of how you can apply it In real life, but I think the focus should always be on you learning not necessarily you getting this internship or working at that company, so it's mostly like an intrinsic motivation I suppose.

Academic Support 17:54
Anything else you can think of?

Babett 17:54
Maybe just like some words of encouragement. It might all seem very insecure and very bleak like a very odd situation to be in that I mean maybe you want to start university but you don't know if you can even go to campus and if you can't go to campus, or if you can't be present campus at all times then you think like what is even the point of going to university like. I think we're all in this collective state like being uprooted from everything that we've known but this is also a time to kind of consider and just like set your mind on things that actually make you happy and make you fulfilled and that might as well be at UAL, but that can also be I don't know, taking a year off and doing something else.

So, I think it's, it's about you can always see the negatives but it's also important to kind of like to try to find the positives that you can from this situation, and to just not be discouraged by the admittedly kind of bleak state that we live in right now just because most of the things are just temporary and life is going to move on.

And so, I guess it's just about in a very British manner, keep calm and carry on. So, I think that's my that's my kind of last words of prospective for prospective students.

Babett Interview 2019

Babett 0:00
My name is Babette and I'm currently studying Public Relations at University of the Arts, London. Before embarking on my journey, I was doing law, back in my home country, Austria. And I kind of just realised that it wasn't really the studies I wanted to pursue. Because I was working in communications and PR, alongside my studies. And then after two years, I decided I just wanted to actually pursue something I was passionate about, instead of just doing a degree I wasn't really interested in. So that's how I was looking for degrees in PR, and then I found the UAL degree and moved here.

Academic Support 0:32
Can you talk a little bit about that idea of changing and moving? What was it like? How did you make the decision? What were the factors?

Babett 0:39
Yeah, so while I was studying law, I just kind of, in the middle of it, actually, after the first term, I realised it wasn't something that I actually wanted to pursue. I didn't want to be a lawyer. I didn't really enjoy the course. But I just kept going because I thought, well, I mean, I already started so there's no point in starting something else. But after a while, I just realised that it doesn't really make any sense to pursue anything that you're not really curious or interested in. My partner already lived in London. So it was a bit easier for me to see that there's a possibility of actually studying abroad, moving away. So I had a support system here already, which made it a lot easier. For example, for other people who don't know anybody here yet. So, this summer I just started looking around, I actually applied through Clearing. So it was quite a snap decision that I made. But I just started looking around and I was actually first interested in advertising because I didn't even know the Public Relations course at UAL existed. But then through the website, and through the open days, I kind of found out about the course and then I looked at the course book and was just kind of fascinated and really excited by the prospect of studying something that I already knew I was interested in. So, it was a very easy decision for me to make after taking the first step and deciding, okay, I want to quit what I'm doing right now and I want to do something that I like.

Academic Support 1:52
And how did you prepare once you got on?

Babett 1:57
Yeah, I think something that is very important is to keep in mind that just because you're on one course that doesn't mean you can explore the full range of LCC or of my college. I wasn't really aware of the many possibilities they are to interact with students from other courses. And I think that added a lot to my personal development, just working and interacting with and collaborating with students from other degrees. So I think that was something I should have kind of looked into doing a bit more when I started at LCC. And the other point was to make use of all the facilities at UAL and at LCC especially, so there is the digital space, there's the library, there's a lot of workshops. I think, definitely one should make use of these facilities that are already there just to make it easier to ease into student life.

Academic Support 2:45
You talk about collaboration and you wish you...., how would you have gone about doing that?

Babett 2:50
Well, there's bulletin boards across all colleges, I think, so there's always people looking for people, I don't know, doing photography, doing communications, there's always possibilities out there to work with other people. For example, I took part in a zine project, a college-wide zine project. And I was working with students from different colleges and also different courses at LCC. So, just basically reading the email bulletins is also something that is really important just because there's a lot of useful information in there. Like I went to a magazine launch that was advertised in one of the monthly or weekly newsletters. And I got to exhibit at the gallery that this magazine launch took place just because I read the bulletin, went there and made contacts with people. So I think there's a lot of resources out there. It's just up to the students to also read them make use of them and then become proactive and do something about it.

Academic Support 3:39
I want to talk about the zine in a minute. How would you recommend to a student perhaps who feels that their English isn't as good as it could be networking and communication?

Babett 3:49
Yeah, I think it can be very hard and very daunting to speak and to communicate in a language that isn't your mother tongue. So I grew up in in Romania, for the first five years of my life, and then I moved to Austria, so I didn't know any German at all, which was horrible. And then I moved here and even though my English was quite good, I was still very reluctant to just approach people just because I was afraid my English wasn't good enough. But I think it's just about the practice. So, if you have somebody that you feel comfortable with, just talk with them just kind of talk about your fears as well. People will kind of put those fears into perspective. But I mean, if you're already at LCC, if you're already UAL, and you already made it so far, there's no reason for you to be shy about your abilities because just trust in yourself and try to be open and approach people. I mean, people will always talk to you. So there's nothing that can happen is just an internalised fear that you have to get rid of

Academic Support 4:41
And talk about the advantages of collaboration. Maybe you can talk about the zine as well.

Babett 4:46
So um, the zine was ... so it's supposed to serve as a resource for first year students next year. So it's six zines, four zines made by the six colleges, and the LCC zine was about community. So, basically, we were 15 students from all kinds of courses. I met a lot of people from other courses and make friends with those people as well. And then we just got together and had to independently create a zine, from scratch.

So, that was a very interesting experience. I didn't really consider myself with before, but it was something new that I could learn and, and also collaborating with other students, just kind of opened the doors for, for a lot of things I haven't really done before, but I realised I really enjoy. For example, I started illustrating or doing graphic design, because I had to illustrate my own pages for the zine. And then I realised I really enjoying this and I'm actually quite good at it. So, I just started getting into graphic design a lot more. So I think it just opens the doors to things you haven't really considered before, just because you're working with other people who are just concerned with totally different things in their daily life than you. So it kind of gets you out of your bubble and gets you into this mindset of exploring different things that are out there as well.

Academic Support 5:56
And what are the challenges of collaboration?

Babett 5:58
I think compromise is a big one, just because we were so many people. And in general, if you collaborate with other people, you just have to keep in mind that it's not just your ideas that are good. And it doesn't matter how amazing your idea seems to you, you also have to compromise with other people's views. So, I realised that during my studies as well in my course, because we have a lot of group work that we're graded on, and I think working in a group is always, on one hand harder, but also easier just because I mean, you share responsibility, your share your tasks, but you also have to compromise on your views and maybe learn how to articulate them in a way that kind of seems logical to other people. So, even though it might seem like an amazing idea in your brain, you kind of have to get it across to your teammates. And then also time management. I don't think we've managed to meet all together, more than one or two times, just because it was the sheer amount of people, but I think it's about being as proactive as you can and trying to put yourself out there. So, I think it's about finding a group dynamic that works for you.

Academic Support 7:00
You've mentioned about grading and assessment, what's your reflections on that?

Babett 7:04
Um, so there aren't any exams per se. So, you're graded on your work and on your essays. I enjoy that grading system a lot more because I learn by implementing my knowledge and find it to be very reassuring that I'm graded on work actually put out there and not just like my performance on one particular day. But I think an important thing to keep in mind is that there's assessments briefs and to read through these assessment briefs, because it doesn't really matter how good your work is, if it isn't, according to the criteria you're graded on, read through the assessment brief, and it will be there. So, even though it might seem a bit hard in the beginning, maybe you haven't written an essay before, or you haven't done, I don't know, a magazine or group work before. I mean, it's all in the assessment brief. So, it was very reassuring to kind of know that I always have a document a place to go back to if I'm, if I'm kind of lost on what I should focus on, with my work.

Academic Support 7:55

And what do you feel about criticism and about critique?

Babett 7:59
Regarding critique, I just think it's important to being open to it. So, to accept critique and to actually reflect upon things people tell you because I mean, that's how you evolve. If you're just always in your own head and think, oh, this is the right way, this is the only way I'm fine with how things are done. And then somebody tells you otherwise, it might be harder in the beginning to kind of do that switch and also start thinking about other opinions. But I think it's important to, listen to critique, and then also to implement it. If you thought about it, and you think it's right. But also to giving critique, I think it has to be done very delicately, in a sense, and it should be constructive criticism and not just criticism for criticism sake. So, we had this one kind of intervention in my group, because one person didn't feel like their opinion was heard. So, even though it seemed very awkward and we didn't really feel comfortable talking about it, we all had to sit together and kind of get through the awkwardness and then after we talked about it, and after we resolve this issue, it was just a lot easier to work together. So I would say, if you have something on your mind or if something is bugging you, you should speak up, or ...also with your work, I mean, if somebody criticises your work, it's usually not because they want to hurt you personally, it's just because they want you to improve, or they think you might improve by doing this and this. So you should be happy about receiving criticism, because that means people are actually interested in your work, and they're taking the time to look at it, think about it, and then give you feedback. So, I think criticism in regards to your work is the best thing that can happen to you.

Academic Support 9:26
And what about the communication that goes on within the group? There's a lot of diversity I imagine. What did that offer? What are the challenges that brings?

Babett 9:35
We're 36 people in the course, which is compared to 1600. So, I mean, that was I think the first thing that changed. We were a fairly small group, compared to the course that I did before. So, I think you ...you just really get the chance to... like to get to know each and every person on your course. And then to get to know, I don't know, their personality, their strengths or weaknesses. And of course, there might be people that you don't get along with that well. Like at least in my course, everybody gets along, everybody just tries to support each other and be there for each other.

So, I think the diversity of the group just leads to an exchange of ideas of really interesting discourses in different topics that we covered during our lectures. So I think it adds a lot to the conversation. And it can also add a lot to your own development. If you're kind of confronted with new ideas and your perspectives, you're kind of like forced to think outside of your own box. There are other opinions out there and you're not you're not necessarily able to, I don't know, change them or they might not be aligned with yours. But I think that's something you need to learn how to deal is just accepting and listening to and, and just experiencing other people's ideas and opinions.

Academic Support 13:17
Have you had any issues about managing technology that maybe you or other students have had?

Babett 14:00
With organising, for me, it just started out really writing a 'to do' list. I diligently try to keep a 'to do' list for every single subject I have for every project I do. For me, it is a lot clearer if I see it black on white, or on a screen. And then, even though it might be like a big task, if you break it down to smaller ones, it becomes less daunting and less scary to just kind of start. Because for me, the first step is always kind of the hardest. If I have to do an illustration for this one magazine, and then I think, oh my god, like, what am I going to do? How am I going to start? If I just break it down into smaller steps, brainstorm, come up with three ideas, pick up best idea, start with drawing... blah, blah, blah. If you break it down, and then you see well, it's not that hard after all. And I think you just have to prioritise as well. Two or three weeks ago, I was offered a job as head of PR of a magazine that was actually founded by two LCC students. And I met them through randomly going to an event that I was interested in and I just met the founders of these magazines, by chance, and then I go talking with them and they said, well, we're missing a PR person, I'm like, well, I'm a PR person. So, that's kind of how I got the job. And just juggling that with university became a bit hard. But you just have to kind of plan your day and try to bring structure into it.

Academic Support 15:05
And sometimes you have moments of crises, or you've got too much to do, or you simply have wasted today, doing nothing. What's your approach to dealing with those situations?

Babett 15:24
So I think just getting over them in a sense, so it doesn't really make any sense scrutinising yourself over having wasted a day because then you're just going to be stressed about not having done something. So that's what I used to do a lot. I think it was a very hard process to getting over this self-doubt and self scrutinising that, Oh, my God, I didn't do anything today. And then I was stressed about the whole next day. So I was so stressed. I didn't do anything the second day either. So it doesn't really help anybody. If you keep stressing about being stressed, just get going. That
is the first step to feeling better and feeling less stressed is getting started on your work. And regarding crises just to try to have a support system, either your friends or your family, or I don't know, somebody from Academic Support. So, I think it's always good to being able to talk with somebody about your problems. Also, being aware how important a community can be. So I think a lot of points in my life where I was feeling desperate, I didn't know what I was doing. I just think I didn't have a support system that I was willing to open up to. So, I think it's also this willingness to talk about your problems, because everybody has them. So, it's kind of like this one big lie that everybody is happy all the time. I mean, it's kind of impossible. It's about getting out there. ..and I mean, there's this group, the Mentally Chill Society at UAL...if you feel like pets and pizza, they have a pets and

pizza, once every couple of months. I mean, what things are better than cuddling dogs, like come on.

Babett 16:41
You just kind of have to find your own way, or your own, like the thing you're most comfortable with. So, I think talking about it. Also proactively doing something about it. For example, yesterday I was ... I knew I had to get...I don't know... this logo for a

friend of mine done. I was just lying in bed and I kind of like caught myself doing nothing And knowing I had to do something. And then instead of just thinking, oh, I'm just going to file this away and just continue watching YouTube videos, I actually stood up and I did it And I felt much better afterwards. But I think getting to this point of actually standing up and doing it instead of just ignoring it took me a long time.
Don't kill yourself over failing because everybody fails sometimes

Academic Support 17:18
You're absolutely right, it's actually taking action. But at the same time, sometimes when people do feel depressed or stressed or really upset, you can't take action. And that's the time when it might be an idea to actually talk to someone.

Academic Support 17:33
Yeah, definitely I think I had a brief phase back in Vienna where I was just not feeling like talking or doing anything. And then what actually got me out was having a person that was there that was really invested in my well-being as well. So I think just a strong support system is also very key because sometimes they know you better than you do. And even though you might think, oh, I don't need to do this, I don't need to talk about it, I think this kind of nudge from friends or from family or from a partner might be detrimental in the decision between, I don't know, just continue spiraling or maybe getting out of that unhealthy mindset.

Academic Support 18:08
Before we end, is there anything else?

Babett 18:10
I think that was just the main point, collaborating, and just being with other students and just kind of getting to know other students. And also making friends is like a big point and also that you don't have to, I don't know, you don't have to get along with everybody, and just to be yourself, and the rest is going to come naturally.

Academic Support 18:27
Sounds like you're having a good time.

Babett 18:29
Yeah. I'm really enjoying myself. Honestly, after being stuck in this two year stint of law, I think just coming to a place where everybody else is very motivated, and everybody else is striving for something. It's just a completely different environment. And I just think being with people that inspire me and also inspiring

other people, I mean, I think that's one of the things that made me the most happy. Yeah, I just think pursuing a career in communications at an arts university has been a big step.

But if it's something that you want to do, and if it's something that you feel passionate about, don't kind of make the mistake of thinking, oh I'm going to do this as a hobby or on the side, because you're always going to feel drawn to it. So why just not pursue it full time if you have the chance to do it?

Academic Support 19:12
Thank you very much.

Babett 19:13
Yeah, thank you so much for having me.