

Hiya! I'm Sienna, a 2nd year studying History. I think what I found most difficult about coming to Catz was adjusting to the work; I remember that it felt overwhelming to the point that I avoided doing work altogether. On top of that it can be daunting just settling in to college life; I was quite ill in my first year at Oxford and it definitely impinged on my confidence and being able to feel at home at university. Handling all the problems that come with settling in can be tough, especially when university is expected to be the best time of your life, and it can seem like everyone around you is having an amazing experience except you; not to mention that the unique workload and stresses of Oxford can exacerbate all these feelings.

However reaching out to the peer supporters is such a comforting way to find students supporting each other, a caring listening ear, and, crucially, that you're not alone. The lovely peer support network is so so helpful if you have any of these worries or indeed anything else; family troubles or long-distance relationships, any problem big or small. Peer support is all about having a safe space where you can talk about anything troubling you with a welcoming, nonjudgmental listener. Your feelings are always valid and you deserve to have a lovely time at Catz; although I struggled at times in 1st year, I am glad I came to Oxford, I've had some wonderful experiences and made some great friends.

Remember no problem is too small to share! Plus I always have an open door to talk about anything that might be troubling you, and have an endless supply of tea, hot chocolate, biscuits and snacks!