**Scenario: Balancing Academics, Social Life, and Personal Well-Being**

**Background:**

University students are struggling to maintain a balance between their academic responsibilities, personal well-being, and social lives. The semester is nearing midterms, and many students feel overwhelmed by the sheer volume of coursework, deadlines, and expectations from lecturers.

Outside of academics, students are trying to juggle part-time jobs, extracurricular activities, and personal relationships. However, stress is mounting, and it’s beginning to affect their mental and physical health, as well as their academic performance. Some students are starting to burn out, while others are feeling socially isolated and unsupported.

The university offers a range of services to help students succeed (e.g., academic advising, student clubs etc), but many students don’t know how to access these resources or are too busy to seek them out.

**The Problem:**

1. Academic Pressure:

Students report feeling an immense pressure to excel academically, particularly those who are on scholarships or aiming for competitive postgraduate programs. Many students stay up late working on assignments and spend their weekends studying for exams, sacrificing sleep and personal time. The pressure to perform well leads to high levels of stress and burnout.

1. Social Isolation:

Some students, particularly those who are new to the university, feel disconnected from their peers. They find it difficult to make friends or join social groups, especially when their schedules are packed with academic work. Feelings of loneliness and a lack of community are common complaints among students.

1. Work-Life Imbalance:

Many students also have part-time jobs to support themselves financially. Balancing work, school, and a personal life is becoming increasingly difficult, leading to physical exhaustion and emotional fatigue. Some students feel like they are always "on" and never have time to relax or take care of themselves.

1. Uncertainty about the Future:

Students are worried about what comes next. Whether it’s finding a job after graduation, getting into a good graduate school, or simply meeting family expectations, the fear of the unknown weighs heavily on their minds. This uncertainty contributes to their stress and anxiety.