

Being Well, Living Well

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Opinion based on blog post by Wilson, G. (2019) Can you set yourself free from perfectionism? Available online:

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Living Well

Module 1: Your student journey > Making yourself at home > Snacks in cupboard, music, poster in background.

Module 2: Study-life balance > Time management > Time management icon, designed by macrovector.

Module 2: Study-life balance > Why sleep matters > Flashcard icons, designed by macrovector.

Module 5: Eating well > Healthy food choices and money-saving tips > Various food items, designed by macrovector and freepik. Pizza, designed by iconicbestiary.

Module 6: Being active > Active lifestyles > Houses. Hoovering, household background, designed by pikisuperstar.

Module 6: Being active > Being active for mental and physical health > Flashcard icons, designed by macrovector.

Module 6: Being active > Being active in your university life > Tennis players, houses background, reception at gym. Wellbeing from exercise, exercise class, playing football, wheelchair basketball, trolley, supermarket food, cashpoint, people drinking, designed by Macrovector. Ironing, reding in the library designed by pikisuperstar. Crowd, designed by kjpgargetter. Bowling, designed by rawpixel.com.

Feeling Well

Module 1: Confidence, self-esteem and resilience > The importance of context > Bedroom. Nightclub bar, designed by macrovector.

Module 1: Confidence, self-esteem and resilience > Challenging NATs > Library bookcase, designed by macrovector.

Module 2: Am I good enough? > How does perfectionism affect your student life? > Uni building. Library bookcases, designed by macrovector.

Staying Safe

Module 2: Healthy relationships > Being a positive bystander > Restaurant exterior background, designed by macrovector.

Module 4: Alcohol > Shots, shots, shots, shots... > Brain icon. Bottles, designed by macrovector.

Module 3: Sexual health > Pregnancy > GP waiting room. Uni counsellor, pregnancy options provider, designed by macrovector. Health centre, designed by Photoroyalty.

Module 4: Alcohol > Cheers! Celebrations, conversations and precautions > Home dining, designed by macrovector.

Module 5: Drugs > Recreational drugs > Mobile phone, girl on phone, group of friends.

Spending Well

Landing page, welcome page > Guide dog, designed by macrovector.

Module 1: Financial awareness > How to save money at university > Little house, designed by macrovector. Piggy bank, designed by rawpixel.com.

Module 3: Living costs > Accommodation choices > Accommodation choices, designed by macrovector.

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