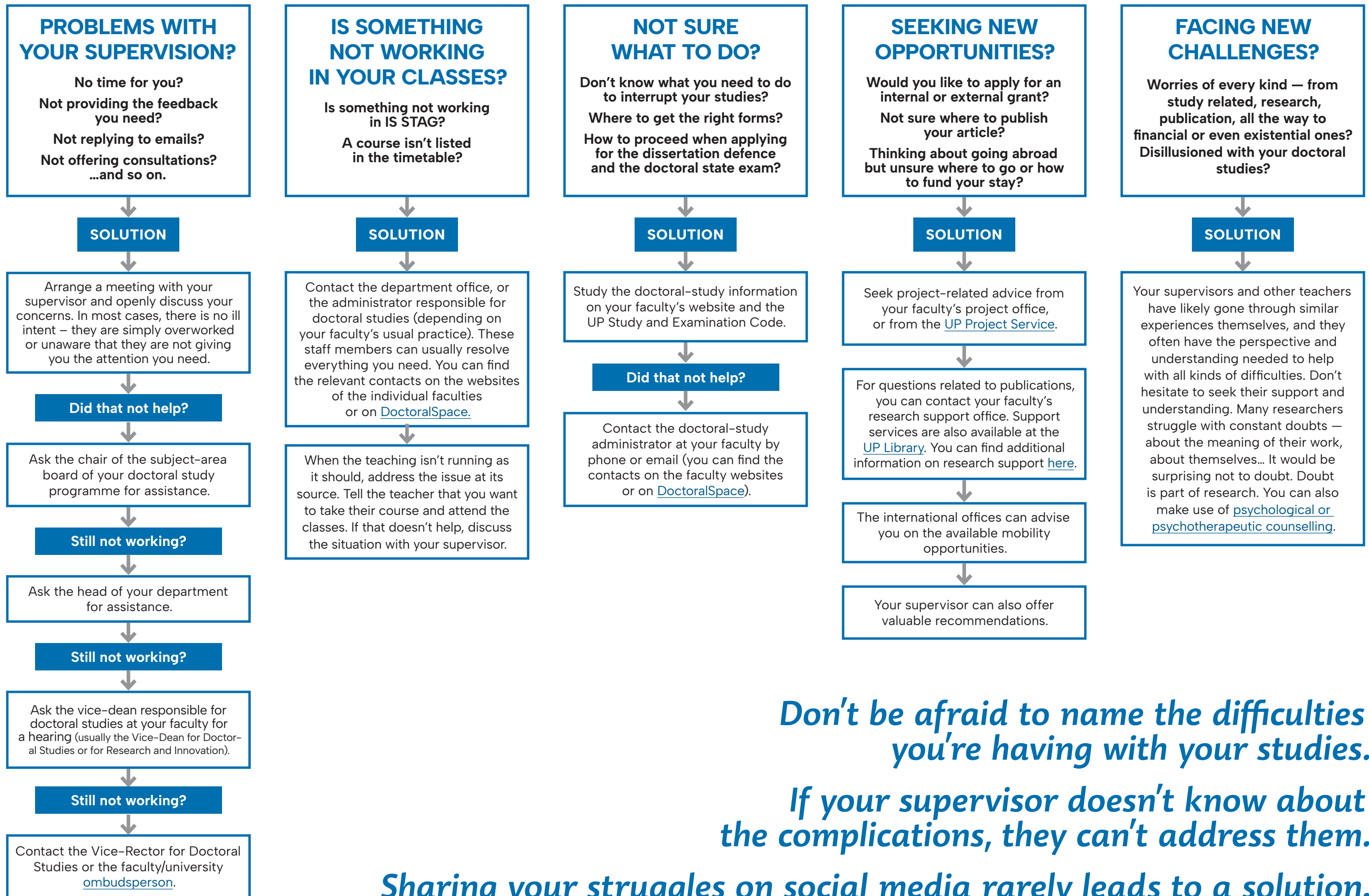


WHAT TO DO IF...



Don't be afraid to name the difficulties you're having with your studies.

If your supervisor doesn't know about the complications, they can't address them.

Sharing your struggles on social media rarely leads to a solution.