**Sifting through the pressures of a new era: A million things to do**

Hannah just arrived at a university in the UK/Canada to study for her graduate degree. This is her first time leaving her home country and she is feeling overwhelmed because she has a long list of tasks and activities to complete, including shopping for essentials, getting a mobile service, opening a bank account, and attending orientation. She is jet-lagged and not getting enough sleep and she feels 24hrs is insufficient to achieve her goals. In addition, she is worried about how to get part-time jobs for extra income in order to support her family back home. She also has anxiety about the workload of her courses, as she noticed the grading criteria and the format and frequency of assessments is quite different from her home country. She has always been an A+ student and is feeling pressured not to fall below her usual academic performances. Hannah wonders what her next steps should be and different questions occupy her mind. How can she navigate this new terrain? How can she effectively manage her time and excel in her academic studies? Who can she relay her concerns to and turn to for guidance?

**Possible case issues:**

* Settling into a new environment
* Navigating new terrains
* A different academic system

**Possible guiding questions**

* As an advisor, how would you respond to Hannah’s situation? How would you approach this relationship?
* How can you, as an advisor, offer support, while respecting and validating Hannahs own experiences and expectations
* Are there any specific strategies and resources you could offer?
* What can be done to make Hannah feel more relaxed about this transition?