

Meet Mae.



Mae is 20-years-old and of Chinese background. She is in her second year of university in the life sciences program. Along with increased pressures at school, Mae is experiencing competition with classmates and social anxiety with her friends and professors. Unable to concentrate on schoolwork or manage her time, she's put on probation by her school due to performance issues. This leads to a further increase in her stress levels and a worsening low mood.

Mae comes into the BounceBack program feeling down on herself and overwhelmed.

With the help of her coach, who provides her with support in Cantonese, Mae learns a number of practical skills to help her overcome her anxiety and low mood. She also gains knowledge to maintain good mental health to push forward with her education.

She learns how to:

- Set goals for herself and how to turn them into manageable and actionable tasks without being overwhelmed by them.
- Recognize and change any unhelpful thinking patterns when interacting with her colleagues, which has helped improve her connections at school as well as her self-esteem.
- Manage her fear of writing exams and overcome procrastination in getting started on her studies by using the planning tools outlined in the program.