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UNiDAYS

Final Year Feelings

Final year can be exciting – but it can also feel like standing on a cliff edge with no clear path forward. You’re doing your best to keep up with deadlines, while trying to answer big life questions that you may not feel ready for. That’s not a failure – it’s a totally human response to a time full of unknowns.

At **Carecoins**, we understand that final year isn’t just about essays and applications – it’s about identity, pressure, and all the quiet feelings that come with closing one chapter and not quite knowing how the next will begin. This guide is here to remind you: you’re not alone, you’re not behind, and you don’t need to have it all figured out right now. You just need some space to breathe, some support to lean on, and the right tools to help you through. Let’s take it one step at a time.

Why Final Year Can Feel So Heavy

By the time you reach final year, people assume you've "got it together." You've been at uni for a while, right? You should know what's next. But the truth is, final year can be one of the most emotionally challenging parts of student life - not because you're failing, but because you're juggling so much all at once.

Academic pressure, job hunting, drifting friendships, nostalgia, burnout, comparison - it's a lot. And it's totally normal if it's leaving you feeling stressed, lost, or overwhelmed.

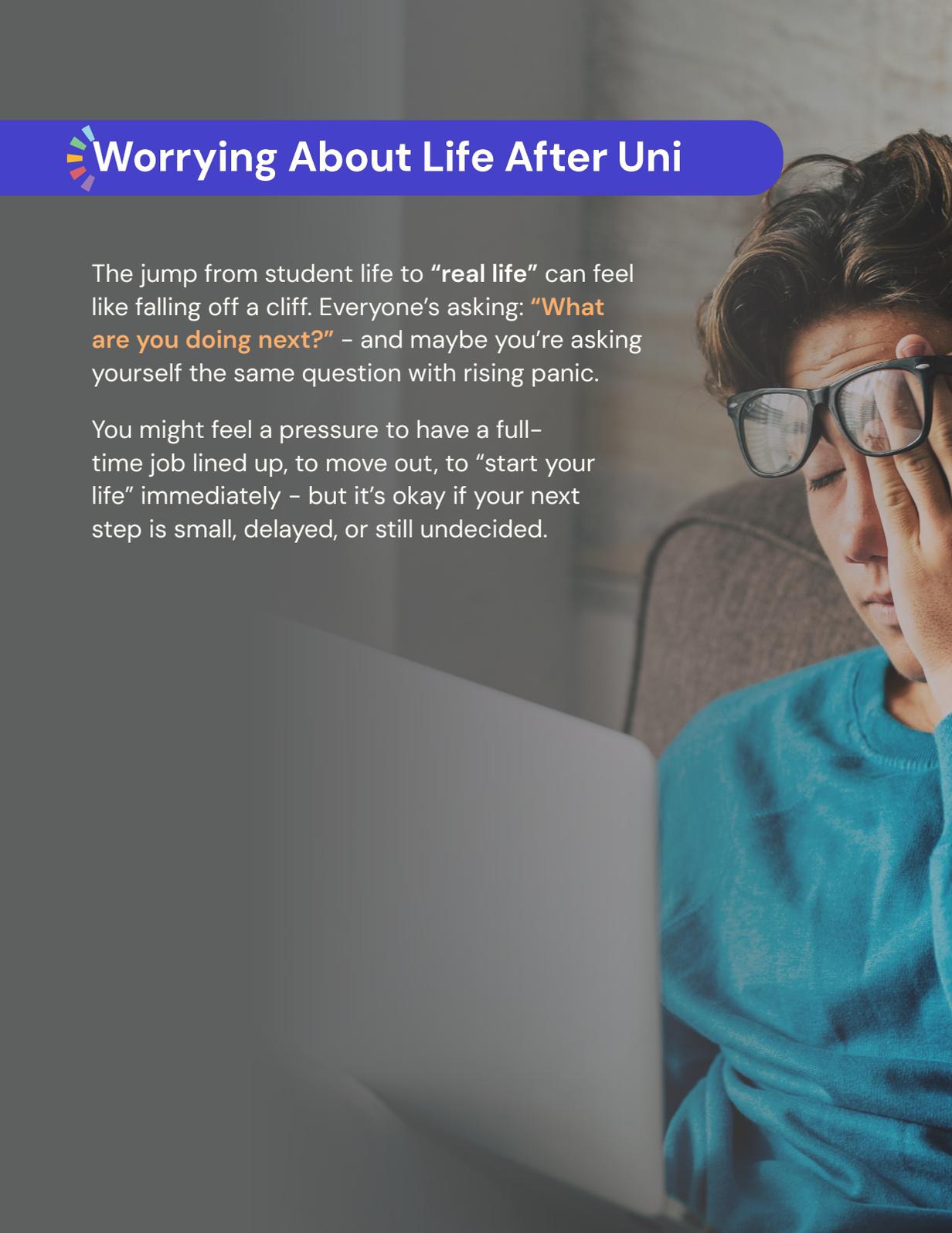
This guide is here to reassure you that:

You're not behind

You're allowed to feel unsure

You don't have to get everything perfect to be doing okay

Let's talk through some of the most common struggles final-year students face - and what you can do to look after your mental health through it all.



Worrying About Life After Uni

The jump from student life to “real life” can feel like falling off a cliff. Everyone’s asking: “**What are you doing next?**” – and maybe you’re asking yourself the same question with rising panic.

You might feel a pressure to have a full-time job lined up, to move out, to “start your life” immediately – but it’s okay if your next step is small, delayed, or still undecided.

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Things to keep in mind:

You don’t need to have a perfect plan

A direction is enough, and it doesn’t have to be an exact one either

You’re allowed to try different paths and change your mind

You have time

careers are built gradually, not overnight

“Success” looks different for everyone

And you get to define yours

The transition might feel big, but it doesn’t have to be rushed. There’s space to take it slow.

Job Search Stress vs Finishing Uni First

There's a tricky balance that final year students often face – being told to focus on graduating and to secure a job before you've even submitted your final assignment. It's no wonder you feel pulled in two directions.

While it's smart to explore what's next, it's also okay – and healthy – to prioritise finishing uni first.

Try this approach:

Set aside specific times for job stuff – and don't let it bleed into everything else

It's okay to not apply for 50 roles all at once – quality over quantity matters here

Remind yourself that your degree is the bridge to that job – and it needs your focus

A single job rejection doesn't mean you're not capable – the market is competitive and it's not personal

One step at a time. You can't cross two finish lines at once.

Comparison Culture: Who's "Ahead"?

It's natural to look around and compare yourself – especially when some friends are getting grad schemes, offers, or posting shiny LinkedIn updates. But remember: everyone's path is different, and we rarely see the full picture of what others are going through.

What helps:

- 👁️ Mute people on social media if their updates are triggering – it's not petty, it's self-care
- 🗣️ Talk openly with friends – you might be surprised how many of them are also winging it
- 🎯 Focus on your goals, your timeline, your values – not theirs
- 🕒 You're not "behind" for taking a different path or needing more time

No one's life is as sorted as it looks on Instagram. **We promise.**



Regret About “Missed Time”

Maybe you didn't go out much in first year. Maybe you didn't feel ready back then. Maybe you feel like you've been in survival mode and haven't had time to really “enjoy” university.

Now you're in final year, and it feels like you're trying to make up for lost time while juggling deadlines – and that's exhausting.

Here's what to know:

- ☞ It's never “too late” to try something new or have a new experience, many people have some of their best memories from their final year of uni
- ☞ One meaningful night, conversation, or friendship is more than enough
- ☞ You don't need to cram fun in like it's coursework – let joy happen naturally
- ☞ FOMO often comes from fear – not fact. You're just living it differently, and that's okay

What matters is how you feel in the time you have left – not how much you squeeze into it.



When Friends Start to Drift



Final year can be an emotional rollercoaster. Some friends might have graduated earlier than you. Others might be busy, distant, or planning moves to new cities. It's easy to feel like your social circle is shrinking – and to wonder if it's “too late” to meet new people.

The truth is, you can still build meaningful friendships – even now.

Ways to stay connected (or create new connections):

- 🔦 **Reconnect with people you liked in earlier years** – a message is all it takes
- 🔦 **Go to smaller events or society meet-ups** – people in final year are also looking to connect, it's not too late to join something new
- 🔦 **Be open** – some of your most valuable friendships might still be ahead of you
- 🔦 **Accept that some friendships may fade** – but that doesn't take away from their value

Friendships aren't just about how long they last – **they're about how they made you feel.**

Balancing Work and a Social Life

(Yes, You Still Deserve One)

Final year often feels like it demands everything from you – every hour, every brain cell, every bit of energy. But if you focus only on uni, it can become isolating and draining. You still deserve joy, rest, and connection.

And no, you don't have to "earn" your social time by hitting a productivity target first.



What helps:

- ☞ Make space for low-pressure fun – film nights, walks, group cooking, whatever lifts you
- ☞ Block out time for friends just like you would for an assignment – both are important
- ☞ Let go of guilt – spending time with people you care about is part of self-care, not a distraction
- ☞ Be honest with yourself – what do you need this week: rest, study, fun, or all three?

Final year is not just about the work you do – it's about the memories you get to carry with you.

Other Things Final Year Students Might Be Feeling

Final year brings a lot of unspoken pressure – and not all of it is about assignments or job applications. If you're feeling a bit off in ways you can't quite put your finger on, you're not alone. Some of the trickier parts of this year are the ones people don't always talk about – so let's talk about them.

Feeling lost without your usual structure

After years of timetables, deadlines, and clear next steps, it's scary to imagine a future where the path isn't mapped out for you. That lack of structure can make things feel directionless or overwhelming.

What might help:

- 🌀 Start thinking about routines that feel good – not just productive
- 🌀 Use planners or calendars to gently build new structure into your life
- 🌀 Remember: freedom is unsettling because it's new, not because you're doing it wrong

Feeling like everyone else has a plan (and you don't)

It's hard to feel hopeful when everyone around you seems to have it all figured out. But most people are figuring things out behind the scenes – they're just not saying it out loud.

What might help:

- 🌀 Limit time spent on LinkedIn or overly polished "success" content
- 🌀 Talk to people you trust – you'll realise how common this feeling is
- 🌀 Focus on building your own next step, not your forever plan

Pressure from family expectations

Whether it's pressure to get a "serious" job, move back home, or become financially independent straight away, family expectations can add another layer of stress – especially if your own dreams look different.

What might help:

- 🌀 Have open (and honest) conversations where you can – explain your pace and your plan
- 🌀 Remind yourself that you are allowed to make decisions based on your wellbeing
- 🌀 Set boundaries if needed – even if it's uncomfortable, your mental health matters

Emotional exhaustion or burnout

Final year can feel like a marathon with no finish line – long hours, back-to-back deadlines, minimal rest. You might feel numb, on edge, or like you’re running on empty.

What might help:

- ☞ Rest without guilt – this isn’t “laziness,” it’s maintenance
- ☞ Build in short, non-academic breaks to reset your brain
- ☞ Talk to your tutors if it’s affecting your work – you don’t have to suffer in silence

Worries about moving back home

You’ve changed a lot during your time at uni – and the idea of going “back” to your hometown or old dynamics can bring up anxiety. It might feel like a step backwards, or like you won’t belong there anymore.

What might help:

- ☞ Reframe it as a pause, not a setback – home can be a springboard, not a regression
- ☞ Make small plans for independence or change, even while living at home
- ☞ Set expectations early with family if you need different boundaries than before

However you’re feeling – confused, burnt out, a bit heartbroken about it all – that’s okay. Final year is a weird, emotional mix of endings, beginnings, pressure, and possibility. You’re not broken for struggling with it.





Where to Get Support

Whatever you're facing – whether it's something overwhelming or just a quiet feeling that something's off – you don't have to go through it alone. Support is there for you, no matter how big or small things might feel. Reaching out doesn't mean you're failing – in fact, it takes a lot of strength to say, "I'm not okay right now." Your mental health matters just as much as your grades, your goals, or anything else you're juggling and you're allowed to put yourself first. There are people ready to listen and help when you're ready:



On Campus:

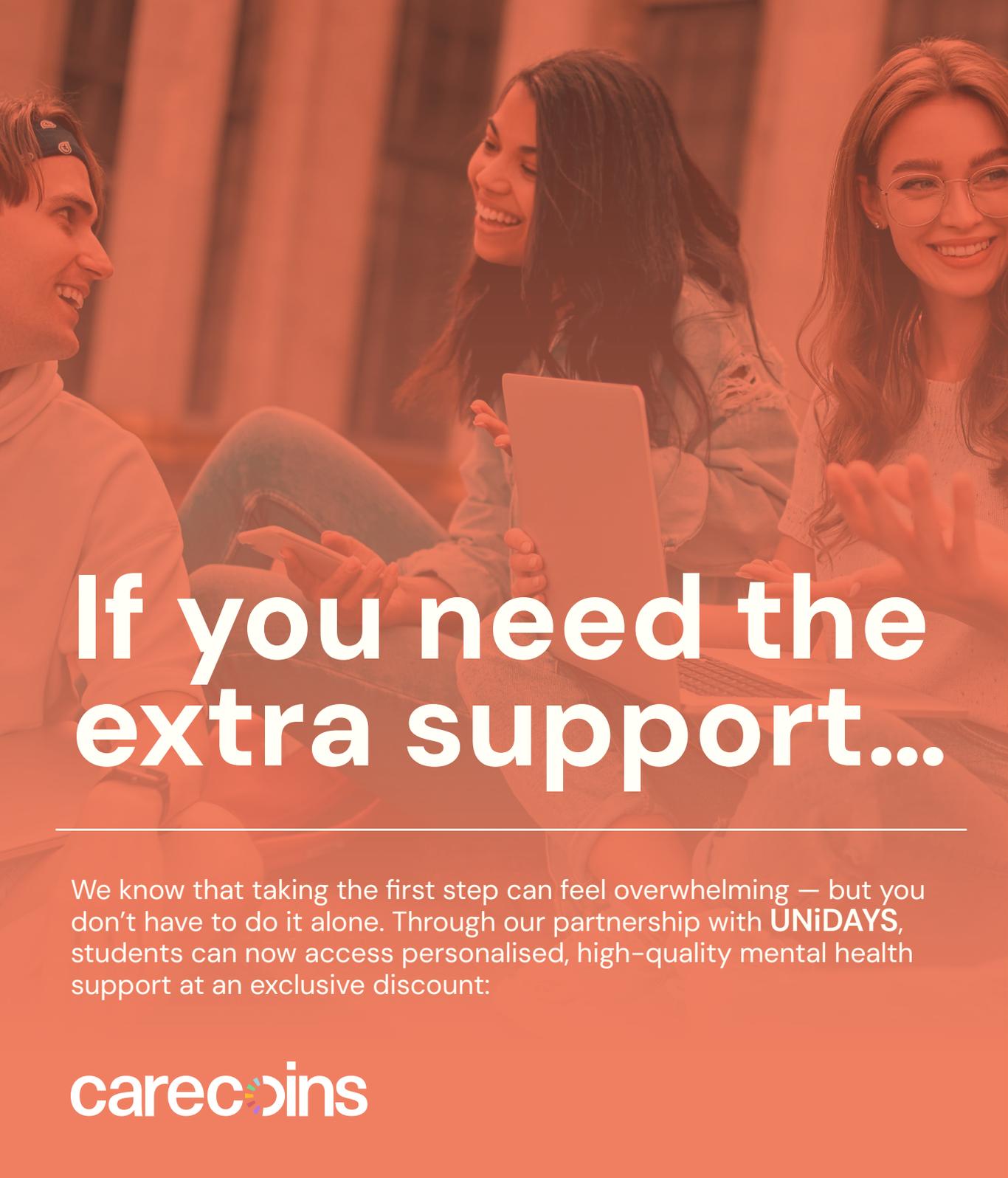
- 🕒 **University counselling services** (waiting lists can be long — reach out early)
- 🕒 **Student union or welfare officers**
- 🕒 **Personal tutors and academic advisors**
- 🕒 **Peer support groups**

External Resources:

- 🕒 **Student Minds:** studentminds.org.uk
- 🕒 **Mind:** mind.org.uk
- 🕒 **Papyrus:** For suicide prevention in young people papyrus-uk.org
- 🕒 **Samaritans:** Call 116 123 anytime, for free

Self-Help Tools:

- 🕒 **Apps:** Headspace, Calm, MoodTools, Student Health
- 🕒 **Togetherall:** A peer support community available to many students
- 🕒 **Podcasts:** “The Mindful Student”
“Happy Place”
- 🕒 **Speak to friends and family**



If you need the extra support...

We know that taking the first step can feel overwhelming — but you don't have to do it alone. Through our partnership with **UNiDAYS**, students can now access personalised, high-quality mental health support at an exclusive discount:

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40% off your first 3 Carecoins –
Covering your initial consultation and first hour of therapy

20% off all future sessions —
Because support should be sustainable

Whether you're struggling with stress, feeling stuck, or just need someone to talk to, our carefully matched therapists are here to help you feel heard, supported, and empowered — every step of the way.

Learn more or book your session now at:

t: **0300 002 0061**

e: **care@carecoins.co.uk**

Because **your wellbeing** is worth investing in — and we're here **when you're ready**.