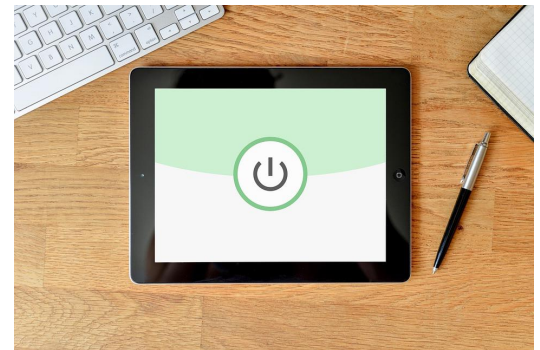


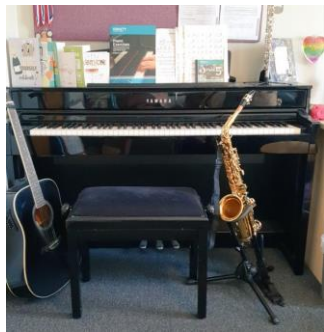
A Young Person's Experience: Learning and Mental Health

Diana
Omokore



- Introduction
- Timeline
- Future plans
- School experiences
- Support I received for my mental health
- My routine
- Coping with remote learning





BSci Medical
Science



MD Graduate
Medicine

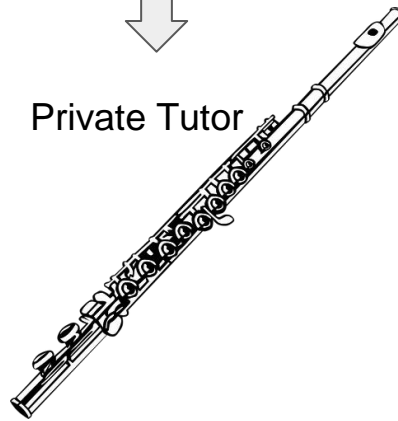
Diana

Childline



Children's
Residential

Private Tutor



My Journey

Age 10



Age 18

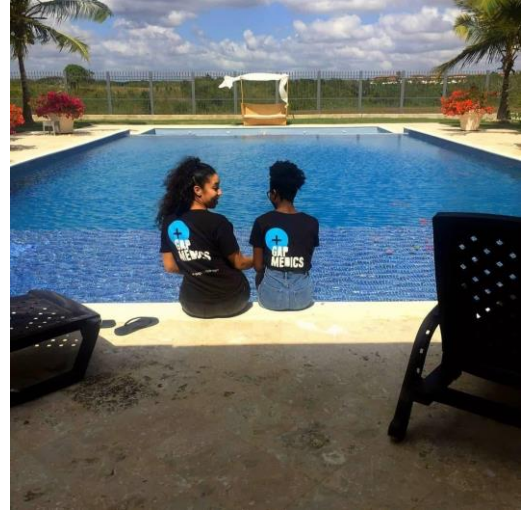
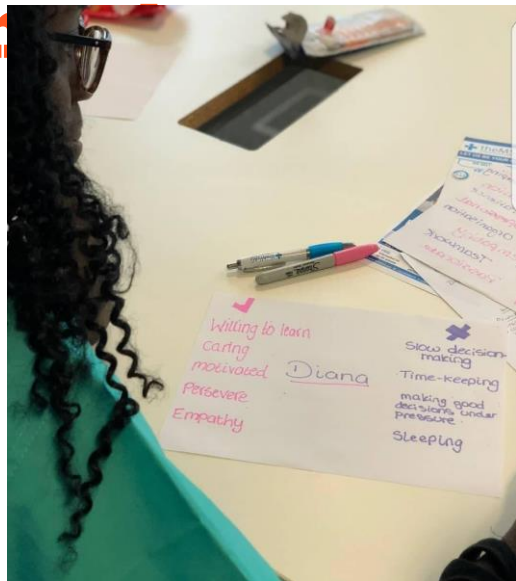


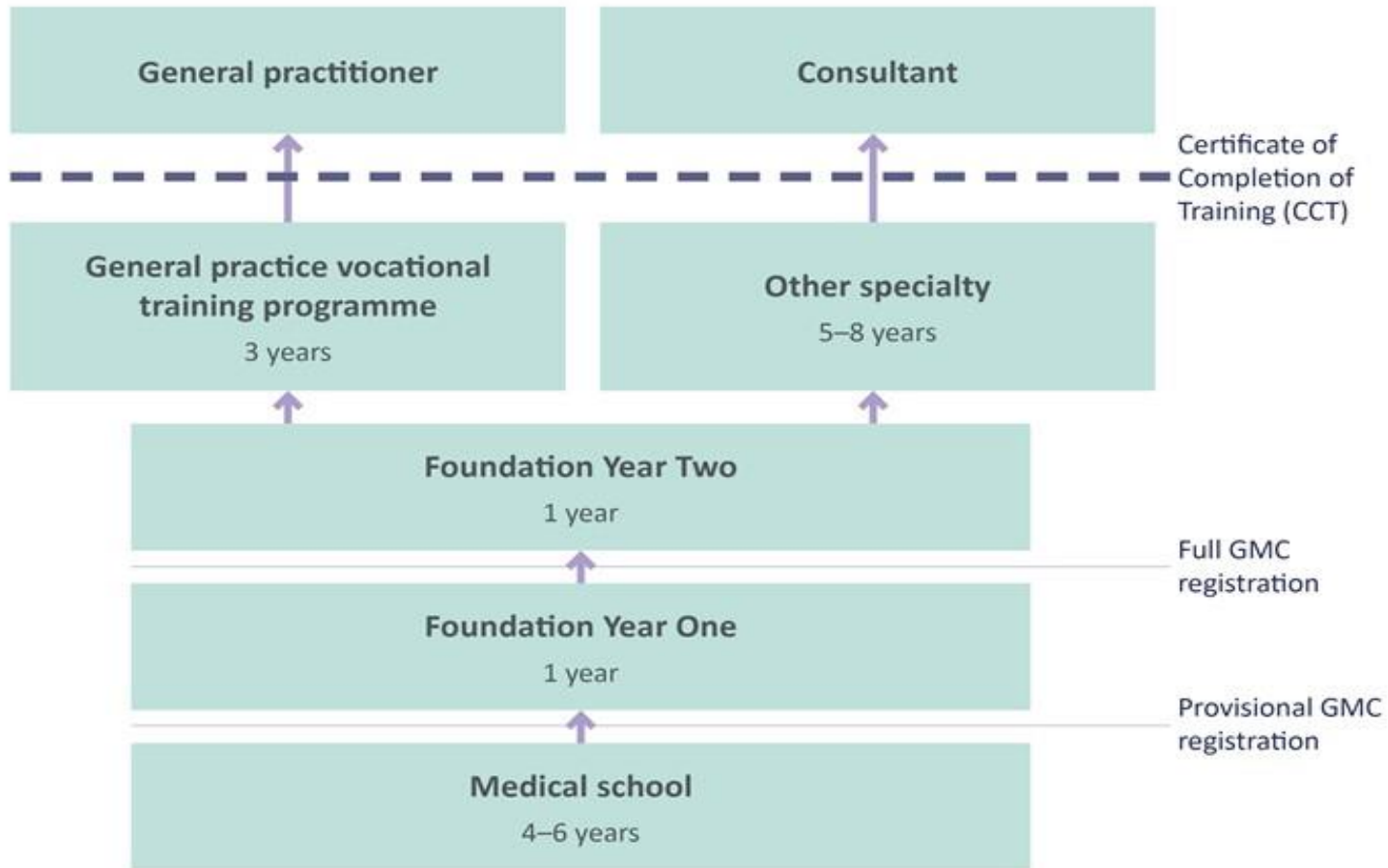
Age 14



Age 21

Placem





Festival of Learning Awards 2019



Blog Post about my experiences at university during lockdown

<https://www.letstalkyouth.co.uk/post/student-mental-health>

Education

GCSE - 6 A*-A, 4 B's 1 C grades

Sixth Form

- A level Biology, Mathematics, Chemistry, Physics
- Predicted grades: A, A, B, C
- Achieved grades: N/A

Repeated first year at a new college...

- A level Biology, Chemistry, Mathematics and Work Experience
- Predicted grades: A, B, C
- Achieved grades: D, E, C
- Pastoral support
- CAMHS

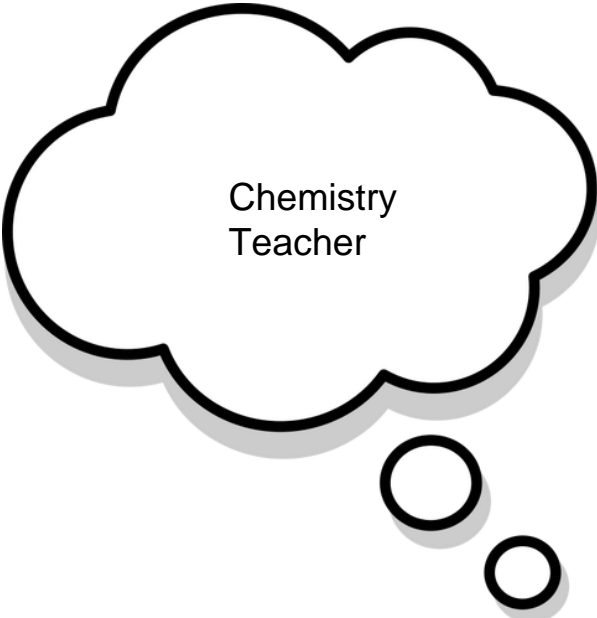
University

- 1st Year - 2:1
- 2nd Year - 2:1
- 3rd Year - 2.1 (Predicted)
- University care Leaver support/wellbeing team
- Graduate Medicine Offer

“I was scared of exam failure” and wanted to give up. My school achievements had been the only thing that I could control whilst having no control over what I was experiencing at home. I felt alone.

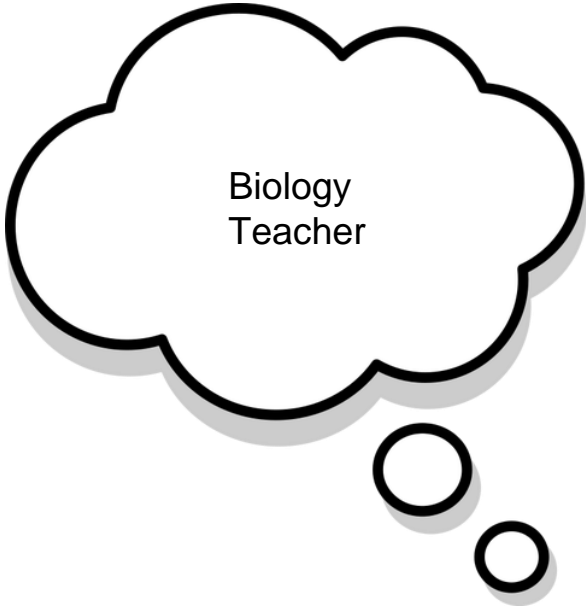


A Levels



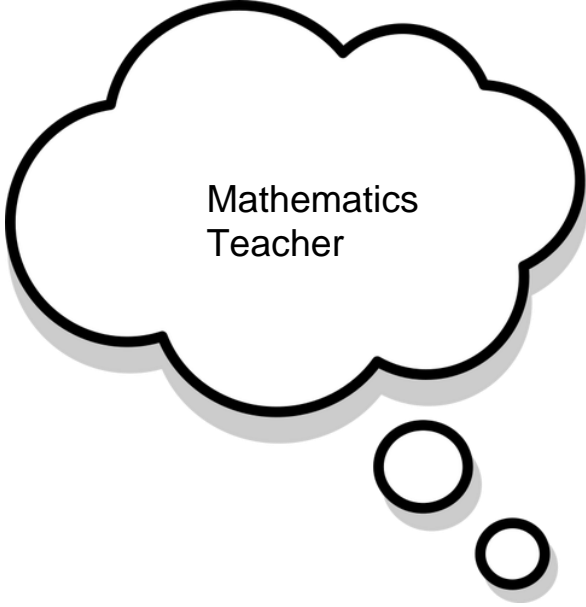
Chemistry
Teacher

A thought bubble with a thick black outline and a light gray drop shadow. It contains the text "Chemistry Teacher". Two smaller circles of the same style are connected to the bottom of the bubble.



Biology
Teacher

A thought bubble with a thick black outline and a light gray drop shadow. It contains the text "Biology Teacher". Two smaller circles of the same style are connected to the bottom of the bubble.



Mathematics
Teacher

A thought bubble with a thick black outline and a light gray drop shadow. It contains the text "Mathematics Teacher". Two smaller circles of the same style are connected to the bottom of the bubble.

Support

- Kooth
- CAMHS
- CMHT
- Message Boards
- University

Friends

Social Worker

University Choir

Cousins

Dance

Foster Carers

Support Network



Volunteering



University Societies and activities



My pet hamster! (Honey)

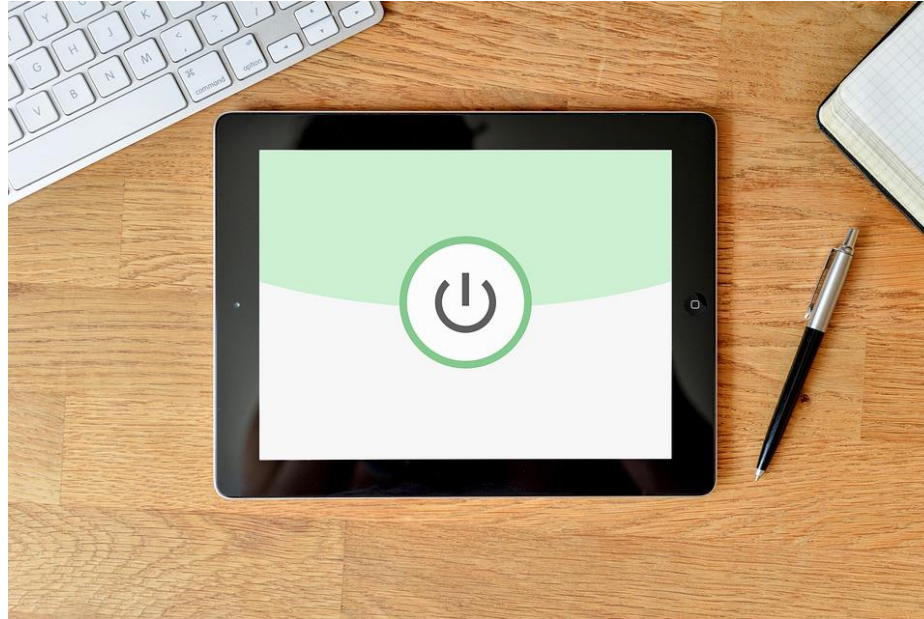


My Routine

Time	Schedule
07:00	Wake up, shower and brush teeth, breakfast
07:30	Yoga
08:00	Clean workspace and study
11:00	Short walk to get fresh air
12:30	Lunch then study
15:30	Instruments and ballet
16:30	French
17:00	Dinner and free time
20:30	Down time, movies, youtube videos
23:00	Bed

Remote Learning at University

Lectures



Seminars

Supervisions

Practicals

Socials



Diana-Rose Omokore



@DianaOmokore

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Thank you for listening!

