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ISSUES 3

Kathy: Oh no, not really.

Xiaoli: Maybe you should get something for it. Don't worry Kathy, you'll be fine.

Kathy: Yeah I'm okay thanks. I'll see you later.

Xiaoli: Okay, bye.

Guy on street: Slag. Yo sweetheart let me show you how a real man does-

Other guy: What is funny about that?

Amjit's dealer: Where's the rest of it?

Amjit: I'll get some more next time.

Guy on street: Slag. Yo sweetheart let me show you how a real man does-

Lecturer: Xiaoli, are you with us today? Are you feeling all right?

Xiaoli: Professor I need to go home please and it's just some personal issues, sorry about that.

Lecturer: Do you know you can speak to me.

Xiaoli: It's okay.

Counsellor: Oh hi Kathy come on in take a seat my name's Kim, nice to meet you. So what course did you say you were studying?

Kathy: Criminology.

Counsellor: Oh wow okay so like CSS?

Kathy: Yeah exactly like CSS.

Counsellor: Wow, that must be really interesting.

Kathy: It is yeah, I'm just finding it difficult to keep up with my classmates.

Counsellor: Okay, sure. So is it that you're finding it difficult to kind of focus on your work and studies?

Kathy: It's yeah it's like I get distracted by stuff easily, like CSS.

Counsellor: Yeah that's that's easily done and Uni can be so overwhelming but what it sounds like we need to do is kind of give you a routine that you can build, like a healthy routine, get into some good habits you know to help you focus on your studies. For example exercise is a really good one.

Kathy: I've got a gym pass I just don't really use it that much.

Counsellor: Okay yeah I mean if you can, it's really good to use just because it really helps kind of lift your mood and boost you know energy and give you those endorphins, yeah.

Kathy: I definitely need that.

Counsellor: Okay good well you know what, you can always get a friend to go with you like a gym buddy. I mean that's what I do, it's so much easier keeps motivated way more fun to go with somebody that you actually know about on your own and kind of gives you like tasks to complete gets you going you know. Yeah so so how about how's your diet?

Kathy: I don't really eat that much, I don't get hungry.

Counsellor: Okay yeah sure, well I mean if you do end up going to do some exercise if you can then I promise you your appetite will come back but you just need to remember that you need to like make sure you feed yourself really nutritionally dense foods like you know especially foods that can fuel your brain you know your mind for your studies but also your body to go through the exercise so five a day, include that, you know you are what you eat.

Kathy: I guess that makes Amjit a doughnut.

Counsellor: Is Amjit your friend?

Kathy: Oh no, no he's just a housemate.

Counsellor: Oh cool okay yeah well you know maybe he can be your gym buddy.

Kathy: No no, we we don't get on.

Counsellor: Oh okay sure well you never know if he sees you eating you know all the good foods and making those fresh smoothies he might change his ways, and how about the rest of your housemates?

Kathy: Well there's Xiaoli, she's great.

Counsellor: Oh good, okay. Well I suppose an idea might be that you kind of maybe have a housemate dinner, right, you can cook together you can try foods from different cultures it's just a lot more fun cooking with a group, you can bond that way you know and also it's a lot healthier and cheaper than ordering in a take away or fast food. Yeah okay so what about alcohol, drugs?

Kathy: I don't do drugs but I do drink a bit.

Counsellor: Yeah, sure no that's that's really the norm. Especially at Uni, social life all that kind of stuff. When it gets kind of difficult is when you sort of wake up with a huge hangover, really bad headache, can't really remember what happened the night before or what was said and you sort of left with that worried kind of negative feeling and then you can't concentrate on your studies. Not to mention potentially losing some of those healthy brain cells that you need to focus on your work yeah yeah. What about your housemates, do they drink as well?

Kathy: Xiaoli is an angel and just focuses on work and Amjit doesn't drink but he just he just gets a way of being a psycho it's really frustrating.

Amjit: It's just for shopping Apu. I had a lot of stuff to buy this month but don't worry I'll sort it.

Apu: You better, you better sort it out. I am I need to go now and finish your study soon.

Amjit: Yes Apu, okay yes.

Kathy: Sleeping pills! Apparently they give you constipation, so I've got laxatives too.

Xiaoli: That can't be good for you no oh.

Kathy: it's better than waking up with some weirdo in your bed.

Xiaoli: Very true. So how was the session with the counsellor?

Kathy: Yeah okay actually, um she's really nice, said that I can talk to her anytime, she actually gave me some things to think about.

Xiaoli: Oh great!

Kathy: Yeah. How's your day?

Xiaoli: I've had a horrible day, I bumped into that idiot Guy and they called me a slag... what else is he saying? All of his friends were laughing do you think Guy say something about me?

Kathy: Look don't listen to them idiots.

Xiaoli: I just want to get on with my coursework why guys are so mean?

Kathy: Look don't worry I'll give him a slap and teach him a lesson okay.
CSS?

Xiaoli: Good, let's go!