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UNDERSTANDING STUDENT STRESS:

A Qualitative Study of the Stress Experienced by Third Level Students.

VOLUME 2

BY

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Submitted to National University of Ireland in fulfillment of Ph.d. Degree, July, 1998.

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Appendix 13 27 Coded Transcripts

Coding System

- Codings by both raters is on the left hand side of each transcript.
- Agreed Key statements are in bold print.
- Individual raters (non-agreed) key statements are underlined.
- Interviewer (D or H) and interviewee are indicated by the appropriate letters on the left hand side of the transcripts throughout.
- The number of each transcript is indicated at the top of each page.

Words not understood due to poor quality of recording are indicated in the text by " xxxxxxx".

Transcript	*Transcript*	*Transcript*
1	*10*	*19*
2	*11*	*20*
3	*12*	*21*
4	*13*	*22*
5	*14*	*23*
6	*15*	*24*
7	*16*	*25*
8	*17*	*26*
9	*18*	*27*

D okay

P or you say, okay, you might write out code for one section of

2/2 programming and you say I'm going **to get this done** today, just to say you have one section completed or one point done and you go and you type it in and you have the **same error for about 8 or**

3/3 **9 hours and it really pisses you off like**

D mm

P just to use that term, am and you say God I've so much study to do now tonight as well and you might say you're **tossing between**

3/3 **whether you'll** wait and get this finished and **get this bug out of the programme or whether you'll leave it and go home annoyed** because that error is still there

D right

P and you don't know what's going on, so you're going to face the same problem tomorrow

D mm, right

P you're going to come in and you won't know what's going on in the programme because you left it that way.

D And again what's the difficulty with that? what's the stress there for you?

3/3 P It's knowing that you **have an error** and **you can't go home and unwind** and forget about it, well I can't anyway.

D okay

7/7 P And **I'm there studying then** and **every few minutes** if I'm not studying, or **if I loose my concentration I'm thinking of that programme** that **isn't working** that I'm going in and face tomorrow.

D okay.

P I find it very stressful in that sense.

D And what would be the opposite to that for you?

P Going in typing in the programme you know having it working, fine, sending out proper test data.

D Being able to do rather than getting stuck you go and do it?

P Ya.

D and what would be the opposite to having to do this stuff next week for example I mean that's stressful, as opposed to what?

P As opposed to just doing the work and having no assessment.

D Okay, so it's the unexpected of the?

P of the assessment ya, and the amount of marks that are going for it as well, considering the fact that we didn't know it was

D So it's pretty important that there is a number 10% or whatever going for it?

P Ya, well 20% for one

D 20% going for something that you weren't expecting

P ya, which is half that module, it's 40% for the whole module, 20% for a project which is 60 and then 40 for another module next term.

D mm

2/2 P **Plus** the fact that they fired on **a whole load of M grades**

D okay, am. I'm just wondering I mean having talked to you before and looking at the home situation I mean I hear you kind of, and I don't know where you got to it since that kind of, it's something you had maybe addressed before or you kind of put it in it's place and said look that's the way it is now and you began to open up some of that and I'm just wondering where do you stand with it now? I mean I hear you saying it doesn't really bother you at the moment, am if you don't think about it too much

P Well I don't think about it too much

D okay

P but it's there if you know what I mean.

D Right, what's there right now?

43/43 P I don't know how to describe it really, am, I suppose it's **just knowing** that **the situation is there to be confronted** or to be

D okay

P dealt with.

D and do you feel you can deal with it?

P ya

D okay.

P but I feel that, am, you were talking one day about am people are always oscillating between two poles, well I find that I'm not like that I'm more kind of, I'm more stable if that's the word I can use or

D at what point

P I don't know, but I don't seem to oscillate between high and low, I'm not a manic depressant in the sense that I'm completely depressed one day and it's a state of euphoria the next, I'm, I never kind of reach both

D an example of the polarity thing I was talking about is just now for example in looking at ah am the stress for you of, of ah next week is having to do the exams, as opposed to not having to do them, I mean there's two poles there, if you didn't have to do them you wouldn't be stressed, you're stressed because you have to do them

P right ya

D so that's kind of a polarity in a sense am the other polarity thing I was talking about is how people, one of the techniques people may use to defend themselves is to go into a high to avoid the low, some people do that, they go into a hyper state, a manic state and if they do that it avoids having to face up to the depression and of course they'll burn themselves out and eventually have to come down and they hit a really huge depression.

P right ya

D So are you saying that you kind of seem to be at a pretty level point and that comes across from talking to you and even just looking at the comments here it's like there's issues there they need to be tackled but you reckon you can cope with them and it's nothing that's going to get on top of you,

P ya

D too much anyway

P I hope that's the way it is anyway

D I mean is that right

on us and really and truly they could give exams at the end of this term

D right

P and at least 2 of those M grades

D right

P because we have one lecturer for graphics this term and a different lecturer for image processing next term so there's no need in having an M grade in that, **the amount of material in**

3/3 **graphics is unbelievable.**

D Right

P so

D So, what would have made it less stressful for you? I mean I know if they hadn't given it to you at all would have been the best

P or if they told us in the beginning look you know we know it's an M grade but your going to have 20% at the end of this term.

D Okay

P and well I know sometimes for me when I'm working on something or if I'm doing something I do it but I might not have everything done on a tutorial sheet

D right

P and I would feel I would have to have everything done for going into an exam, whereas if I knew that I was doing tutorial sheets all up along for the exam I'd have them done

D mm

P a lot better.

D So there's a stress there about having to do this stuff unexpected stuff next week

P Mm

D am and if you don't get it done?

3/3 P **Am I will get it done.**

D you will get it done?

P Mm

D cause you have to

P ya, because it's not feasible like, I mean it's feasible to get it all done

D Mm

P at this stage

D it is feasible?

P ya

D but you feel it adds a huge demand?

P ya

D is it a demand you feel you can cope with though?

2/7 P ya, but **I can cope better** with it **now, more composed** and relaxed and

D then?

ND/ND P **then before I did this course**

D oh okay, right

3/ND P and am while I was **on co-op** as well at times **I used to think that I couldn't programme,**

D right

P you know when things go wrong, Jesus I can't do anything and you'd see somebody beside you and they'd knock on door

D Am
P you'd see a whiz kid beside you and they'd type in in and they'd have it working no problem and
D right
P **you'd feel inadequate** and then at the end of it all, at the end of the assessment you say but I got it done I asked someone how
3/3 tc do it and they showed me, they explained it and I got it done and you know **you can convince yourself that your useless** really at a certain thing.
D mm
P But then when you go **on co-op it's different** because if you have
3/ND a problem with programme like **you leave it** there **you go home at 5 o'clock and you forget about it,** it's not like it's a project and you go in the next morning and you do get it fixed so now I realize that no matter what the problem I will get it fixed.
D mm
P But **it took co-op to bring that about.**
D Okay, so what you see as being the biggest stress, demand on you right now is, pretty demanding but you feel you can cope with it?
P ya
D okay, is there anything else going on for you at the moment that you find is demanding? anything you feel you can't cope with for example?
P Am,
D Or just something that's quite demanding and stressful for you right now?
43/43 P Am, if I was at home at the weekend and I was **arguing with my father,** I would find it pretty stressful
D but your not?
P but I'm not
D and you haven't been home?
P but I haven't been home no.
D So is there an issue there for you at the moment, I mean is there a stress for you at the moment with regard to home or is it because you haven't been home?
P There is an anticipation of stress.
D There is an anticipation, what's the anticipation?
43/43 P That **it will be stressful when I do go home if there is friction.**
D And how is that affecting you now?
P I don't dwell on it too much when I you know, when I have been away from home for a good few weeks, I mean it would take me a long time for me to travel up to Sligo and that, it's handier to stay here really.
D So right now that's not a?
P No it's not a problem at the moment.
D What is? is there anything else that is a stress for you right now?
P No nothing really.
D So it's mainly the exam next week
P ya
D nothing else stands out for you right now?
P no

D you know she's, I just wondering if you have strong feelings towards somebody how would you actually, how is that person going to know the way you feel?

21/21 P **I've never really had a strong** you know **relation towards anyone.**

D Well I'm just bringing up the fact that, I'm wondering is this related, is quite interesting that if you haven't is there an issue there for you about well, how can I have a strong relationship if I'm not able to express how I feel? I don't know I'm just

P No I wouldn't have thought of it in that way, am I suppose I'll cope with it when the time comes I don't know

D ya

ND/21 P it's just that am, ya **I've gone out with guys** fine, **but** I mean **I've never really fallen head over heels about** any of **them**

D mm

35/35 P you know and I suppose **I expressed a certain amount of emotion** but **not overly so**

D and you the boss that feels okay for you, it's okay

P ya

D you don't want to be putting some of my rules or anything onto you you know

P ya, ya

D that you're happy with that given that you have these feelings and I mean what came up for us last time you know a lot of conflict at home or whatever how you actually handled that, you know

P mm

D and that always seem to bring up emotion in you and what do you do with that, do you kind of swallow it down and pretend it's not there, you know you kind of put on a brave face and all this kind of stuff?

35/35 P ya **I probably do put on a brave face, I mean I often feel like crying and I can't**

D you won't, you got the tears I'm sure if you've got tears your going to cry

35/35 P I mean **tears would even come to my eyes but I can't cry**

D I'd suggest that won't do it, I mean I'm wondering then what stops you what would happen if you were to cry for example?

35/35 P I don't know, I mean **I cried the last time I was in here I couldn't believe it,** well it's not that I couldn't believe it but you know there were times when I wanted to do that but I couldn't

D mm, and how did you feel about crying here the last time?

P **I felt better afterward** you know

35/ND D mm

P **felt like there was a big tank removed** you know

D but you didn't see need to come back or did you want to explore that more for yourself or

P Well at the time I think I have more or less clarified, so I don't know if I need any more like I think I've put in perspective so I can work on it

D good

P myself

D right, sound to me like your coping fine

4/4 P ya, I think I am as well, **I'm enjoying the course** and it's being very beneficial to me anyway

D right, right, good, well the thing is I mean it may become an issue for you, you may want to address it at some stage and it may be suitable for you do that here if you wish

P ya

D feel free to come back down here if you want to, other than that just to wish you well in the exams

P thank you (laugh)

D see how you get on, okay so I'm happy enough to leave it at that

P ya

D if your okay with that?

P that's fine

D okay I'll just turn this off

H You were saying that basically, things were in flying form with you?
K We have a big workload at the moment, week 2
H Are you experiencing any anxiety right now, stress?
K No, just to know when to start working, when you've done enough, they've haven't covered enough material to have pressure on us to have a backlog, so whether to put in the same hours as you would in the end researching stuff that you haven't actually covered or should you be looking over the stuff from last term, what you should and shouldn't be doing really is ....
H So that's causing a bit of anxiety, maybe the fact that you should be doing more now?
38/7 K The fact that you could be doing more, **not knowing really what is exactly required.**
H What about ..... who exactly, does that pressure come from yourself?
K Yeah
H And what's that pressure like for you?
9/9 K Its kind of a false pressure, **imagining that people are doing a lot more than they are** and its all an internal pressure, sort of **********
H So you're imagining?
K Yeah more than likely.
H And how is that for you?
2/13 K **I feel stupid,** but I don't know how to get around it, like last night I went out and I felt sort of guilty going out and that I wasn't studying and then I went up there and everybody was up there, and they had been there most of the night, they watched a television match, and I felt so stupid, nobody else was doing anything that night and if I'd stayed at home I would have imagined that everybody would be in all night studying.
H And when you went there you found out that they weren't?
K But I still, like next Thursday if I stayed in ********** I mean its stupid but its .....
H And how do you feel if that happens to you?
9/9 K I don't know, I suppose **I think I should be doing what everyone else is doing** rather than my own kind of *********
H And where do you think that comes from, that you should be doing what everyone else is doing?
K I suppose it from not being 100% secure with myself .... I wouldn't be worried about ********* letting myself do what I think I should be doing
H So in the area of studying like that, you even don't feel confident making your own decisions?
K Yeah
H Are there areas where you do feel confident?
9/9 K Not really, I kind of **model myself on what people do.**
H So its basically all areas, there isn't any ********** or areas like that where you do what you think you want to do?
K No, sports would be the same, but I do too much and I imagine people doing a lot more than their share, and I don't know when to stop.
H So for you the underlying stress is that you imagine that

everybody else is doing more than you, so you just ....

K Have to do the maximum possible you can.

H Did you ever think of going around and looking?

K Well I guess I do, but sometimes like last night and I set off, but I know from past experience I see, I don't know, half a dozen seemed in and you get next Thursday or the Thursday after and I'd be imagining everybody's in again.

H Well how do you stop yourself from letting it sink in?

K I don't, that's the problem

H You don't let it sink in

9/7 K No, its sinks in and **I end up sort of staying in and studying all the time.**

H Oh I thought you said, that even though you went last night and you said oh there they are, they weren't at home and wasn't I foolish? But next week you're going to do the same thing?

9/9 K Next week **I mightn't go out** ... and **I'll probably say to myself, that was last week,** they all went out because it was week 2, **but they**

18/18 **definitely won't go out now because its week 3** and **I probably won't go out,** but if I do go out the chances are they **probably will be at**

9/9 **home.**

H So you basically kind of live with the stress of imagining what's going on, rather than possibly finding out what's going on? And there's no area where you actually check out.

36/36 K Well its hard to check everywhere, without actually participating.

H Do you play sport, do you do exercise?

9/9 K Yeah, **but I feel I have to be doing it all the time, to make up** ...

H Make up for?

9/9 K **What other people are doing,** like **what's** the **normal** regime, sort of I see some of them at home, I see their bikes outside the house, but he's either playing squash, or gone swimming or he's playing soccer.

H He could be having a pint?

K Yeah that's actually, yesterday, I met somebody who spent all afternoon in The Stables and I thought they were playing soccer and I was laughing at myself, when I heard that's where they were, but you

ND/ND know, **it takes a lot to convince me,** you know, I'd hear it one day and then the next day I'd think again, you know that they're out playing soccer.

H Do you play any particular team sport?

K No Tae-kwon-do is ********

H And are there many involved in it?

K Yeah, there's about 30

H And do you check out with them how much they do?

16/16 K **Its hard to ask people, they** kind of **think you're nuts if you ask them what do they do.**

H What about Jacinta, do you know Jacinta?

K Yeah

H Have you ever asked her what most people do here?

K Well she told me what was required to keep yourself fit, she said

9/9 sort of collectively around 3 days a week, **but I feel everyone is doing a bit more** ....

H **********

So its pressure you put on yourself?

K Yeah

H Are you happy with this pressure?

K No, I'd like to get into a more normal regime, what people do, **I'd like** to get your **average person** and just sort of see what your

9/9 average does for a day or for a week. I'd love to just go up into the sky and look down on **your average person and** see what they do in a week, and set out a model.

H So then you'd have someone outside of yourself to judge? Would it be any different to what you're doing now?

K I'd probably believe it then and I wouldn't be under these strains.

H And how would it be to believe in yourself?

K yeah, that's **********

H And how is this **********is that stressful when you think about that?

K Yeah, well its stressful in the sense that **I'm not letting myself be**

1/1 **myself** and **I'm trying to go to the maximum** in whatever, whereas it doesn't pay off, I know that from experience, that **it doesn't pay off** going to the maximum..... ********** if you're wrong and that's stupid

H And what about, ... we'll go on and just take a look. You just filled this out. You have here in terms of like academic, failing to conclude an assignment or receiving a D or an F, is that bothering you now?

K No, not at the moment, I put in what happened in the past.

H Its not bothering you now? What about conflict with**********

K Not at the moment.

H Being alone when others are socializing? Is that bothering you now?

K It does ..... when I'm alone I'm imagining either they're socializing and I should be out there and I'm being very unsociable or else they're not socializing *********, you know kind of its the two goes on, if I'm at home studying, if I go out I feel I should be at home studying and if I don't go out, I feel I should be socializing.

H So what's that like, is that causing you stress either way, and what do you do with that?

K Its a routine .....**********

H What kind of a pain is it?

K Frustrating

H Do you feel it enables you to do anything, or does it stop you?

K It stops you, I mean if you don't study you think like you're not studying 100% and instead of studying you're not going out either, so you're only kind of half hearted *********

H So you're at a half hearted painful position? And how is that?

K Its frustrating, I don't really like it.

H You have here in terms of dislike of personal physical

appearance. Is that a problem?

ND/ND K **I lack self-confidence.** I mean I'm a fairly confident person, I mean I'm not confident, I'm fairly outgoing.

H When are you confident?

K On my own

H And how is that?

K Its wrong, that I should be more confident with myself when I'm with others, its obvious to the people who are **********

H So you're only confident when you're alone?

K Or with one or two people or with a small group.

H And how is that for you?

K I feel better, I mean in a crowd I'm lost.

H With a couple of people

K Yeah one or two

H So you feel confident then, and how is that?

K It feels good, but I know when there's a lot of people around I don't feel confident. There are people who can't stand being on their own, they fear being on their own when somebody else isn't around, they fear like what am I going to say for the next hour

H And you're OK with them?

K I'm reasonably OK yes

H And how's that?

K That feels good.

H And how is that, feeling good?

K It sort of makes you feel confident you know, because sort of it makes me feel ...

H It makes you feel confident. And when you're feeling confident, then what happens?

K I feel more relaxed.

H And when you're more relaxed?

K Its a cycle, you get more confident.

H So it becomes a cycle, you get more confident, you get more relaxed, you get more relaxed, you get more confident. And when you're in a big crowd?

K I get lost.

H And what do you feel then?

K Very unconfident.

H And what is that like?

K Frustrating, and kind of hopping around here and there to everybody.

H Hopping around?

K Yeah, and not sort of, coming out with a load of rubbish, trying to make conversation ..... obvious rubbish just for the sake of sort of HELP I need something to say

H And what's that like?

K Well I don't like it

H And then what happens?

K I don't know, this makes it a more and more uncomfortable cycle again

H Now what about the **********, one other thing, difficulty with personal sexuality or homosexuality. What's that, is that a thing that's bothering you now?

K No, that wasn't meant to be put down as an 8.

H Well you got an 8 here for it, maybe you want to change that? You have feeling depressed, are you feeling depressed now?

K Sometimes

H Like say this morning?
K No not this morning or yesterday, but last week.
H OK, so how is it that you're not feeling depressed this morning?
18/18 K Because **I went out last night and I enjoyed it.**
H And how did you come to enjoy yourself last night.
11/ND K I met **two people,** and we kind of **stuck together.**
H And how did that happen?
K Well I knew them already, we started talking, it was an enjoyable night, it was reggae music so it wasn't something you had to jump around to and it wasn't blasting in your ear and we could talk, which is unusual...
H You were at **********?
K Yeah
H Good music wasn't it?
K Yeah, it was and it was relaxed, it wasn't blasting and it was ******* usually they hand all the people a whiskey and usually you're bopped around if you're light, because its slam dancing or whatever.
H So you do get bopped around, because you're light?
K Yeah
H And you don't like that?
K No, its embarrassing
H So you're not feeling depressed or anxious now?
9/9, K No, **when I see a lot of people playing sport and things** like that and
36/36 I'm not doing it at the time ...
H You haven't seen anybody yesterday or today, to get you depressed?
K I saw people playing soccer yesterday, but I was doing Tae-kwon-do, so I was alright. If I wasn't doing anything during the day and I saw people playing soccer, or if I hadn't ....
H What I hear you saying is, you're giving yourself a programme, if I'm not doing anything, and I see somebody doing something, I'm going to be depressed.
K Yeah, I should be doing it you know, unless, what relieved my tension a lot would be to go out and do a 5 mile run and weight session early in the morning and then I wouldn't care what everybody else did
9/9, during the day, but its just when I do nothing, that nobody else is
36/36 doing nothing and **I should be doing something.**
H And like I say, its you that's kind of giving yourself these messages that you should be doing, if I see so many, I should be doing.
K Yeah
H And what's that for you?
K I wish I didn't, that I was more relaxed about it - its get fairly dominating ...
H So it starts to dominate your thinking, and what does that do?
K Narrows yourself a lot and makes you a lot of the time into doing, I'm not physically able to do a lot of sport, but I force myself to do what I can ....
H And that's because?
K Because I feel I should be if everybody else is doing a lot

... and I want to build up as well, so its kind of counter-productive.

H So it narrows you down?

K Another thing that's frustrating is, **I don't really enjoy soccer,** I see people going out and exercising and enjoying it and I **can't**

36/36 **understand how people can enjoy it** and **exercise and be tired at the same time.**

H So you don't even enjoy exercise?

K Most exercise, no. I maybe do *******

H And what do you get out of that?

K Relief of tension

H From?

K Tensed that I'm not doing it. Feeling anxious, feeling lazy, so I do it then.

H Do you have any idea where all these messages come from?

K No

H Have you got older brothers like this?

K No

H Have you any idea where these messages come from?

K The fact that there was a time when I did very little, I think it was

8/8 in school that if you **were a nobody** in our school before, **if you**

36/36 **weren't on a team and good at sport,** then I got fit and

H You became somebody?

K Well, I didn't become over somebody really, but I was certainly equal or as fit as anybody on the teams

H How was that?

ND/36 K **I felt good, but I didn't like what I was doing.**

H So you felt good, but you didn't like it?

K I felt good, but I hated going out, like when ************

H And what about now?

K Now I'm very unfit and can't do most things and I feel I have to

H Do you enjoy running now?

K No I couldn't run now.

H Did you enjoy it the last time you did it?

K No

H So you still don't enjoy it?

K No

H And weights?

K Weights, I haven't done those for ages as well.

H Did you enjoy them the last time you did them?

K No, they gave me satisfaction, but it wasn't worth the tension built up from thinking of doing them beforehand, instead of .... do I wake up in the morning and do a 4km run today, and that sort of thinking all morning, this run is coming up at 3 o'clock .... its 8 o'clock now and I'm counting down the seconds .....

H So you're putting pressure on yourself to do it, and then getting afraid and stressful about actually doing it?

K Yeah, and then I ********* the relief, if I haven't done it, that's probably why I do it.

H When you say the relief, is the relief from the fear, rather than the physical exercise?

K No absolutely ********** the relief of the fear of doing

it, I don't relax for the rest of the day

H Well it sounds like you're giving yourself a lot of pain, it sounds like physical pain, psychological pain and I presume its not easy running, you don't enjoy it, so it must be physically hard and its also psychologically stressful, and yet you still do it?

K Well I don't at the moment

H So you've learned something?

K Yeah well I still want to do it, even though I don't want to do it.

H But I'm also aware of your hands?

K Well that's standard, its an allergy.

H Have you taken anything?

K Yeah

H So that means it doesn't clear itself

K No it takes a lot longer

H What I'm seeing is somebody saying think .... you've got sores and so leave them alone, they wouldn't be up like that, and you don't leave them alone which means that in a sense you're feeling yourself OK, I presume that they're not hurting

K They are

H They do? So a simple solution would be to cover them up, put a bandage on and leave them alone, right. And I see you picking at them and making them worse, so that they're going to hurt even more. Is that true?

K Yeah, its not *********

H Alright, but it sounds like your saying the same kind of pattern, you know rather than just say, I don't like running, I don't feel like running, I'm not going to run, you say I hate running but I got to run, you know. I'm just wondering in terms of all the stress and anxiety you give yourself, what would be the enjoyment you get out of this?

36/36 K Just **the relief of having done it.**

H So if you set yourself something you really hate and do it, at least you get relief from it?

K Yeah, if I don't do it I feel bad.

H And is there nothing you enjoy doing?

K I don't know really sports wise, I haven't really hit on anything, you know I'm fairly moderate, very relaxed things .... a relaxed game of squash ....

H You enjoy that, you don't feel fearful going out and playing a relaxed game of sport?

K No, then I would stop after it

H And how do you stop yourself from doing that, trying a relaxed game of squash?

36/36 K I feel I can't really go out, like **I play as hard as I can,** for as long as I can

H And do you pick partners that are going to make sure this happens?

K No, like most people would**********

H So you don't pick someone who might play a relaxed game of squash either. It might be a possibility then?
So what I hear you saying about your stress and your anxiety is that its pressure you put on yourself, and you have any idea where that comes from?
As far as I'm concerned, is there anything you want to say?

K No

H Are you feeling that you've said everything about what's bothering you now? OK

H Is there anything that you're feeling stressed about now?

ND/9 K **I'm a lot more relaxed** at this stage, just getting into the swing of things again. I find the start of term generally you don't know what the modules are like, whether you like it or not, where you stand, and generally you get into the swing of things then. This time last term I felt very .... my work was building up and it was getting very

38/38 loaded, but this term **I seem to be a lot more controlled.**

H How is that?

K It feels good, its not frustrating, **its good to know where you stand,** well you think you know where you stand anyway.

H OK, now I'll just go through this and pick out the ones that you seemed to have marked a bit high. Now you have pressure to get an A or a B on the course?

K Yeah well that's just my own internal pressure, I'd just like to, I

1/1 want, **I've got my ambition to get an honours degree out of here,** now I feel a 3, aim for a 3 for an honours degree, so its basically my own pressure.

H And how is that?

K I don't mind it you know, its certainly a lot of work involved ..... like if I made up my mind that I'd be quite happy just passing and if all I had to do is getting ******* I'd set my standards down a bit, and I'd just ..... the only reason that the pressure is there is because I put it on myself and if I find the pressure is too much, then I'd probably take it easy on myself and sort of say .....

H How is that pressure for you?

K Its fine, I don't mind it, its hitting my limitations now **********

H And you have maintained friendships?

10/10 K Yeah ********** I make an effort to make sure **I get around to everybody** and not kind of be locked up studying all the time, because I quite easily do that if I let myself.

H What do you mean when you say get around to everybody?

K Get around to sort of keeping in contact with everybody.

H But do you feel a pressure to be in contact with everybody?

K Well, keep a good sort of cycle or circle of people ********** as friends ..... in just sort of general swing of things.

H What's that sort of pressure like?

K That's kind of, I find that hard enough, you know I'm the kind of person who can quite easily spend all my spare time, just locked in a room with books and not even going as far as the kitchen, whereas I think its important to get out, make the effort.

H So what's that effort like in terms of stress for you?

10/ND K **Its not stressful,** its just its in the back of my mind that I should do it and well if I don't do it, **its stressful** because I feel I should be doing it, but I kind of come to a fairly happy medium, I mean I wouldn't be ..... I don't go out ever a lot, but I go out enough to be I feel approachable and I enjoy meeting people and I love going Just ****** and when I do go out I feel that I should be studying.

H What's that like, when you're out, the pressure to be

studying?

K Generally once I do get out, I've made up my mind that I'm going out and I won't even think about it, its more the case of making up my mind, whether I'm going to go out, and also if I go out and I don't see the people that I expected to be there, I kind of feel, they're in studying you know, I should be there and I suppose its just sort of keeping up with what I feel everybody else is doing really.

H So its kind of pressure from your peers?

K Yeah

H What's that like?

K Kind of stress ..... a lot of the time you can get the wrong impression, you feel they're doing something, you don't really know, there would be no hard and fast evidence, they're in their room, but you don't know if they're studying, but you kind of feel that they're studying all the time, its just don't know how to relax and do things that you really want to do ..... to take out a book and read it, rather than take out a maths book and study it.

H OK, so what you're saying is that you've got this image of your peers studying and it stops you from ....

K Well I've just got the image of people being perfect.

H And that stops you from doing what you want to do, so what's that like, in terms of stress, not being able to do what you want?

K Its not very stressful, its more limiting, I mean I don't mind stress.

H How do you find the limiting, is that stressful.

K Not that stressful, but the fact that, I think according to my life ******* body would be better, if I didn't have to prove myself as much

H Now on the personal here, you've got .... fear of personal harm, concern of physical health, what's that like?

33/33 K Well, I **get very worried if something went wrong.**

H And is anything wrong with you right now?

K With an awful lot of running or something like that, my leg won't be up to it.

H So there's something wrong with your leg?

K Yeah, I feel that generally if there's something wrong with me,

ND/ND whether **I'm doing something to make it wrong,** that's a worry to me, if I knew it was just a pain that it would heal up in two weeks time ...

H OK so you're saying that you're doing something wrong?

K Yeah

H So that's what the stressful thing about it is, that you're doing something wrong. So what's the stress in you doing something wrong?

K Its more fear ..... you're trying to watch what you're doing and you're kind of weary of how it will react, you know ...

H So you're weary of everything?

K You'd be cautious, over cautious ..... its kind of fear of letting it go on ...

H So what's the fear on being cautious? And what specifically are you being cautious about?

K Exercise too much or too little

H OK lets stay with exercising, what's the fear of doing too much exercise?

36/36 K Its not a fear of doing too much, **its fear of too little,**

H So what's the fear in that?

36/36, K That **you're lazy,** very unfit

33/33 H And what's the fear in being lazy?

K Looking terrible, **and very tired all day**

H So you'd be looking terrible, what's the fear in that?

K Feeling depressed about myself

H So what's the fear of getting depressed about yourself?

K That its depression, its not a joyful experience you know.

H And what's the pressure like for you?

K Its a very hard thing to describe, its sort of feeling very very tired and you feel sort of everything is wrong, you couldn't be bothered to comb your hair to look good or brushing your teeth, even though you know you'll feel a lot better if you do, just couldn't be

ND/ND bothered, that's how it feels. **Everything is an effort,** its an effort to get up, even to go to bed is an effort and its an effort to smile, and if people do smile you kind of, its an insinuation or you take it as being ..... or people make a joke, the joke is sort of an insinuation ....

H Jokes on you?

K Anything, you feel depressed that no matter what is said, it couldn't be the right thing, you twist everything

H You twist it yourself?

K Yeah, ******** depressed, people can be sort of trying to get on your nerves when you're feeling good, you can throw it off as being a joke or it just sort of flies off your back and whereas if you're feeling bad or depressed, even something good about you is bad *********

H So even the good points become bad?

K **********

H So you mentioned lack of exercise, and you said also over eating and not eating enough. Which one of those now would be causing you more stress?

K **********

H So you're not eating too much and you're eating enough?

K Well I think I'm eating enough to put on a steady weight gain, which is what I want, so its not really doing it, yet its what I want.

38/38 What causes me stress is **fear of getting into the habit of eating too much** and **not being able to go back to normal everyday**

H And what's normal?

K Normal would be ..... sort of an average.

H What do you mean when you say you don't want to overeat? I presume you know what that means?

K Normal would be eating a healthy meal and not being hungry after it.

H And that's how you're doing now?

K I'd eat more than an average **********

H You'd eat more than that?

38/38 K I feel very **full after I eat more**

H And are you feeling any stress about that?

K Well I don't like the feeling .... you know

****

H So its not causing you much stress?

K Not really, well it causes me stress when I feel sort of bloated for an hour and a half and I dislike the feeling

H Has it happened to you recently?

38/38 K It happens me **after most meals**

H And what is that like for you? You've eaten too much

K I don't like the feeling, I just sort of say to myself, I'm going to do it for six weeks because I want to put on some weight, its the only way to do it ..... I've been saying I'm going to put it on for so long and I won't put it on unless I do that ********** so it causes me a lot of stress even though its not a very pleasant situation.

H* I don't know anything really about you but that you have this eating problem and how long has it been, how far back does it go? Can you remember at all?

D Time for ourselves to kind of wrap up things I suppose and see how things are at the moment for you, what's going on for you at the moment?

K Well the only thing is ********** and I'll be going off for the summer and just wondering about how I'm going to bring back my

33/33 lifestyle **********. **I don't want to go back to the old ways.**

D Is that a worry for you now?

K Its more due to the fact that, **here I'm doing a valuable exercise**

36/36 **routine** in which I found satisfaction and for the summer, I was just wondering like **the facilities won't be around** to go down for a game of squash and **what will I do instead.**

D What's that concern like for you at the moment?

K Its just nagging more than anything else. I mean I don't mind giving up everything for a week or two, but not for 3 months.

D Right, so what does it feel like at the moment?

K Its just********** wondering what, I know if I don't get out and do something, I'm better off to do something, if I don't get out and do something that will be terrible, I'll be feeling sort of lazy as well, whereas if I even do only a small amount, it would totally sort of shatter everything, all those kind of thoughts. I mean during the bank holiday weekend, Thomond wasn't open and I just went out and I went through the 15 minutes exercise every morning, which kept me feeling good all day ..... I felt bad only doing 15 minutes for two days, even though the fact that the 15 minutes wasn't much, but it was just enough to keep me feeling good.

D As opposed to feeling very lazy?

K Yeah

D Are you afraid of feeling lazy?

K No, I feel better, its not so much feeling lazy, but to feel better and feel satisfied, just with a small amount. I mean like I don't push myself ... as long as I get up and get out and do something, I feel satisfied. I suppose its just the same as everybody, I feel more satisfied rather than doing nothing.

D So how do you feel, do you feel competent enough that you will get something done during the summer?

K Well I know I'll do something, but I want to do it right as well you know .... I'm fairly confident that I won't do it,

saying after ****

D So that's a concern for you at the moment, what'll happen over the summer? Anything else that's a concern for you at the moment?

K Exams

D What's the exam, what's that like for you at the moment?

K ********** well I know from experience, by the time they come

7/7 around I'm usually alright, so I usually **don't let exams worry me.**

D You don't feel under a lot of pressure right now?

K No I don't.

D So how would you describe the stress that's there for you at the moment?

38/ND K **Breaking a routine,** I suppose

D You have a fear of doing that?

K Well, coming in here in September is kind of stressful, because you're coming into something new, whereas going out to something new *****

D But what is it about getting into something new that's stressful for you?

38/38 K Just kind of **fear of taking chances** I suppose.

D What is it about taking chances you're afraid of?

K I don't know, there's no real fear .... I can't analyse it, I suppose its fear of things going drastically wrong. But when I analyse them, there's no real fear.

D But straight off you think a thing might go drastically wrong? And so what would be the most drastic thing that could happen to you?

K During the summer I'd start exercising early on and getting into it like, increasing my ability instead of going off and going out one day and doing a 5 mile run and the next day finding time to do it again, and feeling up to doing it again .... and not stopping, because I don't want to be putting things out of the programme.

D You seem to be pretty clear on that, if that right now that's the particular pressure that you're feeling. Is there anything else going on for you at the moment?

K Well, I remember last Friday I said I did **km and I felt really proud and I rang home on Friday night, just to tell them that I got the medal and it was real sort of ********** and my mother said, I suppose you've been training all the time for that and all this, and not so much I passed it, sort of, no you're bold, you

44/44 shouldn't have done that you know and **I felt disgusted.**

D How did it make you feel, that you're a bold boy?

K No, **angry** more than anything.

D Angry at her because .....

41/41 K The fact **that I had achieved something, and she made it sound as if, I had done something wrong.**

D That's very crucial, what strikes me is the very first thing you said is that you did this and then you rang home to tell them.

K Like I was very proud of it.

D And you wanted to share it with them?

K I mean I've told a lot of people .....like, her first

reaction was I suppose you've been training all
********** He trains for

41/41 that, you know and ..... **she didn't trust me anymore,** she'd trust that he'd stop when ******** but she doesn't think I will, I was just fairly angry.

D Did you say this to her?

K I didn't get a chance, the phone call had run out ..... all the phones were chock-a-block, I wanted to ring back, but I just didn't get a chance.

D And you're still pretty angry over that?

K Fairly, she felt her sons had done wrong .....********** did they know ********** ..... I still just have to say it to her. **I was**

44/44 **disappointed** that she looked upon it as wrong ...

D What do you mean?

K **********

D Do you feel that you might get that to put on your weight?

41/41 K **She asked me** then **was I putting on weight** and she said, **will I see a difference when you come home** and like that just **really made me mad,** because in 6 weeks, you're not going to see a difference in 6 weeks. I said like, I meant it to be a surprise for her, but I was so mad when she said ******* half as strong by the time you go home, we just still won't see the difference probably.

D So she still won't recognize it?

K Yeah, she said she ..... I certainly can't recognize that I've put

41/41 half a stone up, and **I doubt that she'll recognize it,** I mean I'd have to be gone for about two or three months to recognize it and **********
It made me mad as well that she was still hogging it, in fact I told her ******** wouldn't be surprised at the time
****

D My concern is that I see, if you can really, we talked a while back about it that you are on the way to doing it for yourself and you'll say ***** if you really want to do it for them. Its all part of the same thing .... if you put on the weight then you're recognized and get the approval, at the moment you don't seem to be getting that, trust and even if you put on a half a stone, you still won't be in, so I'm wondering how much you have to do before you get what you want, and even at the end of all that, will you still get it? Maybe it'll be a let down?

K I feel maybe it would be better if I stay away ..... it would be better if I did stay out ..... just, **********

D And you're saying that you've actually put on a half a stone?

K I've put on four and a half pounds, **********

D So you really are moving on, things are going alright? So we know that, your mum mightn't appreciate it, but we know that its still happening and its good. But you're doing it whilst you're feeling good about yourself, you're on your terms and you're feeling good about it and that's what's important.

K Yeah, I feel good, pretty much in control ..... prove the point that I ****

D If we just, what's that - discrimination due to lay sex religion. What was on your mind there?

K I can't remember

D Was it discrimination because of your size ....your weight maybe?

K Yeah,

D And does that happen for you?

K It doesn't particularly bother me, its there .... take it kind of when it happens

D Right. Anything else that you'd like to talk about that's a stress for you at the moment?
Lack of self confidence and shyness once in a while, what's stressful there for you? I presume they're related up to socializing?

K Its just **********
getting out, not particularly good at that

D I don't know, would you like to add more about what's happening at the moment for you?

K Not really ..... find out

D You've come a hell of a long way, you've now got a summer to add to that, OK, back in September we'll go on again, alright

K **********

D Don't rush it, take your time, move at your own pace, and mum mightn't be happy with it or I mightn't be happy with it, or Mick mightn't be happy with it, just do your own thing, if you're happy with that, that's most important for you. I can give you feed back if you're interested you can take it. Alright.

D xxxxxxxxx to get some idea of what today right now you know what the demands and the pressures that are there for you at the moment, what your experiencing really right now, what are your concerns if any, am and I don't know I mean I haven't looked at this and I haven't talked to you so I don't know what's going on for you. So the purpose of the conversation really would be to try and for me to try and elicit the meaning behind what ever is going on for you at the moment. It's as simple as that and we'll take as much time as we need, maybe up to half an hour for each interview just to try and kind of clarify it. So even before I get into looking at that at all I'll just ask you I mean yourself, off the top what are you experiencing at the moment in terms of demands or pressures that are there for you? What's on your mind?

4/4 J Am to **finish up here as fast as possible.**

D Right,

J Basically,

D Okay, and what's that like? mmm

1/1 J To get it all over with at this stage and to try and **finish up well,** last term didn't go well so this **term has to go well,** to finish well.

D Okay you have to finish well

J Well to be satisfied at the end of the day ya

D because if you don't finish well?

1/1 J Well basically **it's whether I get an honours degree or not** at this stage that's what's on the line

D that's what at stake

J ya it is, xxxxxxxxxxxxxxxxxx

D okay

J because the pressure at the moment is to get a good enough term this term to get an honours degree

D Okay and right now what's that pressure like for you?

J Am

D is there pressure right now to do well?

2/2 J No, not really, not really **it's the project at the moment,** to get the final year project done and it's getting everything ready.

D Okay, where are you at with your project?

2/2 J Mmm, well the **project is well behind the schedule** at the moment

D Really?

J Ya, so it's going to become bigger and more and more of a strain.

D When do you have to have it in for Jonathan?

J Well I don't have it in til August because you remember I have **4 I grades** last year

D that's' right

2/2 J so to clear the I grades this year they have given me **an extension on the project til August.**

D and then you'll go to the Autumn Board then is it?

J ya

D Right, so like now what kind of pressure are you under with regard to the project?

J Am well I have to have, there are certain things I have to have done by Week 4 if I'm going to be able to get a good grade in the project, so I have to have so much done by Week 4 on top of the subjects I'm

2/2 doing this term. **I have an awful lot of subjects this term** with all the I grades I have since last year

D Mmm

J so then I have to when the exams are over get back again onto the project, so I have to xxxxxxxxxxxxx before basically Week 4

D because if you don't?

J because if I don't I won't have enough time to do it properly over the summer.

D Okay, so what's that like for you at the moment to be under that kind of pressure? how does it feel?

J Ah I suppose I'm used to it at this stage.

D Do you feel you will get it done?

J Ya, there's no question of that, whether I'll get it done or not

D Really

2/1 J **It will all be done, it's just a matter of how well** I get it done

D So by Week 4 you'll get it done?

J By Week 4 I'll have something done ya.

D Right.

J I'll have something done.

D Right

J not matter how matter how much, how well it's done, no question of

2/2 not making the deadline, **I make all the deadlines**

D You do

J Well ya, I think everybody does it's just a matter of what they get up.

D Right

J What kind of stuff that they come up they want to get something up by the deadline

D Right, and would you see yourself being under a lot of pressure at the moment to get that done, do you feel that you are under a lot of pressure right now?

J Ah **I wish I'd feel a bit more pressure**

7/7 D Really?

J I do, **cause I'm not putting in the work that I should be** putting in at this stage.

D and that your under more pressure

J you're under more pressure xxxxx

D Right, so you need that extra kind of

J ya

D stress or demand or whatever to meet the deadline, right. Now what's that like the fact that your not under enough pressure?

J What? in terms of the project, well it just means that **I spend a lot of the day just spending your time on things that you shouldn't really be spending your time on.**

7/7 D Like?

J **Like sort of just playing tennis.**

D Okay

J trying to do it but, for example today I've done nothing

D Right

7/7 J **I've done nothing at all today**

D and are you worrying a lot at the moment?

J Not particularly.

D You're not too worried?

J No
D and are you feeling in good spirits?
J Most of the time, it varies
D Right.
7/7 J I'll **probably get the guilts later on tonight and not feel so good**
D But you're quite confident that you'll cope and you'll manage?
J Ya I'm in good form
D Right
J I know I'm going to get through here it's just a matter of how well I come out of it.
D Right, and what if you don't come out as well as you'd like to?
5/5 J Am I think **it would put back what I'd hoped was a career path, I'd hoped to do a Masters**
D Right
J you know I'd hoped xxxxxxx for a while, do a Masters, continue working and set up a business, it would take me much longer to be able to do a Masters from a pass degree, so I would have to preferably stick to that policy, all the time xxxxxx but it wasn't until last term, I was okay for an honours degree until last term I did fairly bad, so now I have to turn around and try and pick from that, so am I've no doubt that I'll get a job whatever degree I'll get, I don't think it will affect my career, I think it will just put back my plan I'd say by a few years.
D Right, well you seem to have it well planned out, you seem to have things well sorted out and plan out for yourself, fairly well organized.
7/7, J **I'm not well organized am I know what I want**
5/5 D Right
J but I wouldn't say I organize myself fairly well xxxxxxxx
D Okay. Now what if it takes longer I mean is that okay? that it might take longer than you thought, than your plan?
J Well I suppose it will be okay ya.
D It wouldn't be the end of the world?
1/1 J **It wouldn't be the end of the world but if I do get a pass degree** I think it will the need myself to do a masters,
D Right.
1/1 J I think **just to prove myself to myself** basically that I can do very well in an area of more interest to me
D Right. Do you find the college here puts a lot of pressure on you, a lot of demands that
ND/4 J am it does, well **it's a pressure based system,** ya it's the whole idea
D Okay but right now is it putting a lot of pressure on you, right now are you experiencing?
J No I suppose it's not.
D Right
7/7 J Basically **it's up to yourself to put pressure on yourself** at this time of the term
D Right
J I think the whole college is pressure based it's the whole idea of the thing
D Okay, but right now it doesn't, the pressure doesn't really seem to be on from an academic point of view?
J No.

D and maybe if I don't know in a few weeks time if I come back and talk to you maybe

J Oh ya it will definitely xxxxxxxxxxx exams coming up xxxxxxxx

D Mmm. Outside of the academic stuff are there other issues there that are concerns for you right now?

J No I don't think so

D anything else that's bothering you?

J No

D Nothing?

J No

D So you see the focus mainly on academic?

J Ya right now ya, I'm just trying to get that end of things sorted out.

D Right, right, am pressure, pressure to get good grades, personal pressure to get good grades, ya it seems to be the main area am and maybe it's no harm for us to just stay with that and just see what is it about the pressure to get good grades that's a stress for you, you know you have to get good grades what's the pressure in that, what's the stress in that for you?

J Am

D do you doubt that you could get them? or maybe you feel it's being interfered with?

7/7 J I basically am I often **doubt my motivation** to get them

D Right

7/7 J **I find it very hard to work unless I put myself under pressure,** I suddenly realize that there's an exam in a weeks time and then I'll work, so it's

D so how, you say you doubt the motivation what do you mean?

J Well, am at this stage I've nearly 4 years xxxxxxxxx to finish basically xx xxxx just get out get on with the next stage

D Right

J and ah it's not xxx why I feel under pressure

D well what is the pressure like? I mean I see that the main stress or demand that seems to come from there is a pressure to do well here,

J Mmm

D that's the pressure

J that's why I came here

D Right

1/1 J **I came here to do well**

D to do well, not to just

J I didn't come to get xxxxxxxx I came to do well

D Okay, what's that about? what's that about for you that you need to do well?

1/1 J **So I'll be satisfied that I did as well as I should have done**

D How well

1/1 J **I don't want to leave here** and be **saying** afterwards **well if I only did this,** this, this, I might have done better.

D Right, so how do know how well you should do?

J Am well sometimes when I do what I'm supposed to do the term goes very well and the next term I might not do a stroke at all and it will go very badly. I think am

D So what you're supposed to do

1/1 J **I think myself I'm capable of doing well**

D Okay, you believe that about yourself

J Mmm

D Right.
J At this stage I've only basically got one term left to just to, I said coming here I wanted to come here to do well, I want to xxxx
D Okay now if you, you know the pressure to get good grades and to do well, do you see any outside forces putting that kind of pressure on you? family or friends expectations?
ND/41 J Well I think from my parents point of view **they'd want me to get an honours degree for myself** so I wouldn't in a few years time say I would have done well if I did this you know,
D Mmm
ND/41 J I don't think they want me to be thinking that, **they don't want me to regret what I came out with**
D Right
J I think that's ah you know
D and how would they get that across to you, what would they say to you?
44/44 J I get a good, **they write to me on a regular basis**
D Right
41/44 J and the first paragraph would be **like a coaching session** basically
D Really, and what's the coaching session?
J well they just I don't know I think they do it for their own benefit than for me I just kind of skip through it, just go straight through it
D okay and what would it sound like?
J Ah it would be just am whatever one concentrated effort for the next few months will never be regretted
D Right
J basically that's, it is right but
D and does that in any way put pressure on you do you think or do you think that's putting pressure on you that they want to get the honours as well?
41/41 J Oh ya **I'd love to get an honours degree for them** as well as for myself
D what I'm wondering is that by them saying this or coaching you in this way do you feel that makes, that puts extra pressure on you right now?
J It would ya, it would to be honest with you.
D and do you welcome that or? or would you prefer if they didn't
41/41 J Am I think **I'd prefer if they didn't at times**
D Ya
J Am because my brother he didn't do particularly well one of my brothers and
D was he here?
J no he was in Trinity, he never got a particularly good job
D right
J he's only now five years after graduating before he got xxx job and they fear the same will happen to me and they fear the same will happen to me
D right
J but there's not telling them that I think that even with a pass degree there's no fear of me getting a job.
D right
6/6 J there are plenty, **I've no doubts about getting a job xxxxxxxxx**
D Mmm, so you'd like to do well

J And also I think they felt guilty, they thought it was a mistake, everyone else who was in college xxxxxxxxx went to Trinity and used to live locally and I think they felt very guilty that he didn't do well and everybody else did very well and didn't do well because he was living away from home

D mm

42/ND J and I think if I got a pass degree they would think that **it was their fault for leaving,** they left two years ago a year and a half ago.

D They went to?

J Zambia

D Ah

J They left

D Oh ya that's where you went you went out to them.

42/41 J Ya, so from that point of view I think if **I got a pass degree** they'd be saying if they didn't leave they **would blame themselves for it,**

D Okay

J so in that sense I'd like to get an honours degree just to ah.

D Okay, right now how much of a concern is all that to you right now, do you see that as being important?

J Well it is important, yes, I got to think xxxxxxx

D Okay, fair enough. Are there other issues there I mean as I say we've concentrated mainly just on looking at the academic pressure I mean that seems to be the main concern. Outside of that I mean socially do you mix well, do you get on?

18/18 J I think so well **I don't mix much outside of my class,** I just don't generally go out anymore, I used to go out a lot of the student discos I don't do that anymore.

D Right

18/18 J Ah **I don't socialize much anymore**

D Do you not want to? are you happy with your social life?

J Well it's, yes I am no problems, it's no problem to me either to go out and meet people for a while from other classes I don't mind that

D Right

J it's nice to do that for a change

D Right

18/18 J Generally **I don't have time to go out pursuing an active social life.**

D You don't have time?

J Well I don't, I think it would become a bigger xxxxxxxxx

D Ya

J I've lost interest in just going out to student discos

D Any other? I mean do you feel that you have friends?

J Oh ya

D Ya, so I mean do you have support, people to talk to?

J Ya

D and are you living in your own house at home here?

J No, no I'm living in Plassey Village

D Oh are you, right. Okay, so talking to you now do you feel that through our conversation we have in some way clarified what life is like for you at moment in terms of the demands that might be there for you, any particularly pressures or stresses that are there for you right now?

J Right now I'd say ya.

D Ya, we haven't missed out on anything major like?
J No no I don't think so
D and as I said maybe when we come back at a later stage maybe there might be, I don't know what will be the case but that will be a different time.
J Ya it will be basically xxxxxxxxxxxxxxxxxx more or less constant
D see what happens. Okay I'm fine with that, I mean I don't know do you want to add anything?
J No no
D You're fine with that, are you OK to leave it there?
J No I don't think so xxxx
D What I'd like to do with you so

Interview 2

D How are you?
J Mmm
D How are you keeping?
J Not bad, getting by
D Well like the last day Jonathan I'm just here to talk to you about what it's like for you at the moment, like the kind of pressures, and demands if any
that are there at the moment?
2/2 J At the moment **it's all project**
D Right
J I'm trying to get it out of the way as quickly as possible now
D okay
J if I don't do that
D when's the deadline?
J Well the deadline isn't until August but I want to have a certain, I have to give a presentation in Week 8 so I have to have the research part complete for that
D So right now
J My personal deadline is Sunday
D that's your own deadline okay, and what's that like right now for you the kind of pressure that your under?
J Am its quite strong, sitting behind a computer in xxx you know
D Okay
3/3 J so I'm trying to sort out the problems on the computer **that can be very irritating, you can be days sorting out one little problem**
D Right.
J and that can be annoying xxxxxxxxx.
D So the stress for you right now would be more annoyance at not getting work
J Well ya wasting time at sorting silly problems that you can solve in a minute or can be solved in a day
D Mmmm
J it's a bit annoying at the moment
D Mmm
J But at the moment the project is going very well
D it is right now
J Ya
D So right now are you under stress?

J Well if I get the next part done now I'm under a bit of pressure to get that done but I don't think I'll have any problems

D Mmm, what is it that's stressful about the project to you or to get it done

j Just because I wanted it cut of the way last week

D Mmm

J and I'm just going to lectures tomorrow taking down notes wondering what lectures I can attend, I have just two subjects I'm attending lectures in two subjects I'm not

D Right

J so I'm concentrating xxxxxxxxxxxxxxx project

D mmm

J xxxxx

D So how does that make you feel at the moment?

2/2 J well **it makes me feel hurried** at this stage

D Do you feel you will get it done?

J Yes

D Confident you will get it done it time?

J Yes but I'm not so confident about the modules I'm doing how well I can prepare for them in 5 weeks

D right

J having not done anything on the first half

D so right now what's that like for you?

J well I don't know ask me next week xxxxxxx hopefully I'll start working on them

D Okay so right now it's not something you feel that's a demand you can't cope with right now

J No no it's something I'll have to try to cope with

D Okay it's down the road, so right now what's there for you xxxxxxxxxxx that am xxxxxxxxx

6/5 J Am I think it's mostly working out **what I'm going to do from August**

D Right

J xxxxxxxx

D What's going on for you at that month?

J Well I haven't applied for any jobs yet

D Mmm

5/5 J in a long time, so **I will apply for a masters degree** and I suppose I will apply for one or two jobs outside of that

D Mm

J again that's time consuming

D mmm

J I don't want any interviews between now and the end of the term

D Mmm

J so it's just a nagging doubt as to what I'll do xxxxxxx if I get an honours degree I'll probably do a masters

D Right

J unless I get a good job offer

D Is there a worry in that for you right now?

J in getting an honours degree?

D Mmm

5/1 J ya there is ya, **I'm well out of the running at this stage** I have to do well this term to get myself back in

D Mmm

5/5 J **the masters is what I want to do**

	D	it's what you want to do
5/5	J	**I'd like to have the decision to choose**
	D	so how is that for you right now being in a weak position really to get a masters and you wanted to get it? what's the pressure like in that for you right now?
	J	Well basicaliy it ah I have to get straight A in the project a very good A in the project
	D	Mmm
	J	so that's what I'm working on at the moment and then I have to turn around then hopefully at the end of this week having gone a long way to getting a good A in the project to turn around and get B's straight B's in everything else I'm doing this term
	D	Mmmm
	J	and that will only get be considered, xxxxxxxxxx consideration beforehand and I hope then that a very good project and the fact that I want to do a masters xxxxxxxxx
	D	Mmmm
1/1	J	**I'm not going to set a huge goal** of getting to 2.8 because I find one blow could often really knock you for six
	D	Mmm how do you mean?
	J	Well if you need an A in something then come out maybe with a C+ in it, it really messes you up xxxxx
	D	So what's your approach?
1/1	J	**Well I was going to get straight B's basically**
	D	Mmm
	J	Am xxxxxxxxx C+xxxxxxxxxxx just take it as it comes
	D	Mmm, okay so how is that affecting you right now? how do you see that as being a
	J	Am
	D	pressure to you right now?
ND/ND	J	I don't know really **how I'm going to feel under pressure**
	D	Okay, you don't see it as a pressure?
	J	I don't know how I would xxxxxxxxxxxx down if the term is going well xxxxxxxx the last three of four terms xxxxxxxxx
	D	right
	J	so if I am working well, if I'm just I'm working well on the project so I might just do next week say and stop the project and if I keep the same pace going on the modules I think I'll do a lot of work
	D	right
	J	xxxxxxxxx
	D	and if you don't make it? what will happen you?
1/1	J	Well **I'll be very disappointed if I don't make it**
	D	mmm
ND/ND	J	**but I'll think about that if and when it happens**
	D	Okay right, xxxxxxxxxx positive thinking
	J	Ya at least finish good note even if its not good enough
	D	and that's okay for you?
	J	Well it would be a bit disappointing but I'll take it as it comes.
	D	Do you see other stresses there for you at the moment Jonathan? other demands right now?
ND/4	J	No I don't think so, I think everything down here is **totally academic**
	D	I mean is there a difficulty with academic or

J Ya I think so xxxxxxxxxxxxxx

D Am okay so I see getting research in and pressure for high grades would cover, that's alright. The stuff on the social side there you know just your, death of a friend, is that something that happened recently?

J It's something that I got reminded of last night I was in the pub last night and I met a friend of mine whom I haven't met in about 4 years

D Right

J and his brother you might have heard drowned in Castleconnell there a few weeks ago

D Right

J he crashed his car,

D Right

J and am I don't know xxxx saw me and I saw hello to him and I was talking to him he seemed very very distressed still even though it was maybe 8 or 10 weeks ago that it happened

D Mmm

J and ah xxxxxxx we used to go swimming together and he just asked me am I still swimming, I was wondering was he doing that because he was tormented himself or was he trying to torment me or was he just, it wasn't just a coincidence that he said it, he said it because his brother drowned I think

D Mmm

J and as xxxxxxx I just didn't know what to do, so I'd say getting up this morning that was just on my mind.

D right ya

ND/ND J and you know too **my brother's girlfriends sister committed suicide about two weeks ago**

D Mm

J so that's something else that's being on my mind, I wrote to her recently

D Mmm you knew her obviously

J I didn't know, I know my brother's girlfriend very well I don't know I never met her sister

D Mmm

J but I heard a lot about her and that she was having problems

D Mmm

J I knew they were very close xxxxxx

D Mmmmm

J xxxxxxxxxx

D Mmm, right ,is there anything else at the moment that's on your mind?

J Am no I don't think so

D So in general how would you say things are for you at the moment?

4/4 J Things are going well, **I feel better this year in the college than I did** last year so

D and okay so if you were to compare what is it about this year am that's different from last year what is it that makes this year less stressful than last year?

11/11 J I think one thing is that **I have a circle of friends outside of the class** this year basically that, well it's also a lot to do whenever your socializing with them you're always talking shop

D Mmm

J and you can never really you never relax, at least in the house people xxxxxxx they don't give two hoots about applied maths I mean the programmes are obviously different
D Right, so that stands out to you as been a significant difference?
J Ya, ya there are foreign students as well so you have lots, it's much easier relax, I find it much easier relax its not always I can get the college out of my mind.
D Okay, that was a good move maybe to share a house with somebody that wasn't in your class?
J Well there is somebody in my class in the house but it's a mixed house, it's mixed there's male and female, five nationalities in the house as well
D xxxxxxx
J Ya it's a very good, a very good mix
D Any other way in which you see this year different than last year?
J Am I suppose the fact that it's my last year
D Right
J xx a little regret, no I don't think so
D Okay, but I mean it sounds like things are going well no?
J Ya, it doesn't really matter how they would go up to here what matters is Weeks 9, 10 and 11 really.
D Mmm
J they are the ones that matter
D Okay, maybe we'll see you in week to see what's happening
J Ya
D Is there anything else you'd like to add after today or do you feel that we've covered whatever is going on for you at the moment
J I think so ya
D Right
J no problem
D and my reading of it is that you don't feel under tremendous strain
J no, had I come up maybe this time yesterday I would because the project was not actually going well
Mmm
J it was riddled with bugs and I couldn't get them out
D Mmm
J but I got them all out by last night and it's working well now
D mmm
J I don't expect to have any more problems with it xxxxx so in that sense it's xxxxxxx pressure xxxxxxxxxx
D Mmm
J xxxxxxxx going fine
D Okay, we'll leave it there for today
J Okay fine
D thanks for much for dropping by

Interview 3

J Am
D Right same as usual just to get a chance to see what's going on for you at the moment so I'll leave it up to yourself

7/2 J At the moment **it's all** trying to cram, **cramming for the exams I left it way too late**
D Really
J **I haven't anything like enough work done** so I'm squeezing it all in
D So what's that like for you at the moment? to squeeze it all, cram?
J It's annoying that I left it happen, just get on with it, **it's very**
7/7 **hard to motivate myself** to work at the moment
D Right
4/4 J **a lot of the things** I'm doing I **haven't the slightest bit of interest in**
D Has that been the case for a while?
J No, no just some of the, one of the subjects I'm repeating from last year, the I grade, I was actually interested in the area last year and I was doing well at the module
D Right
J since then my interest is in a completely different area
D Right
J so I find it hard to work
D Right, so you're annoyed with yourself that you left it this late?
J Well, it's not the first time I've left it this late
D Right, so how do you feel you're coping at the moment with that?
J I'm not I'm still finding it hard even now to get myself going even
7/7 thought the exams start Monday, it's very hard to, **I wish I was scared**

Phone

D and you're not?
J No I'm not maybe I've done too many of them now
D xxxxxxxxxxxx
J am
D Your not scared?
J (laugh) Well I'm enough anyway
D not scared enough, and is that a stress of is that a concern for you?
J I suppose it is
D Right, okay so how are you feeling at the moment?
J Am I just wish it was over, xxxxxxxxxxxxxxxx get bored
D Right so at the moment how does that make you feel?
J I don't know really
D Okay, right, your looking forward to the exams being over, your a bit annoyed at yourself that you've left to cram
J Aha
D your not really panicky or afraid xxxxxxx
J Well **I can afford to do very badly and then still get through**
1/1 D Okay
J and **to do well I've to do quite well**
D Okay
1/1 J so **there's a huge gap**
D It's kind of a limbo you either ease up completely or else you really work you're butt off

J aha, I don't know if there is any point in working my butt off,

2/2 **there's only four days to go**

D ya

J xxxxxxxxxxx

D ya, so would you say your under a lot of stress at the moment?

J No I wouldn't if I was maybe I'd put a bit more effort in

D Okay, it's kind of a positive thing so to get you motivated

J Mmm

D So what's your attitude at the moment to exams?

J To get through them I think unless when I do start studying I realize that its quite easy, if I realize that I can't come up with a good grade, a reasonably good grade am then I'll xxxxxxxxxx I think that might happen with one or two if I get going, I've so little time at this stage it's impossible to get a good grade anyway, and apart from that just 8 days, 7 days

D Right, so are you coping okay at the moment?

J I'm fine ya, I'll definitely pass them

D Right, so your option is

J I think when I start out and that I'll pass them, I'll work hard enough to pass them

D Okay

J so xx what I'm waiting for xxxxxxx

D and what's the waiting, it is like your waiting for something to happen or

J well I think it's going to happen pretty shortly, the work starting xxxxxxxxxx

D Mmm

J still I've set out a schedule of what I want to get done each day to get everything covered

D Okay

J day one didn't work and day two didn't work xxxxxxxx four days left out of six

D Right, and how does that feel?

7/28 J Well **when I plan** it you see I can say alright **I can survive a couple of days** in a row **with only a couple of hours sleep**

D Mmm

7/28 J but when it actually comes down to it well then **I'm feeling tired and I just don't care and I just go to bed anyway** xxx the whole plan, my eyes are bigger than my stomach so to speak xxxxxxxxx

D Mmm xxxxxxxxx morning xxxxxxxxxx

J xxxxxxx week left

D Well are there other pressures there at the moment for you or?

J am

D either academically or outside of the academic stuff

J No I don't think so, getting a job, even to become a concern but the fact that I can't I'm not even going to think about it or do anything about it til after the exams I decided that a few weeks ago

D Mmm

J I don't want any interviews and am I suppose that will become a concern, next Thursday whatever 3.00p.m., I'll try and xxx I don't doubt that I'll get one I wish I had one, **I don't want to go to**

6/6 **Africa.** I going to Africa for a six week holiday and the end of August, I don't want to go there with jobs hanging the air, I can't go there really **with jobs hanging in the air,** I'd like to have one set up.

D Is that a worry for you at the moment?

J Not at the moment no, but I'll let it be a worry next Thursday

D til your finished. Okay am one thing that stands out really is pressure to do well and then the lack of motivation, it's like the two of them related really or

J Ya

D Can you say a little bit of what its like you know for you a student at the University, the pressures, the student experiences here or how you see?

J I think at the first you take it all very seriously, third level exams and you want to do well in them I suppose I started to do well when I came here first, it just grows on you, you get accustomed to it

D Mmm

J I think when you do so many exams you find it care over doing well in one even thought it is very important to do well in all, to do well overall.

D Right

7/7 J Am, **it's pretty hard to keep it going** even though some people have no problems, even if you have great interest in your course, and very well disciplined yourself to sit down and study xxxxxxx

D Right

J Am I **found it tiresome** myself the continuous 10 weeks lectures, 1

4/4 weeks exam plus if I'd to choose again I'd choose the exact same course but I don't know **if I'd choose the same structured course, the same assessment structure.**

D Right

J xxxxxxxxxx I don't know

D Do you think your suited to the kind of structure here or do you feel xxxx a better type of system

J I think I'd be, well I think the whole idea of the system is that it

4/4 **is based on cramming**

D Right

J in the sense that even ten weeks lectures the first two weeks are just gone and you don't even know what your subjects about so the next eight, I mean you don't have a week 10, the lectures have 7 weeks to cover a module and one week exam. That's cramming in itself, the exams are no less important than a final year exam if you only had one, it's nothing spreading the pressure around three pressure points is rubbish, it's total pressure three times of the year, you feel no less pressure than UCD students feel in June.

D Mmm

J So am basically you have 7 weeks to cope with and 7 weeks xxxxxxxxxx real pressure time xxxxxxxxx so it's always cramming, and the way I like to do it I like to think about it for long and I never really average at something I know it inside out, or I don't know it very well at all

D Mmm

J If I don't know it very well at all I'm not very interested in it unless I know it very very well

D Mmm

4/4 J so I think **if I had a chance to understand something** and read around it **a bit more it would suit me a lot better** because you **don't really get a chance to understand it**

D Mmm

J just a chance to learn it, makes you very useful for industry in the sense that you can work very well under pressure

D Right

J they want you xxxxxxxxxx understanding what they've done

D Ya I can see that a being a big questions mark over that as well but yet our graduates seem to do very well

4/4 J Ya I can't really equate to xxxxxxxxx I can't see, **they don't understand** it people in my class are doing very well and they don't understand what they're doing and literally their xxxxxxxxxx maths exams learning questions off from the previous year, that somebody would have the question done out and they would learn off by heart and then the question would come in identical form misprints included in one case, so that they can get by like that, but they won't be able to apply it when xxxxxx

D Ya I think that's why they do well is our graduates have a reputation for being hard workers, their trained to work hard here to xxxxxxx they spend long hours working here, that seems to me to be the reason, it doesn't make sense otherwise

J Mmmm

D Like yourself I too need time for stuff to sink in and make sense of it I think that's the way the mind operates am okay. And just a word about, socially how are things for you now at the moment we'll say I mean has that all being put on the shelf or on hold for the moment or?

J Well xxxxx I'm in a better situation now I've being away for the couple of weekends

D Really

J Well I was at a wedding last weekend and a stag the weekend before, I

ND/4 **hate staying here** for the weekend because I've no home to go to so to speak for the weekends so I like to travel around a little bit

D Right

J to get out, because even if I stay here I don't do much work and makes it even worse

D Right

J and you just wish you went away, so I try to go away a lot more am socially it's being fine, around here it dies pretty quickly and tension can be pretty high in the class at this time and it has been all term because first it was the project and now its exams, you know the social life now is low. I won't go away this weekend I'll go away the weekend after.

D Right

J Socially xxxxxxxx I have a lot of friends in Galway

D Okay, is there anything else you'd like to say about what's going on for you at the moment or is there any more going on for you at the moment?

J No, xxxxx what I'm going to be doing for the summer I've to do my final year project and finish it

D Right

J and if the exams go, if I'm very lucky and the exams go reasonably well I'll do it here and get the best mark possible but if I don't I can't see myself been able to keep the head down all over the summer, if I get good mark it makes no difference really, xxxxxxxx an ordinary pass degree

D Right

J xxxxxxx I just wonder what I'll do

D Are you going to be around for the summer?

J I'll be around for the summer ya til August, the middle of August.

D and right now your coping and your under an awful lot of pressure and xxxxxxxx

J ya

D I wonder what's that about, how come you've got to the stage where your not very am panicky or not even afraid, what's that about, that your laid back maybe, that you feel a bit too laid back?

J I think I have been over at least over the last two years

D Right, do you know what that's about? I mean why was there a time when you were once more

J Well I don't think the structure in here, for me to know something very well I like to have the time to think about it, I don't think the structure here would allow you that, I mean its a couple of subjects a term

D Right

J I don't think I really xxx understand anything fully I would never let myself sit down and learn something off my heart, I would go in and not know it before I'd do that, and I've done that, badly taught they won't let themselves sit down and learn something from a book

D would you say that's part of your demotivation being the lack of opportunity to really learn stuff here?

J to really understand it ya

D I see, that's interesting, and that's been happening xx over the last two years for you?

J well over the last four, but the first two don't really count, it was new to me then

D So you'll be glad to finish here?

J I'll be glad to finish here, start the next xxxxxx whatever I do next year I'll make sure I do very well at it. Maybe I'll consider in a few years time going back and doing something else

D Do you feel xxxxxxxxxxxxx done better in that type of system?

J I don't know, I wonder, certainly when I came in here I was very very lazy at school I needed a system that would make me work

D Right

J then when I did actually work I then realized that I wanted to understand something first I needed to work on it, so maybe I never got off the ground at all xxxxxxxx, I don't regret coming here, I certainly xxxxxxxxxxxxx

D Okay, right, Okay Johnathan, is that it? no?

J I think so
D Right, thanks very much for your cooperation, you know, hopefully you've got something from meeting me, how have you found these discussions?
J Fine
D any strain in it for you?
J no, no strain it helps get things out in the air
D ya, and at least you've met up with us, and if you feel the need to drop back do, but ah that's it for now, am,
J Okay
D so good luck with your

D Right, Right. What kind of standards have you set for yourself

1/1 M Well I'm hoping for **at least a 2.1 maybe in the end**

D Okay.

M But I'm just back from co-op so it falls back to zero I don't know.

D Yea I was just looking at the expectations I mean would that be part of the panic?

M Yeah probably would, I'd say yeah to a degree, I mean I want to do

1/1 well, **I want to get good results.**

D How important is that to you?

1/1 M Very, **probably one of the most important things for me at the moment.**

D And if you don't get good results what happens?

1/1 M Well nothing so much will happen but I'll be disappointed and **it will affect the rest of your career** and am.

D And you will be affected

M Well I'm not saying okay if you get a pass that you will do badly or anything I meant an awful lot of people do great with just pass degrees but I feel that its a great base and a great start.

D Right. I'm interested in looking at the panic in terms of its like this fear of failure kind of thing.

M Ya.

D Well I've got to do well its reasonable I mean you want to do well.

M Obviously.

D Is there pressure I mean is that pressure stuff you put on yourself or is it other peoples expectations?

1/1 M Well I suppose **I've always done well and people expect me to do well** and that does a kind of a pressure on you to get good results, nobody says well you have to get A's B's C's or whatever but you kinda feel you have to keep up the past record and

D Sure.

M keep up with your results.

D So you've been doing well up to now and that

M Ya.

D there is a certain expectation.

M Ya, keep going on and keep doing as well

D And the moment that pressure has mainly has got to do with the thesis.

M Well no, I'm only in 3rd year so well, I had two very large projects and one small one

D Right

M which we only got last week to be done for next week.

D Right, so the M-grades so would be the main pressure.

M ya well one particular project in the M-grades I've more or less made great strides in that project today so I think it might not be to bad now I just need a bit of time to get it finished.

D Right, would you have any more to say on that particular issue under the pressure you're experiencing at the moment?

M Well its probably the major factor in any stress or strain that I have at the moment ya.

2/2 D Would be that you have that **workload** is it the workload or I

mean

M Ya, workload really, mainly

D And do you feel optimistic?

M Ya, I think now I do

D What's you attitude like now? Do you feel you can cope with it?

M Well at this stage I think I can, last week I didn't think I could I wasn't feeling too good about it, I was quite upset about it really but I think at this stage

D Right. Are there other issues going on for you at the moment other particular stresses that you can identify for yourself right now?

2/2 M Nothing significantly no, I think the college and the **workload getting things done on time,** that is the major problem at the moment.

D Right and academically

M Ya, a bit of pressure to do well and that you know.

D Right. So am do moving away from I mean the others areas of concern I mean am when we're talking about the expectations for example would your family be expecting you to do well?

41/41 M Well they **are expecting me to do well** but I wouldn't day that they would go mad if I don't do well I suppose they would be disappointed

44/41 obviously but they **don't put pressure on me** to work or to study or anything like that.

D Do you find them a support to you?

M Oh ya they are ya.

D Right, and do you get home often

49/ND M Well I live in Limerick so I'm **home every evening.**

D Ah right okay. Any particular concerns at home about the family or?

M No, no nothing at all.

D How in terms of mixing students here, do you have many friends or do

13/13 M Well I mean **I have a lot of friends,** acquaintances and that but when you don't get to go out much I rarely get to go out during term cause

2/2 I've just have **too much work to do.**

D Right

M Am I meet through the classes and at lunch time and maybe have a chat for an hour between lectures if we get an hour but that's about it.

D Right, and I suppose going home means you're not around in the evenings.

7/7 M ya well I say occasionally **in the evenings** but I feel **I get more work done at home** then I do if I stay here.

D Right, and would you am I mean would you have hobbies or stuff where you meet people that you get involved in group things?

7/2 M Well **I used be in a few amateur productions** and that I was asked to be in one recently **but I just couldn't afford the time.**

D Right.

M on again next week and it went on all during the holidays and that was spent rehearsing so it was just a physical impossibility.

D Right.

2/2 M **There aren't enough hours in the days** so I had to drop that.
D Right.
M So I mean apart from that I'm not involved in any associations that meet regularly anyway.
D Right, right, if I just have a look at that Michael just see I mean are there any things there that stand out significantly, am ya I mean giving a class presentation is that something that's
M Well I'm not actually doing one at the moment but there are talks of
16/16 one and **the idea having to get up and talk to everyone**
D Ya, what I might ask you to just go back over the ones that don't actually apply right now and I mean I can see that that would be pretty daunting task.
M Ya.
D Okay. Am do you think you could be motivating yourself at the moment
M Sometimes.
D Right now, I mean would that be an issue for you at the moment?
M Well it varies I mean one day I'd be made keen and I'd go home and I'd do hours and hours and another day I'd go home and I just wouldn't feel like doing anything.
D Right.
M Even if I had a lot to do and we often have a lot to do and often we have a lot to do this year,I just wouldn't feel like doing anything tonight.
D And at the moment is would that be the concern for you I mean does that bother you that sometimes you can sometimes you can't.
7/7 M Ya, I mean **I'd love to be a lot more consistent,** it's easier to remember things and
D What is it about that that is stressful to you now?
7/7 M Well the thing is **I can't get into this** and I have to get it done in such and such a time and it kind going back to the same old story you
2/2 have a **deadline to meet** and you have **so much work to do and just can't get into it**
D Well that must make you panicky so?
M It does ya, yes, but even though you're panicked you can't get into it
D What's that about I wonder, what's the difficulty in getting into your work?
M I don't know I don't know
D Are you interested?
M Oh ya, very interested I mean I enjoy reports and that, okay it's not
4/4 easy going but **I enjoy everything we're doing.**
D Right.
M So I mean
D So when you settle down to work whats the blockage I wonder?
M I don't know. Its just kinda I suppose a mixture of tiredness like some days you have a lot more lectures than others and you would be tired after that.
D And would you be fairly organized in your approach to study?
7/7 M Am well what I try and do **I have a** kinda of a **system** I don't have a set timetable or anything like that I tried keeping one

and I got nowhere but I mean I do have a system myself that I get through everything eventually I get through every subject in the week and things like that you know.

D Right.

M Nothing fall s behind if at all possible.

D Right. I'm just looking at the social stuff what stresses you about meeting new people?

15/15 M Well I'm kind of a **fairly shy person** really

D Really?

M Ya.

D What does that mean to you?

M It just means you're, you know if you're being introduced to people - it's not so much that you're terrified of them it or anything it's

15/15 kinda of **strain of getting to know them,** once you get to know them its fine but its just a bit **strenuous** you know.

D What would be the stress for you?

M Well its just meeting them and making conversation and

D What's the difficulty in that for you?

M Well I don't know its just that I don't am consider that I'm kinda of shy and I'm not all that outgoing and talkative or that and **its**

15/15 **trying to make conversation and find something in common** to talk about and

D and the stress would be in trying to find something to talk about?

M ya and the fact even if you're meeting a lot of new people ya well

D Would it concern you how they might respond

16/15 M Ya well **what they're thinking** or **what they'll say** or what way they will act towards you or whatever .

D What would be your worse fear of how they'd react?

M Well I don't know really what the fear would be but just apprehensive I suppose is how you would react, no fear that they will actually do something in particular or say something in particular you know

D Right. The area of confidence in own self-confidence and fear of failure and you seem a fairly quite student pressure to do well what's that about, what's the stress, what is it about your lack of confidence for example that's stressful to you?

M Well it's just you feel its not the lack of confidence in itself but you feel I can't do this I don't think I'll be a ble to this I don't think I'll be able to get through this and then that causes strain you've got to get it done.

D Okay, and is that what goes wrong for you that you don't have the confidence?

M Ya well, I wouldn't that I have that I have the confidence in everything but in a lot of areas .....

D For example?

M Well like I mean you get say assignments to do and you say I don't

2/2 know this know will I be able to read **it up in time** will I be able to figure out how **to do it in time**

D That happens you socially as well, you lack confidence socially?

M Well I suppose confidence is kind of related to meeting people

as well I mean are you confident enough to meet them
D Right.
M and I don't know kinda difficult to explain, you just feel a little, am, you don't feel that you're able to go about it mixing with people or doing whatever it is.
D and how does that make you feel?
M Well it kind of feels ,you know kinda what am I all about?, where am I going?, what am I doing?,
D Ya.
M a bit of a turmoil really.
D Right, can you describe the turmoil?
M Well its just you don't know what you're doing, or where your going, its mostly liked a panic.
D Right, what would be your worst fear about all that?
M I suppose fear of failing or loosing face or been made a fool off or made to look a fool or whatever.
D Right, and fear of failure in whose eyes?
M My own and other peoples, primarily my own.
D Right, and how could you fail in your own eyes?
1/1 M Well everyone sets goals for themselves **not attaining goals** that's **my idea of failure**
D Right.
1/1 M and I mean **I do set** fairly **high goals for myself**
D Right.
M and am if I don't reach those I mean by and large in the past I have reached them but
D How come you need such high goals?
M I don't know I just do **I'm ambitious** and I want to get on
1/1 D Right
M I don't need to set such **high goals** but I do, its become part of me
D what part of it is you? whats that need?
1/1 M **It's just the will to get on**
D the ambition?
M Ya
D If you didn't get on what might happen?
M Well not that anything might happen, but it's something you want to
1/1 do, you just want to get on and want **to be successful.**
D Right, and I'm just wondering what would happen if you fell short of that? how would you feel if you fell short of that?
M Well I suppose you would be fairly disappointed and upset and that, it depends upon what the goal was, okay if you had something and you hadn't really any realistic chance of getting it then you wouldn't be really disappointed but if its something you really have your heart set on and you didn't get it, well that would be really disappointed.
D Well then again at the moment you're experiencing some panic that you may not get there?
M Yeah
D Okay, and the panic is I suppose sort of a fear that you won't get there?
you know what then, I'm wondering if you can see the other side of yourself if you make it as well as you might have hoped for you know ..
M Well I don't know am making something small like you get over well its just a matter ....

D In terms of your career

M But say like you want to get a good honours degree and you get a pass degree. Well I don't know I don't know how I'd get over, I'd be extremely disappointed , it hard to say really I haven't experienced failure to that extent.

D Right.

M but I think I'd be in a desperate state I don't know.

D Do you get depressed at times, fell down?

M Ya, quite a lot, I suppose again the amount of work and

D At the moment what would you be feeling?

M Well I'm feeling a lot better now today say but recently I have been

32/32 pretty depressed, **what am I doing is it all worth it?**

D Right, are you aware of what would depress you or?

M Well say a combination of everything I mean a lot of it is to do with academic achievement, workload and things like that.

D Do you feel pretty hopeful about your future maybe?

M Well not about the future but I suppose well the short term future but ah I think I mean get depressed occasionally for I suppose not

29/ND related like even **during holidays you get depressed** occasionally but ah for different reasons

D Well what kind of things get you down?

29/29 M Well just I suppose **say there wasn't a lot to do or the weather was bad** and you can't go out and you're stuck in and there is not much to do

D What do you enjoy doing yourself?

M You mean pastimes? Well I watch a lot of films, videos, I play a bit of music, like going for walks, long walks and I like traveling. So a lot of the things I can't really afford to do during term time

D Right

M and I suppose you .....

D True, ya

M I mean even this holiday now wasn't even much of a break cause I was working doing course work during most of the time I was working in Dublin

D Right, ya I mean I suppose in a sense of feeling anxious and shy and right now that is something going on for you

M Ya, I mean it's not gone completely but it has eased an awful lot.

D Do you think you could put your finger on what it is that mostly gives you stress at the moment?

2/2 M Well, it's really **all projects and deadlines** are the main things.

D It would be mainly an academic based thing.

M Ya, ya by a long shot

D in terms of your own family concerns I mean is there someone sick in the family or

M Well **my mother has a lot of sickness** but she is pretty okay at the

42/42 moment, she gets a lot of pain, **it's kind of upsetting to see her when she's in a lot of pain you know.**

D Right, so I mean that would be another concern for you?

42/42 M Ya, I mean she is not seriously ill, **she's miserable and it** kind of **makes you feel bad** you know.

D Right, who else is at home? anyone else?

ND/ND M No, its just my parents and myself, **I'm an only child**
D Right, and how do you get on with your parents?
43/43 M Fine, **I get on great with them, very well, better then most people get on with their parents anyway,**
D **Right.**
43/43 M **Am we do everything together,** if we go on holidays we all go together. I like walking they like walking we go off for long walks together.
D Right, ya. I'm wondering in our discussions so far do you feel we have touched on whatever is going on for you at the moment?
M Ya I think so.
D We've got a good insight into what
M Ya, apart from fear and loneliness my whole time is taken up with that I do nothing else really at the moment, I just don't have time for it
D Right, am the other things that are mentioned here would be, maybe they are all related, lack of assertiveness, lack of ability to make decisions
39/39 M Well **I'm terribly indecisive,**
D Right.
39/39 M if there is an option to take, **an option between two choices** I'll do the first one then I'll do the second one and I just can't decide
D Right.
M that's kind of frustrating at times you get annoyed with yourself can't make a decision it's not upsetting just
D Right, and not been able to stand up for yourself, I mean a lot of these kind of things seem to relate together maybe in a sense of the confidence or the shyness thing as well, a lot of these seem to tie in together.
M Ya I suppose, they are all linked.
D Is there anything else you would like to add to that I'm just anxious that from what we have been saying that I have a picture, a full enough picture
M I think that's a pretty good picture alright.
D Ya, Anything else about how you are feeling at the moment?
M Not really no.
D Well, my intention would to come back in 5 weeks maybe and just talk again see how things are

Interview 2

D **We're just picking up from the last series. What I'm interested Michael is to seeing what's going for you at moment**
M I know ya
D So how could you describe or what do you need to say about what is going on for you at the moment
2/2 M Well, not too bad at the moment, **a lot of pressure with work and deadlines** and ah so that is causing a bit of stress at the moment but
D What's stressful about that for you?
2/2 M well I mean it's **trying to meet deadlines** and trying to fit everything in.
D And what is stressful about meeting deadlines?
M Well it's just that you know you have to do it and you've got so long to do it and you have so many other things to do as

well and you just have to get it done in time.

D Okay, and you feel you feel .....

2/2 M Oh you do but it just causes a bit of **hassle trying to get everything in,** we have an awful lot of extra reading and that to do at the moment, so and then I have projects to be done for but there is two more to come but to try and get the reading done before they come to try and get them all finished.

D Right. So meeting deadlines at the moment is the stress.

2/2 M and the **workload in general** you know.

D Right, I'm just interested in seeing, what is the actual stress about workload for you, what is about big workloads that's stressful?

2/2 M It's just trying to get it done **in ten weeks** and have it all revised and have it all done ready for the exams.

D Is there a fear that you might not get it done?

2/2 M **Not so much** that you **mightn't get it done, but** you **mightn't get it done adequately** you mightn't get it done to the extent that you need to, okay you might get the extra reading read but do you know it well enough to answer questions on it or whatever.

D And do you feel that you can cope with that?

M At times ya at other times I don't.

D At the moment how do you feel you're coping?

M At the moment not bad but could be better you know

D Right.

M and it causes a a bit hassle then you know.

D And how does it affect you?

ND/2 M Well just kind off **it makes me feel panicky** really you know.

D So can you describe what that's like?

M It's just feel inside you know, I have to get this done I have to get it in such a date, and you don't know this well enough I won't be able to answer this question.

D Okay, right now is that going on for you?

M Ya. ya it is.

D A bit of panic.

M I mean it has been worse at other stages but still.

D Right.

M You know its, its some weeks you might have an awful lot to do and then you might the get through it surprisingly quickly or else you might not think you have all that much to do and you realize well that this is difficult stuff I won't get through it so fast it builds up again.

D And this week?

M Well there is a few pretty nasty things on as regards at the moment so its not great.

D Right, and I'm just wondering how does that actually affect you when you talk about it, it causes hassle and stuff how does it actually affect you?
Does it affect you in terms of I mean panic, is there any other way it affects you or other that the panic?

ND/33 M I think it affects things **I don't eat much** as I usually do or things like that.

D Really.

M Ya.

D What other things?

7/7 M You're kind or trying to **bury yourself in the books** trying to

get it done and you exclude other things to a certain extent anyway, so

D Excluding recreation maybe or

M Ya, well I mean I try to get in as much as I can, I mean I try and say well okay you have to take a break but it doesn't always work out that way.

D Right, and your sleep does it affect you sleep?

28/28 M Well I **never sleep anyway**

D Really.

M Ya I never sleep anyway, up to 3 or 4 o'clock in the morning I just can't sleep I never could, when I was young I ever could sleep so it doesn't make any difference.

D Well do you lie awake?

M Well watch TV or read a book.

D So you end up with what 4 or 5 hours sleep maybe?

M Ya probably, bit more at the weekends stay in bed later in the morning but normally it's very late when I go to sleep if I go to bed early I won't sleep at all so there is no point.

D Do you feel you need the sleep or

M No not really, I think when I really need it that I catch up cause I do sleep that extra bit longer if I'm really tired so I catch up so I don't really worry about that.

D Are there other pressures there at the moment for you, I mean the workload here is one particular stress, meeting deadlines, are there other stresses right now there for you?

M Not really no nothing at home it's all just here really.

D And how optimistic are you about?

M About getting through?

D Ya

M I'm optimistic enough, but ah at times then again you say ah will I get through it at all and other times I'm doing fine I'll get on well.

D Right.

2/2 M its hard to know, we've **5 m-grades** this term if we haven't had maybe you would have a better idea of how your going how your coping, might not be quite as much of a strain

D Right, Right

M It also means you wouldn't have as much work to revise over for the end of the term.

D Right.

M So I think maybe that doesn't help anyway.

D Being called on in class I see is pretty stressful for you at the moment

M Ya

D What's stressful

16/16 M It's just kind of well **I'm a shy person anyway**

D Ya

M and you're called on you feel a bit of a fool

D Right, answering the question

M and hoping the lecturer won't call on me an awful lot I mean I don't

8/8 mind that, but you kind of **feel you're answering the whole time trying to get into his good books** or whatever

D What's that like for you, how does that make you feel?

16/16 M Well it makes you feel kind of **embarrassed, you feel awkward** and you know everyone thinking you're trying to play **up to the lecturer** or whatever,

I mean I don't mind him asking me a questions its just that after a while you feel self-conscious about answering you know.

D Right, or taking an exam in class and getting a graded test back in class what's stressful about that for you?

M Well, it's kind of getting the result back and everyone wants to know how did you do and am

D What is it about that that stresses you?

M Well it's just that you're anxious to do well, it you do well it's fine if you didn't do well then it's kind of you feel bad and I'm not doing so well in this subject at all.

D Right, right, the highest one for you is the pressure to get an A or a B

M Ya.

D At the moment are you under a lot of pressure to get an A or B?

M Well I mean I have hopes of getting a pretty good QCA so that means A's or
B's really, so the pressure is there to get that because I'm hoping for a pretty good QCA overall, hopefully over 3.00 say so if you get less than B's chances are diminishing - you've got to get more A's

D Right.

M to make up for that so it's minimal B.

D And what's that pressure like for you at the moment?

1/1 M Well it's pressurized when you've got to **do well in all subjects** you've got to be up in all the subjects you've got to get everything covered, you've got to cover all possibilities.

D So what's that like for you to be under that kind of pressure?

M Well it's just kind of again increases your workload you've got to do

2/2 more, **work harder.**

D Okay, but does it actually create a panic or does it?

M Ya, well I wouldn't quite say a panic but a strain so long as you've

1/1 got to do that well, **got to reach that high,** in particular subjects.

D Because if you don't?

1/1 M because if you don't **it's going to bring you down** and the good in other subjects is going to be damaged you know.

D So you end up maybe with not as good a degree?

M Ya.

D So what?

M So I mean I'd probably be very disappointed.

D You would be very disappointed?

M Ya.

D Can you say what that would be like for you, I mean how important is it to
get an honours degree and if you .....

M Its very important to me, I don't know I can't say what would happen to me if I didn't I suppose you would just have to live with it, but am I mean that's what I'm aiming for and I have my sights on that and hopefully it will materialize.

D And if you didn't?

M Well I'd be bitterly disappointed I suppose but ah not much you can do about it at that stage.

D And your QCA at the moment is?
M Well we don't have any we've had no exams since we came back from co-op
D Oh right and your QCA from Part 1 was
M On 3.73
D and your track record was anyway
M Well I'm trying to keep up near that anyway I mean
D And getting help or looking for assistance from a lecturer what's ..
M Well its just kind of going to them and asking them the question I mean I'm a naturally shy person anyway.
D What's stressful about that for you?
15/15 M It's just kind of going up and **asking a question to somebody you don't know** that well you know.
D What's the stress in that for you?
M It's just approaching people that you don't know, and asking them and trying to phrase the question to them and if then if they explain it to you you have to try and understand it and if you don't understand it explain to them what you don't understand or whatever.
D Right, now what's the stress in that, what's the pressure in that for you?
15/15 M **It's dealing with someone you don't** know I suppose really that would be the main thing.
D Ya, and what's behind that do you see what's behind that what's the pressure what's the difficulty in dealing with somebody you don't know, have you some sense of what's the stress and pressure behind that?
M Not really no, I'm a naturally shy person and I think that's probably it
D But if you go and deal with somebody you don't know am I'm wondering what is it about doing that that's a the pressure for you?
M Ya.
D You have to go through explaining etc. etc. etc. and so what's the difficulty in that for you?
M I don't know really, it just kind of causes
D What's your fear in other words?
M It's not really a fear it's just you kind of have to pluck up the courage to go and you're kind of nervous to
D Nervous of?
M Nervous of approaching them.
D Because what might happen?
D Can you see what I'm saying is that
M Ya but, I see what your saying but I can't kind of pinpoint something for definite that's causing it you know.
D Well it's not even a cause I'm just wondering what's behind it or what would be the worst that could happen or?
M Well I mean the worst that could happen is that he'd tell you to go and look it up or something or I mean they are hardly going to tell to
D What would you be afraid they might tell you or what would you be afraid might happen?
M Well I mean there is nothing really they could do to you I mean if you go up
and ask them a question I mean most them are obliging and will answer the question for you, or they'll say I'll deal with at

another stage or ask me in tutorial, or something like that but I mean they won't tell you to get lost, or I'm going to fail you because you asked that question or something like that it's just ah

D I'm just wondering what's your shyness about?

M I don't know, I don't know

D I'm shy because or shy when I'm with people how do you feel when you say you're approaching a stranger or asking somebody for assistance how are you feeling?

M Well I mean directions in the street

D Okay like here if you a re asking for assistance

M I don't know its am

D How are you feeling?

17/17 M maybe its the authority or something **I feel this person is over** me this person **has control over my destiny** or whatever, I mean I know that they don't hold anything against you or anything like that but it's just I don't know you just kind of feel a bit in awe or something I don't know.

D Right is that how you feel going up to your tutor or lecturer?

M Well you just kind of, I can't really explain what it is but you just feel kind of nervous and shy and ah it causes a good deal of stress.

D Right, can you describe your shyness how it feels?

17/17 M Well you just kind of **feel jittery** and butterflies kind of, and ah in approaching them and once you ask the question then there's no problem and they explain it to you or whatever and you feel fine,

15/16 it's just that initial break you know the **initial contact** making or whatever.

D Right.

M or whatever, not so much, not every lecturer because some of them you know better than others but the ones that you don't know that well the ones like where you might be in a large class of 80 or 100 people say the lecturer in you own class you might be easier approaching them.

D So it's quite a stress to you to do that.

M Ya.

D all these feelings

ND/16 M Ya, and **anxiety** I suppose.

D Ya, I means it sound typical anxiety kind of feelings you know.

M Ya.

D But I'm wondering what your anxiety is about I mean for me it would be afraid that I might make a mistake or that I might sound foolish or

M ask a **stupid question** or something

16/16 D Ya, or they might ignore me or I don't know something like that for me

M Ya, I suppose its just **a lack of self confidence** or something

D Right.

M Ya, you going to have the same kind of a

D same thing, what's that about, kind a labels like poor self-confidence, shyness, etc.

M I suppose to an extent its probably I'm asking a sensible question or I mean I've rarely approached a lecturer with a ridiculous question

16/16 anyway which I suppose, ya, kinda **will he think this is**

ridiculous or trivial and is there any need for asking it or something, I suppose that is an extent of it

D Okay, we'll just look at some of the areas, I mean it's a bit here, meeting
new people socially as well I mean maintain friendships, that whole social area maybe is difficult to you?

16/16 M Ya, it is sometimes ya the **initial contact** initial meeting of people but after that its ah isn't difficult anymore.

D Ya. Do you find yourself alone a lot of the time?

M Ya.

D Moreso
so actually relating to other people is a

M Ya. the initial contact after that

D so that stops you from making any contact maybe if the initial part doesn't work

M Ya, ya.

D if you don't get off if you don't get any further than that

M Ya

D and what's that like for you I mean?

M well it's ah

D how does that make you feel?

M Depends on the situation really, sometimes it can make you feel pretty bad and other times I wouldn't worry too much.

D But at the moment how does it make you feel where you are, socially how you are with people and I'd like to know right now how would that make you feel

13/13 M Well I mean **I don't feel I'm getting on all that fantastic with the people in my class at the moment** as I had been say before co-op maybe or I suppose we just all went our separate ways and split up and bit you know.

D right, and what is it about that that's stressful for you?

22/22 M Well it's not really stressful, it's just that you **social contact kind of is broken** a bit you know.

D Okay.

M I mean I wouldn't say its stressful talking to the people in my class or anything like that but am the contact that was there isn't there any more. the rapour.

D What's that like for you? how does that make you feel?

M Well sometimes you kinda feel you know, what did I do, why **did I**

13/13 something wrong, or **did I say something wrong,** or and then it will depend on how much you have to do or what else you have to do or whether maybe you're dealing with somebody else whether it didn't matter to you then maybe.

D Right, your concern over problems with friend maybe would it have to do with that?

M Ya, it would be.

D Ya, and have you had something stolen recently?

40/40 M No, not recently but I mean it has been so in the past and it's **kind of bit upsetting to lose things**

D But at the moment that wouldn't be affecting you

M no,no

D Ya, the motivation at the moment, motivation seems to be poor

M Ya.

D What's that?

M Just kind of find it hard to start into study or whatever I meant I know I have loads to do but it's kinda difficult to

get into it, I think the fine weather didn't help anyway

D and again what's the pressure there?

7/7 M Well again it's just **to get started** into the work, the same thing again you have so much to do and you have to get it done and it's just trying to get into it.

D A number of personal things there in terms of, well the shyness part we've talked about but feeling depressed in yourself scoring fairly high on that

M Ya.

D What's that?

ND/32 M Well I just kinda **feel down quite a lot you know,** again its hard to explain the reason for it you just kind of feel

D No well I mean I know there are lots of reasons, what does it actually feel like though?

32/32 M You kind a feel rotten, and is all this worth while, or **is there any point in going on,** or what am I doing here and you feel kind of miserable in yourself you know

D Is it all worth while what's that about?

M well I mean, you know, you say God I've this to do, and I've that to do, and the other thing to do, and will I get it done, is it worth my

4/32 while doing it, or am **should I be here at all** or

D What would make you doubt that? - should you be here at all

M well maybe if you're, if you have something to read and you can't understand it first time out or first couple of times out, and then eventually when you do well goes away, or if you have a project to do and it's going against you I mean that's a major one like a large project to do and start into it and it just doesn't work, or you can see no reason why it shouldn't but it doesn't and eventually you figure it out, or as one thing happened to me I had a project done I had a months work done, and there was a power surge and the disk was erased and the whole project was lost and that would make you feel pretty depressed.

D Rough and at the moment whats getting you down at the moment?

18/18 M Well **at the moment its** ah all the work, **all work and no play** and its getting worse and worse and there's more projects to come on top of all the work we already have.

D Right.

2/2 M So it's trying to see well **how I'm going to fit all this in** and **the thought of that is depressing in itself.**

D Right, and I mean is this something that regularly comes on you this feeling?

M Ya its comes on fairly regularly, but then I mean it can go overnight depending on what happens.

D And how do you cope with it?

M You I suppose you just kinda have to trod along and keep going.

D How do you feel about that?

M You just kind of well you've got to there's only so many more weeks you can manage if you can get through, if you can keep going, and it usually seems to work am occasionally you get long periods, last term now there was one period when I was 4 or 5 weeks feeling really depressed, and then all of a shot it just kind of lifted and this term I had a few periods like that but they haven't been anything as long.

D And is it totally out of your hands, do you feel there is

anything you can do to improve it or?

M well you can do a bit like I mean make a certain effort to get out of

2/2 the depression, but I think **unless the cause goes away** or lifts a bit **you're not going to get of it** you know.

D And is there a common thread in terms of the cause

M Its seems to be study and work and that

D Right

M or related to that anyway.

D And do you feel the other part of it is like the all work and no play part of it may be a factor, the fact that you don't have a great social life you don't mix an awfully lot maybe

M ya ya

D maybe if you had an outlet

ND/18 M ya something **to let off steam** or whatever

D or even people to talk to or

M or even just to kind of perk yourself up a bit you know.

D Have you anybody, I mean if you're feeling very low and depressed who would you go to?

11/11 M Well **I have** a few, **one** particular very **good friend** and if he's depressed and tormented with projects and **he** comes and **moans to me** and I go and **I moan to him** and we you know it kind of alleviates it a bit, but ah if the two of us are depressed together it doesn't do too good.

D Right, right, would you find that a support to have somebody?

M Ya, ya maybe .....

D Do you have high standards for yourselves?

1/1 M Ya, **my parents reckon I set too high a standard for myself.**

D fail, whats you fear whats the stress about that?

M It's just the fear that if I mean, I set really high standards for

1/1 myself and **I want to attain** those and ah

D Because or what's that about?

M Well I just want to, it's just a thing I have set for myself, a goal I have set for myself, I mean everyone sets goals I suppose maybe mine are a bit high but that's what I want to attain or what I hope to attain

D Because?

M Because it's just the way I am it's what I want you know.

D What I'm interested in is the goals that are unattainable or too high that that's where the fear comes in maybe the fear of failure.

M Well I mean I wouldn't say there too high, and I mean they're not unattainable but I mean maybe they're a bit higher than most people might set for themselves you know I mean I'd say they're above average goals to have

D Right

1/1 M and ah **I'm** an **ambitious** kind of person and this it what I want to achieve.

D What are you're ambitions?

1/1 M You mean long term, well I mean I have a bit of a **dream** which **is to study for a masters,** a particular masters in England, its actually **at Oxford** and there's only 30 places and very difficult to get into but I intend to apply anyway.

D Right.

M Its a very well known course and all the lecturers are very well known

D I mean what strikes me is that you have so much invested into your study and stuff because maybe other areas either as a result other areas get neglected, or because other areas are neglected, then all your energy is invested into study, so everything basically hinges on your study

M Ya

D Nothing else really counts.

M Well I wouldn't say nothing else counts but the main emphasis is on study ya

D So maybe there could be a sense of imbalance there, too much weighting on that.

M Ya, probably is ya

D If everything hinges on that then my understanding is that would really increase the fear of failure because that's the only thing I have or that's
the important for me.

M Ya.

D Does that make sense?

M Ya.

D Is that the way you want it to be for yourself, or would you prefer to be different?

M Well I suppose it would be no harm to have a bit more
than just the study but I mean for another year I wouldn't it being that way

D Right

M if it meant getting what I wanted and then am maybe a bit more.

D Lack of ability to make decisions?

M Ya, I'm extremely indecisive

D right

M and it can be tormenting at times trying to decide what I'm going to do and it can be stressful, I mean why can't I make a decision you know it can drive you mad at times why can't I decide.

D Right, what's your answer to that?

M Well I don't know that's the indecisive part, it can be tormenting, okay I can make some decisions obviously but a lot of things kind of deciding will I or won't I and it can take me ages to decide and then make your decision and say well should it have been the other one or whatever and ah it can be tormenting you know.

D Right, ya I mean the expectations stuff is that just you, or do you feel your family have expectation as well, you were saying they feel that maybe you set them too high as well

M Ya but well I suppose at this stage I mean I've always got results
and they kind of expect I will get good results but I mean if I don't they wouldn't show any visual disappointment or anything like that, I mean they will be happy with whatever I get they know I've put in the effort

D Right

M and they don't actually put pressure on me you have to study or anything like that, but I know that they feel that they kind of expect that I'll do well and I suppose that does put a certain amount of pressure on me as well, I mean they don't do it deliberately or that it's just they've kind of come to be used to that.

D Are they a support?
M Oh they are ya and I'm doing too much that I should take more of a break a lot and that
D and what do you say to that?
M Well I say I have so much to do I know what I have to d,o I know when I have to have it done for, so I take a break when I can afford to you know, my parents get a bit of air and so I do that their supportive alright
D and is there abuse at home is that is the past or present
M abuse at home
D So your Dad and yourself what kind of things would you argue over?
M Ah stupid little things, you know small little things.
D Ya, there's just the three of ye at home is it?
M Ya that's right, I mean it would be nothing serious I mean just small stupid little things and ah we would have a few words and probably in a mood and not talking to each other for half an hour and then it would be okay again but it just kinds of causes a bit of stress and puts you off guard or whatever.
D OK, so in general Michael at the moment how would you say things are for you?
2/2 M Well quite **stressful at the moment** because study wise anyway, I mean at home everything is find and all that so study wise things are kind of stressful with the amount of work and deadlines and everything.
D you're biggest concern right now?
M Is getting a good QCA, this term now will be my first result that counts since co-op, so I mean what I get this term is going to have a very high weighting so .....
D And how confident are you that you will?
M Well in some subjects I'm fairly confident, in others not so confident, in two particularly I'm not as confident as the others I feel I've done work for them and I've worked hard bu ah I don't feel as confident with them as the other ones.
D Is there anything you feel in terms of what we've talked about or we've covered what it's like for you at the moment
M Ya I think so
D the only thing we haven't really maybe got at is what's behind
M Ya
D The amount of stress in terms of the shyness
M Ya but that's hard to pinpoint you know I thing it's just the way I am
D Right, my concern for you obviously would be about these periods of depression, what you could do to look after yourself during those periods of depression, am and I know that you feel that you haven't control or you feel that
M I think at the moment there are not as long or as serious as they were previously.
D Really
M So maybe that's not too bad you know.
D Right.
M Am, that I mean there have been pretty bad periods in the past but they're not so bad lately.
D How long ago when can you remember these beginning?
M Oh ah a good while back second year.
D In college or?

M Ya, well I mean maybe a bit in secondary school as well like but to a lesser extent, but seriously say second year even late first year even

D Really

M you just kind of

D looking back on it them can you

M Looking back on it then you see was there any need for that whatever was causing hassle I got through it fine and all that and that kind of helps you to get out of future periods of depression but ah

D and was that related can you recall were those issues related?

M A lot of things like projects going wrong and things like that

D Really

2/2 M and I think the **exams coming up** kind of causes a bit of depression too like Week 9 or 10, but I find usually once exam week comes I feel fine and I don't worry once exam week comes, I think I suppose its kind of being able to if you don't know it you're not going to know it and I never feel bad during exam week you know

D Well, what I'd like so I'd like to meet you again in Week 9 or 10

M Sure

D to maybe chat with you again if that's alright with you

M Okay no problem.

D and see how things are and in the meantime if you do get a low patch make sure you make contact with me and maybe something can be sorted out there and then.

M Alright.

Interview 3

H Well is there anything that's maybe stressful right now for you?

M Well apart from having the exams but ah I don't normally get too uptight about those like during term okay I'm a bit stressed getting work done and projects done but I feel at this stage if you don't know it you're hardly going to know it so ah you've kind of most of

ND/2 the work done I'm obviously a **bit anxious but I not too stressed.**

H and whats the anxiety in terms of exams?

M It's just have you covered whats going to come up and have you covered that sufficiently and will you answer the right questions and will you answer them the right way and will you get the right results.

H and whats that like for you - stress?

M its just kind of pressure you know is it right have you done it enough do I know it well things like that you know.

H So it's like have I done it right have I done enough?

M Ya.

H So what kind of feeling is that for you?

M It's just kind of like **a weight hanging** over you am just to get it finished and get through a thing.

ND/2 H What's that weight like?

M **Like 20 tons.**

H What's 20 tons?

M No no it's just constantly **hanging over** you no matter what

your doing even if you're not studying it's hanging over you you know and ah it just dominates most things.

H Now if you would take the opposite of that when the weight isn't hanging over you what would I mean would that be when you're playing sports or dancing or

M Well I think it would be during the holidays

H During the holidays?

M Even if I'm playing sports or if I was doing anything during term the weight is still there to an extent anyway.

H Ya

ND/2 M **During the holidays I kind of switch off and relax.**

H And whats that like?

M Well its grand the weight is off you for a while but obviously you get tired of that too, well I mean not tired of that but tired of not doing anything.

H So that isn't satisfactory either?

M Well I wouldn't say it not satisfactory but for a while its satisfactory.

H Whats it like to feel with not having the weight on?

M It's great it's a relief and you can relax for the first, properly for the first time in a long time and ah

H And what's that like been relaxed?

M It's nice you can take things easy no pressure and no worries I wouldn't say no worries but not the same extent of worries.

H I'm wondering okay no pressure, no worries well almost no worries and what's that like?

M Good you can't explain why but it's good.

H A good feeling?

M Its an easing ya a good feeling.

H And the opposite to that is the weight?

M Ya.

H Thoughts a bad feeling?

M Well not I wouldn't necessarily say a bad feeling but it's a troubling feeling.

H and what's that like to be troubled?

1/1 M Well it's just that **your whole world revolves around this** and you've got to get through this and its laying on you the whole time.

H Okay

M Bogging you down

H Okay well lets stay with the whole world does it feel like that?

M Ya well at times ya not all the whole time but at times

H At times you feel its the whole world

M Ya

H and what does that feel like the whole world .....

M Well you just kind of feel is it all worth it or why am I doing this will I get through this will it ever go away and I found eventually it does.

H So will it ever go away and eventually it does?

M Ya

H but there's that will it every go away?

M Ya that kind of wonder will it ever go away

H So you feel it might be a present and permanent thing?

M Ya well for a long time anyway it goes away after a while.

H Okay, so the two things you have are pressure to get an A or B on the course and difficulty

are they connected?

M ya well to an extent I mean I want to get really good results and that means A's or B's basically and there are times especially in the last week or so I've found it hard to get motivated to get started when I go home in the evenings ah I used be great to start off straight into it and work til midnight or whatever take a break in between but now it's more like 9 and 10 before I get started.

H So what's that like?

M Well it's kind or worrying I have so much to do and yet I can't get

7/7 into it and ah at times I think it's **because I've so much to do that's causing that lack of motivation.**

H Okay, it's having so much to do?

M ya kind of vicious circle you know.

H Right okay and what's that like been caught in a vicious circle

M Well it's annoying to be caught in it no 1, well I mean I know I have the work to do that's nothing to do about that but it's kind of annoying to be not to have the motivation and then it causes stress cause I'm not going to get this finished I'm not going to get it all it time

H and so you're annoyed?

M Ya

H and whats that like for you been annoyed with yourself?

M Well you just kind of feel you know this is ridiciluous this is crazy I mean you have so much to do why aren't you doing it you know but then

H what's you answer?

M Well there isn't really an answer you know why the hell aren't I doing this eventually you get into it but I feel I used to do an awful lot more work before.

H So it's like a vicious circle?

M Ya.

H and it's annoying?

M Ya

H and you call yourself stupid?

M Ya

H and whats that like when you're doing that?

M Well, its causes a bit of strain well I wouldn't say a bit quite a lot of strain at times you know I mean you've got to do this why aren't you doing it come on get on to it you know.

H and all you end up with is tension?

M Ya

H and what's that tension like for you?

M Well it's just you feel tied up bottled up and can't as a result of that you can't do as much work as you were wanting to do anyway even when you do get motivated.

H So you're tied and bottled up?

M Ya

H That stops you from being able to?

M well I won't say stops completely but it it

H impairs?

M Ya impairs doesn't help, what you used do in two hours now takes three or whatever.

H Now whats that like?

M Well that again that annoys you and causes more strain in the

sense that you say well I've this much to do and I got this much done in two hours I'm never going to get all this done.

H Okay, well what would the opposite of that be for you?

M Well the opposite would be to go in and get into the work and get it covered and in the time you've more or less planned its going to take you.

H so how would you do that?

M well I mean

H think back to how you used to do

M How I used to do it, I used to go home and start and get into it I mean I was never one for this thing of having a timetable for study I never followed it it just didn't work for me I tried it and I got less done am but am

H what was your frame of mind like I mean okay so you didn't have a timetable you just got into it what was your frame of mind like if you can cast yourself back to when you used to just you know what was that like for you

M I don't know I feel I was still in the same frame of mind I still wanted to get it done and I wanted to get good results and I was I had the ambition to get into it and to get through it and the same ability obviously but am

H Had the ambition, what's that like?

1/1 M Well it's just that **I want to get the results** and to get the results I have to do the work to a certain level to a certain degree and that kind of goaded you on to do it.

H That's what worked

M Ya well I mean I still have that but it just seems more difficult to get into it

H What do you think is there now that wasn't there then?

7/7 M I don't know I think **since** going on co-op and **coming back from co-op I haven't had the same drive for study** I wouldn't say its gone completely but it hasn't been anything as strong as it used be

H Is there anything of self-doubt thaws crept it

M Well I think there's always a bit of self-doubt am I don't think a little bit of self-doubt is any harm I don't think its great idea to say well I know all this and a little bit of self-doubt is no harm I wouldn't say necessarily any more than there has been.

H from listening to you it sounds like there has been a bit more when you say co-op you know the thing that comes to me is maybe the motivation is not there as strong.

M Ya that's what I think is the thing ya.

H So what's that motivation you're change in motivation.

M I don't know because when I was on co-op I was working really long hours and I was I did some work at home in the evenings and I did a course while I was on co-op so I mean I was still studying but I think it was change in coming back here to a certain extent.

H What's not motivating you now that might have been motivating you say before co-op.

M Well I think that's a $64,000 question.

H Well I mean its your motivation.

M Ya but if I knew that I wouldn't have the lack of motivation.

H Or you might really know it and understand maybe you realize that a lot of the stuff you're learning isn't necessary for the work you're doing?

M No I think I had more of that before co-op really I thought a lot of the stuff am I every going to use this but then once I had work experience and coming back to do new courses this time I realized well ya important.

H So that isn't?

M I wouldn't think that's the problem no

H Any ideas I mean?

M Well I think the fine weather we had didn't help either because it was kind of difficult to get in and study and I try studying outdoors and that wasn't a great success either because the sun is in your eyes and the papers were blowing so I think that kind of slowed me down a bit and maybe at this stage it's hard to build back up again.

H What about in terms of positive thinking and negative thinking do you think there's any change there?

M Well maybe maybe there's a bit tendency more towards the negative slight but am

H Well slow down now lets try a lot of negative thinking just see if that fits you're thinking a lot more negatively

M I wouldn't say a lot more but possibly a lot more in the sense that

1/1 **I'm not as confident as getting good grades as I was before** am that I realize that I have to do more work than I did before obviously its more difficult as you get on

H Right

M and am just ah I think that's where the negative thinking has come in

H Ya

M and I'm not thinking negatively I'm going to fail everything or anything like that but I'm thinking maybe its a lot harder and maybe I'm not going to do as well as I did before.

H I mean whats your QCA?

M Well I don't have one at the moment

H What was it before?

M It was 3.7

H Very high.

M ya, so that was the kind of aim to get that high

H you're way up there you have to be what 2.8 to get a honours degree?

M ya

H that's what you're aiming for?

M Well at least that

H And what are you aiming for?

M Well if I could get a first

H So you really want a first?

M Ya

H And honours is definite?

M ya

H Okay, I hear you saying and its interesting is okay you're starting again now I mean this is maybe part I mean can you do as well this time as you did last time.

M Possibly ya

H Well what's your answer?

M I don't know maybe not quite as well but ah hopefully but not

H You see the negative thinking, I mean even when you were talking earlier well there's a lot more to study a lot more knowledge I mean the other side of it is that you have already

spent 2 years 2 and a half years and you've got more knowledge and you've got a lot more ability.

M Ya.

H So that even if the increased work you should have the increased ability?

M Ya

H So if you're thinking positively you'd say okay there is more to cover its more difficult and I'm more intelligent and I've got more facts and more knowledge now and I should be able to equal it at least but I hear you saying well maybe there's a lot more you know in other words it sounds like what's happening that there is some self-doubt creeping in and what hits me is how you stop how you start turning whats not positive to you around to been positive.

M Ya

H You did it once you can do it again.

M Do it again, ya sure.

H And you've done it more that once it sounds like I mean I presume you did very well in the leaving?

M Ya I did ya

H Excellent?

M Ya

H You did excellent on co-op I presume?

M Ya

H Right, you took a course there?

M Ya

H You did excellent in that I presume?

M Ya

H Well, how many times, you've jumped over eight hurdles you've made them all

M I guess I'll make the ninth one ya

H Ya

M its true

H Its how you start looking positively at all your successes so far and just saying well you know I'm successful I'm you know. So you got the only things here that I would see as hard are we have lack of social activities whats that all about

M Well it's just you feel you're in studying when everybody else is out having a good time ah and kind of should I be out more having more fun enjoying myself and

H and what's your answer?

M Well maybe I should be but I don't seem to have the time

H You don't make the time

M Well I mean there are only 24 hours in the day and at the moment I'm working for 25 so I can't do anymore.

H Okay, it's just this one here, fear of failure.

M Ya

H What's that?

M Well again it's the same thing it gets back to the same thing.

H and what's the fear of failing?

M Well fear of failing afraid I won't get by once again why I won't get what I want in the end.

H Okay so its not failure?

M Its not failure in terms of F's, it's not getting what I want

H Right

M and that's failure in my book.

H Okay so whats that like in terms of tension?

M Well its just kind of again it gives you a goal to aim at and you've got to work to that goal and the strain the worry like well strain I suppose more than worry will I get that goal.
H and what's that strain like?
M Well it's the same again its the big weight all the work that has to be done to get that goal it's all interrelated.
H Is it worth it?
M Ya
H Alright if its worth then go for it.
M Ya I agree I mean I intend to I don't intend to drop out or anything.
H Oh I understand that but I'm just what hit me when I was talking to you was it seemed like you've moved into some negative thinking about yourself.
M Ya.
H and there's no evidence that there's a major difficulty there
M Ya
H and its how you've manufactured it
M Ya
H for yourself, I mean all objective criteria show that you're as bright and as intelligent as you were up until you know now is there anything you want to add or anything you want.
M Not really no I think that's more or less all the aspects for me at the moment.
H How do you feel now compared to when you first came in for an interview?
M Well you feel a bit better alright but things have changed over the term you know I mean at once stage I was in with Declan and I had loads of projects to do and there weren't going to well and then I got a breakthrough so I felt a lot better and now that they're over I feel a lot better again you know.
H Whats in that I mean do you think again with the projects do you think you might have got yourself into negative thinking?
M Well maybe perhaps there was negative thinking but with a project you can kind of see its a programme of projects so its not working well then there is something wrong so you do have a problem okay there might be a bit of negative thinking in it but there is physical evidence at the same time.
H Ya well I'm not arguing that the evidence isn't
M I know.
H I just saying that sometimes the result as you said earlier about the kind of circular thing is that if you keep thinking it won't happen you almost make sure it won't happen.
M Ya.
H So if you're thinking I won't get this thing to work properly you've probably pressed the wrong button and made sure it won't happen that's all
okay I think what you're saying in terms of ya you think things have gotten more under control and all I'm thinking is is how you can look more positively on yourself you certainly seem to have a lot going for you.
M Ya
H And a little wave is a lot better than a big wave.
M Ya that's true, but I mean there's bound to be some bit of a wave rid of it completely.
H Maybe, maybe not.

M Unless you're absolutely sailing through everything you know.
H Well you've just decided that I've got a certain amount that I'm good at and that's as good as I am and I'm happy with that.
M Ya
H And it sounds like you're know you're quite good at this you know? okay
M okay
H alright
M thanks

D As I explained to you the other day, the purpose of this discussion really is that I talk to you to get right now to see what's going on for you, what kinds of demands and pressures right now your experiencing, am so that over the period of 20 minutes of half an hour that we might get a good picture of what it's like for you right now.

T Aha

D And I mean I wouldn't get into that right now, we can come back and refer to it, first lets here from you yourself, I mean if I say to you what you know are you experiencing at the moment, any particular concerns, or pressures or stresses that are going on for right now, what comes up for you?

T From here is it?

D Anything, whatever stands out for you right now.

2/2 T Well the **main thing is the thesis,** because I'm in fourth year like.

D Okay

2/2 T That **has to be in for Tuesday,** that was the main thing,

D Last Tuesday?

T This Tuesday

D It had to be in for this Tuesday

T Ya

D and so you've submitted that?

2/2 T Well I put it in for binding today, so **it's a good as finished at this stage.**

D Okay, but right now, is there pressure on you right now?

T After that?

D Ya, well today we say

T No not really there's nothing

ND/ND D You **feel**

T **free and easy now,** after that (laugh)

D Right you've got that out of the way. Was it a lot of pressure to meet that deadline?

2/2 T Well **it's always in the back of your mind,** you can can never kind of sit down and say I'm free to sit now and do nothing like, you always have to the thesis like.

D Right

T It's there in the back of your mind all the time.

D Okay, so we won't get into that, if I talked to you last week I suppose you would have had a lot to say about that

T Ya, aha

D so today what would be a concern for you?

6/6 T **Concern, am getting a job** I suppose.

D Okay, do you want to say a little about that, what's the pressure there for you right now in regard to getting a job?

T Where I get it and how I suppose, am I'd prefer to be around the Muster region say in a job, and it would have to be something that I'd be half interested in anyway.

D Okay, so what is it about the job that's stressful right now for you?

6/6 T Well **I applied to a lot of people** before the accountancy crowds and **I've had a few rejections,** so things weren't looking too good then in that line.

D Okay

T I was interested in going on to xxxxx

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D Right
6/6 T so I'm kind of wondering **where I'll go from here**
Knock on door
D Ya, what would be the stress right now in terms of needing to get a job?
T Well am
D You've done some interviews, you've been turned down
6/6 T Ya, I suppose **fear of been turned down,** and that you **might end up with nothing** like
D So at the moment that would be a concern maybe that you may be turned down again
T Ya
D Have you interviews coming up or?
T No there hasn't been anything really coming up yet, but I suppose it's early yet, we've only started back again so.
D Okay and if you did get a job you'd be concerned that it would be in the Munster region.
T Ya well it would suit me, if possible like, xxxxxxx the other ones xx Dublin
D Sure ya, what else about that is particularly stressful for you at the moment, in terms of getting a job?
6/6 T I suppose you feel **if you didn't get a job** after getting out of here that you'd be after **wasting your four years here**
D Okay
T and wondering where to do from there
D Sure, ya
T that would be all about it I suppose
D right, and I mean what is it about that that's a stress for you at the moment?
6/6 T actually thinking about it? I suppose in **getting a job is the main thing,** getting something.
D Are you optimistic, or are you confident that you will get a job?
T I would be, eventually I should have a good chance of it anyway.
D Okay, a good chance of it
T Mmm
D okay, you'd be fairly optimistic. Alright, other stuff at the moment, other concerns here Tom at the moment, other stresses that you feel right now?
T Well they aren't so much here anyway,
D Okay
T but a home maybe
D outside of here
T Well I'm involved a lot in running a farm that we've got, there would be a lot of stress coming on this time of the year, and its an outside place that we have so it would be about 50 miles away from
48/48 home so **I'm kind of responsible** for that
D Really?
T and ah
D what's the stress in that?
T cause there's a lot of cows calving and sheep lambing at this time of the year and I'd be spending the first five weeks that I'd be supposed to be here I spend a lot of it down there.
D Okay, and what is it about that that's stressful for you?
T Well if you loose them, you're loosing money like

D Okay
T that would be the main stress I'd be under at the moment so
D Okay it would be the fear of loosing a calf,
T Ya
D any other particular fears or stresses attached to the responsibility of say
having the farm? at the moment would that be the main
T Ya
D kind of stress
T but am there's the stress of being tied a bit with it too I suppose
D Ya, what is it about that that's stressful?
T Am a lot of my free time is spent there like so and I don't have a whole pile of time for socializing that much like, as much as I'd like to say.
D So the stress attached to being tied down is that you don't have an awful lot of time for socializing
T Mmm and I spend weekends down there and I could at home maybe xxxxxxxxxxx
D Okay, so your restricted
T hanging in limbo
D and you mentioned having to travel 60 miles I mean is that very demanding on you?
T Well I don't mind that I like traveling anyway, I like moving around, so that wouldn't be xxxxxxx
D Mmmm any other demands that are there in regard to the farm?
T Not really I'd say
D Okay so it restricts your time, stops you socializing and also
T Ya
D responsibility at this time of the year
T Mmm
D Okay.
36/36 T and am, **I'd like to be more involved in the GAA and sports** things at home but I'm kind of finding myself drifting away from it.
D Really?
T a little
D Because?
11/11 T because **I'm not at home** all the time and **I miss contact with the fella's** home say, then you wouldn't have anything in common with them that much
D Okay
T between here and the farm say and I'm not around here at weekends either so I'm kind of
D so you never have any base as such
T Ya
D you don't get involved in the GAA here no?
T Well I was in first and second year but if you get involved in the senior team it means weekends and I couldn't tie myself down like at weekends.
D Right, so what's the stress with that? what's the pressure, the demand there?
8/8 T **Not been accepted,** you kind of **not fit in anywhere.**
D Okay, not being at home because your up here, not fitting in here because you have to go home.

T Ya.
D Okay.
T That would be one of the major stresses I find around anyway.
D Really. Okay and what is it about that that's stressful not being accepted or not being xxxxxxxxxx
11/11 T Well you wouldn't have that many **friends** that you could call on say, at home now like I'd have very few people
D right, right, because there all gone off and working
T ya, it's just hello, how are you and good luck.
D Okay. Well any other issues at the moment Tom that would be of particular concern or stress for you, I mean I hear you saying about the thesis, that's over with, the job, getting a job and the responsibility of the farm.
T Mmm
D Are there things going on for you at the moment that xxxxx stress?
43/43 T Am, not really I'd say, the part about **fitting in at home now like is a major thing**
D Ya, ya, ya that seems, right I'll just, maybe we have look through xxxxx in terms of identifying the kind of facts, one of other things that I'm just looking at in terms of scoring this am, giving a class presentation, I mean is that a current, are you currently having to give a class presentation? is that currently?
T We will have to I think alright
D And is that currently bothering you at the moment?
T Yera it would at the back of my head
D Okay, I'm just conscious, it's the highest thing there, it's a 6, I'm just wondering
T Well I just recalled it from last time so
D Okay, I mean I just wanted to check that. Am in terms of peer pressure you know with regard to drink or drugs
ND/27 T Well you see **I don't drink at all like**
D Right, and what's that like for you?
T I find it hard because your going out with fellas and they say what
8/8, are you drinking, oh you don't drink, **immediately your on the outside of the group**
D Right
T as well as the night goes on then there getting drunker and happier and your kind of sitting on the edge.
D What's the stress in that for you? What's the pressure for you there?
8/8, T You kind of feel on you won if your not accepted, your out on the
27/27 edge of the group. I find that a lot, **if you drink you don't fit in** kind of.
D Okay. Which is also similar to what you were saying about being here and home
T Ya
D that you find it hard. The thing for you is I suppose is xxxxxxx
Phone rings
D Ya, I mean I can identify with that, I mean I don't drink either and I didn't drink, I mean I drink a glass of wine maybe now

T Mmmm
D but certainly going through college I never drank and I can identify with the difficulty of being an outcast particularly I used to play rugby or if your involved with sport
ND/27 T That's the thing particularly **with the GAA, the whole thing revolves around the night after the match like**
D your either in or out
ND/27 T Ya, **I wouldn't feel any great need to go out to a pub** like, you know the way a fella likes drinking all the time xxxxx going out that night it wouldn't bother me if I never went out.
D Right, okay. Do you have many friends?
T **I have here** like say
11/11 D Right
T **and a few at home, a few close friends** like that I'm still in contact with
D Okay so you feel you have support, at least you're not totally isolated or on your own.
T Oh ya
D Ya okay, right and ah peer pressure against getting good grades what do you see that as being?
8/8, T Am well here now from the point of view, **if you were doing a small**
16/16 **bit of work all the time fellas are inclined to mock you** like, a lot of the boys like are xxxxxxxxx
D and what's that like for you?
T Ah it gets at me a bit sometimes because they are kind of pushing you
8/8 out to the edge like that **you don't fit in with us because you do a bit of work**
D right
T so you mightn't do a whole pile like, but go to lectures and things and just do the tutorials
D right
T do that during the term, and there is a lot of fellas that I hang around with that don't bother doing nothing, so for the last two weeks they xxxxxxxxxxxx
D Right, right
T so their kind of, that fella all the studying he's doing
D What's the pressure, what's the stress in that for you? the fact that
T again your kind of out
D okay, the same kind of thing
T Ya
D Right, and the shyness thing would that be related to all of that as well would you feel?
15/15 T Ya well **I wouldn't be the most foregoing person,** I'd be a bit shy alright.
D Right, holding you back a bit. What's that about, how come you keep yourself back?
T I don't know am **I wouldn't be the most open of people so, it takes a**
35/35 **long time to get to know me** I'd say.
D Right
T you know, I suppose **shyness is really being afraid of getting knocked** or something like that I don't know

D Okay, and the stress in that for you is that you feel left out then

T Ya.

D Okay, am your concern over physical health is something that bothers you at the moment or?

10/35 T Well I **do a** good **bit of athletics** because it kind of **suits me better**

10/ND because I can train when I want and **I can go on my own**

D Right, right

T well I don't have to be tied down to training sessions and things

D right, right

T so am at times there if I stop for two or three weeks it would always be at the back of head to start again so I must make an effort to go at it again now

D So what's that about how come you need to get back?

36/36 T I don't know I find am **exercise is a way of drowning and releasing pressure** especially around exam time if your studying 8 hours a days to go for a run for an hour is great like, I always find that.

D Right. What I mean, would you have a particular concern about your health would you be worried that you might?

33/33 T **I just like to keep fit** and in good condition

D Right

T you know, I wouldn't be concerned that I would get some disease or something like that or die in the morning.

D Can you tell me a little about home Tom? what's it like at home, I see you have certain concerns about problems

T Well there is no real pressure put on us at home

D Right, any particular problems at home?

ND/43 T Well **I have a sister she's a bit slow** alright and **she's causing a good bit of trouble at home**

D really?

T she's getting older like,

D Okay

T she's going to the xxxxxx School in Cork now and there's is a lot of hassle with her

D really?

T well she's going up and down every day and there's desperate problems getting her out and things

D What kind of problems has she?

T Well she's just stubborn she won't do anything.

D And what's that like for you, what's the pressure like for you, what's the stress in that for you?

42/42 T **Well I'm worried about my mother and father at home** like, **especially my mother** who's under a lot of pressure

D Okay

ND/ND T and **we're not around** so when we're gone away every week its grand for us we just come back on Friday so

D Right, so your concerned about her

T Aha

D So is there anybody at home, or who's at home?

T Well I have another small sister she's only just going into first year this year coming

D Right

46/46 T but **am I'd be worried about what could happen to my sister** too like you know

D How old is she?
T She's fourteen now
D what's the big concern?
T I don't know what's going to be done with her, how she's going to be sorted out in the future?
D What's it for you?
48/48 T I don't know **I'd say one of us could end up looking after her**
D Right Knock on door
D Your concern would be where she would end up or what would happen to her?
T Mmmm
D Ya
T Say as my parents get older and they die like what's going to become of her?
D Ya
T the responsibility will probably fall on us
D Would you be afraid that it would fall on you maybe?
48/ND T Well if it did **I'd wonder how I'd manage** xxxxxxxxxx
D Well what would be your fear, I mean are you able to manage her now?
T Ya I would be able to handle her alright but she's a bit of xxxxxxxx alright
D that's a bit of a pressure?
T mmm, well that's creating a bit of pressure **at home,** a lot of pressure at home
D is it?
T It is at the moment ya
D who is it creating the tension for?
42/42 T it's **my mother** more than anybody else.
D How is it affecting her?
T xxxxxxxx it puts her under pressure I'd say her blood pressure is getting a bit high and things you know
D Right, I can see how that, it's interesting one of the other lads yesterday that I was talking to had a brother who was handicapped, died only two months ago and I was just saying to him that I worked with mentally handicapped, I don't know is your sister, she's just a slow learner category
T Ya
D my sister is actually a teacher in Cxxxx
T Is she?
D Ya she teaches down in School Bernadette I don't know is that?
T Ya that's where she is I'd say, the national school part of it like
D Ya, so Bernie might be teaching her cause I just live in fact in Tivoli and it's right in front of it
T You do?
D Mmm
T Do you?
D Well that's where I'm from, I mean my family are from there
T Mmmm
D So I can see and my sister-in-law is severely mentally handicapped you know she's 33 and the same concern is there, my parents-in-law are very old and I was just discussing this with my wife about what will happen there, you know who'll look after her, it's a bit worry really, a bit concern
T Mmmm

D So xxxxxxxxxx. Am ya, is there anything else to get onto there, anything else you wanted to say about that?

ND/43 T Am, not really I don't think so. Well I have another **brother** as well that's down here and **he's causing a bit of tension at times at home.**

D Really?

T Well ya I mean, we do a whole pile around the house I suppose he's a bit xxxx like at times.

D Really is he younger than you?

T Ya, he'd be in first year now like

D Right

ND/43 T but **he doesn't really fit in at home** that well like say **he won't really pull his weight** around the house

D Right

T he's up in the xxxxxxxxxx thrown up on the table

D right, but what's that like for you? or what's your concern?

42/42 T Well **I see it again affecting my mother** like

D right

T you know putting pressure on her

D right

T and he wouldn't be pulling weight xxxxxxxxxxxxxx

D right

T and he feels we're against him, and I suppose he'll grow out of it

D Mmm, what's the bet, I'm just checking out I don't know what's that like for you? to have that happening at home?

43/43 T **It doesn't make for the happiest at homes,** well at times

D Mmm

43/43 T **there would be a lot of arguments** but I suppose it doesn't run that deep

D Mmm, alright, and is your Dad at home?

T He is ya, he's kind of accepted that now at this stage.

D Ya. I can see there's conflict and stuff at home and I'm just wondering what is it about that that's stressful for you, it seems that part of it is that you worry about your Mum,

T Ya

D Okay, I mean can you expand on that? I mean what exactly is it about that that's stressful to you about that in terms ?

T Well I suppose it's putting a lot of pressure on her, might xxxx at the end of the day

D Okay so that's the stress for you is just that it keeps on going

T Ya

D that your Mum is going to suffer

T and the same time there's no great peace at home then when you come home xxxxxxxx at times so I'm not inclined to go home at weekends

D Okay so xxxxxx

43/ND T Ya, **there's no great attraction to go home** so I wouldn't

D Ya, is there, have you more, is there other issues there for you I mean that you can see that, are particular stresses that are there for you right now?

T At the moment? around generally like?

D Ya, I mean I see home as being a big issue

T Ya

D and the farm also related to that I guess, and college

T Mmmmm
D well job wise, are there other things going on for you?
T xxxxxxxxxxxx women
D Right, right
T **I haven't being making much progress**
D right
14/21 T say **girlfriends** or anything like that and it do be **bothering me** at the end of my mind that **I'm not getting any younger at this stage** like
D right, okay, and how is that a stress for you I mean what is it about that that's stressful?
T xxxxxxx making much progress and I wonder if there is anything wrong with me at this stage or something
D right
T well I'd say I know a lot of friends that have girlfriends, steady girlfriends at this stage.
D and you don't?
T No,
D Right
T I don't.
D and your concern would be that maybe you'll never have a girlfriend?
T Exactly, well I look around and I know a few more fellas that haven't so I'd say xxxxxxx
D Okay just stay with yourself, I mean what is it about not having a girlfriend that's stressful for you?
T Am, I suppose it's a fear of not having making the progress like xxxxxx thirties you'd be giving up altogether at that stage like
D Okay, so the stress really has to do with a fear of never, no so much that you don't have one now but that you might never have one
T Ya that I might never make progress at all.
D Okay, and what would that mean? or what is it about, I mean if you never had
one would that be a stress for you? would that be a pressure?
T Sometimes I feel xxxxx more times I'd say it wouldn't bother me,
21/21, **well I'd be thinking ahead say when I'd be forty and if you were**
10/10 **still on your own you'd be kind of totally miserable like**
D Right
T and you'd have no one to come xxxx
D Right
T xxxxxxx you know that kind of a way
D Ya, ya
T that kind of thought occurred to me sometimes
D right
T xxxxxx too much
D but at the moment you'd like to have a girlfriend but you have difficulty in, do you go to dances do you meet girls? are you asking girls out? or where do see
T I'd be shy enough like
D Ya, when you say how does that manifest itself with girls?
T well am, you notice a few fellas around you they have kind of the golden thing for talk, they can go on talking for hours.

about nothing
D Right.
T Whereas I don't really work that way.
D Okay.
15/15 T **I have to get to know a person fairly well before I'd be able to make a conversation for a long time.**
D And so what I'm wondering is am have you ever tried talk to girls?
T Ah I talk to them alright but like it's just some friend or that
D have you ever asked a girl out?
T dancing and thing or what?
D gone out on a date
T Yera a few times alright.
D and how does that work out for you?
14/14 T The last time there was an old **GAA dance at home,** and **I asked this one** and she was supposed to be coming alright but it clashed with another thing so
D it fell through?
14/14 T **it fell through** so and xxxxx since then
D That kind of doesn't give you great confidence
8/8 T No **it kind of gives you a kick in the teeth** again you know
D Ya, ya
T go back into your shell
D Right, right and I mean how old are you now?
T 21
D Okay,
T The grey hairs will be starting to appear now
D I'm telling you now, you'll be left on the shelf. I mean I certainly used to go out with girls when I was at school, my two brothers were 25 before they started getting xxxxxxxx
T Some fellas it's natural for them to do it. I have a younger brother, he's a year younger then me say xxxxxxxxxxx
D mad on women (laugh)
T Ya, he's went through half of UCC at this stage anyway
D I mean my two brothers went to college and they just never got into asking girls out
14/14 T **well I kind of find it too much hassle to be just making the effort,** you know
D right
T you have to make an effort I suppose
D But it all kind of seems to combine to make you kind of feel a bit isolated and out on a limb, if you had a girlfriend maybe you'd fit in more, or if you were drinking you'd fit in more, or if you were home all the time you'd fit in more or something
T Ya
D you know but all of these contribute
T it's all pushing me out
D pushing you out more and more so I guess you have to look at how you can get back in and where you want to get back in.
T Mmmm
D Your not necessarily interested in drinking, you may have a particular girl you'd like to ask out, or maybe a particular group you'd like to you know see.
T Mmmm

D Are there other things there? do you feel we've talked, touched on and looked at maybe got in an understanding of the different type of concerns that are there for you right now just in the brief chat we've had
T I'd say it would be the major ones
D We've covered everything really?
T Ya
D and not just in a superficial way, I mean we've actually, you feel that I've gained some understanding?
T I'd say an understanding ya
D and for yourself maybe I mean have you understood, has it been understanding to you?
T Ya
D Okay
T It just brought them to the surface what's there
D Whats there ya.

Interview 2

D So thanks for dropping down again
T Ya
D and the purpose is mainly to, much the same as the last time just
T Mmmm just to see did anything change since
D well no, no just to start to look at today
T Mmmm
D and see what's going on for you today and what kinds of pressures are there right now for you
T Today?
D Ya, what kinds of pressures and stresses are you experiencing at the moment, what's going on for you right now?
T Am we've had a few presentations and things, we had one today now like
D You had one today?
T Ya
D Okay, so what's going on for you today? how are you feeling today?
T Well, I'm under pressure to try and get stuff together for it and to go up then and talk about it, pass it off xxxx if I can like
D Okay, is that a stress for you right now?
T It is at the moment ya.
D What's the stress for you?
T Well first of all, I have not too much confidence in what we're presenting for a start, (laugh)
D Really
T that it's much good, and the stress then it trying to put across something that xxxxxxx
D Okay
T so and am go up in front of the class giving it
D What's that like for you?
T Well it isn't easy, I feel under pressure a bit
D right
T I'm trying to

D what would be the pressure of going up in front of the class, what would be the pressure for you?

16/16 T I suppose **you'd be embarrassed more than anything that you'd make an igit of yourself**

D Okay, so is that going on for you at the moment? some pressure with regard to doing that?

T Mmm, there is ya, that's the major pressure at the moment anyway. We had another one last week, it was more or less the same.

D Alright, just staying with the present, what we're experiencing at the moment

T Mmmm

D I mean are you, do you feel you can cope with it? can you manage?

T I'll manage alright ya.

D How is it affecting you at the moment?

T It's just bothering me, it's annoying me that I have to do more than anything.

D Okay, right

T I wouldn't be too worried about it, things will go alright so

D Right, okay, what are the implications if it didn't, what would happen if it didn't go right?

T Am well it's only worth 20% so the worst is you'd lose a few marks but it wouldn't amount to much at the end of the day.

D Right

T I could live with that.

D So what's your attitude to the presentation today?

T Take a shot at it, if it doesn't score well I wouldn't be too bothered about it like and if it does it does, just get through don't worry about it, more than anything.

D Right, okay. That's a particular, a very obvious thing that's there at the moment for you and the stress really for you is got to do with going up in front of the class speaking

T Ya

D and also whether you'll actually do a good job of it or not

T Mmm

D Is there anything else that's particularly stressful for you right now?

7/7 T Am you know an **exam next week,** Monday

D Okay and what's going on for you now with regard to that?

T Well it's in the back of my head that I should be doing something for it and ah I'm trying to find out or think what I'm going to be doing over the next few days will I fit it in like.

D Okay, ya.

T It's just more or less the worry of it at the back of your head all the time it's always there like it's not going away like

D Right

T xxxxxxxx

D And your worry is that you mightn't get it done or you mightn't have enough time to get it done.

T Well that I wouldn't do it right say am the thing about having mid- term exams is your not really in the mood for doing exams and you don't really make the effort,

D Right

T as much as you would say at the end of term, so it's easier not to do as well as you should, you know what I mean?
D Right
T whereas at the end of term your fairly geared for it and you put in all your effort
D Sure
T at this time of the year there is too many distractions, xxxxxxxx away from the study
D what kind of distractions are there for you?
T Well, the fellas back at the house xxxxxxxxxxx there is a couple of fellas in the house with me and they don't give a damn like about exams and this stage now they are about xxxxxxxxxxxxxxxxxxxxxxxx so they don't care.
D and what's that like for you?
T Well it's putting me under pressure because everytime I go back to the house they're there, come on we're going away playing pitch and putt, or go away drive, play pool or something they don't want to do nothing
D Mmm, mmm
T and you come back then and you see them xxx around the place and you say what am I doing to myself and ah just kind of a negative impact and then if you say your going away to study xxxxxxxxx
D Okay, and what's that like for you? what's the pressure in that for you?
8/8 T Well **you feel that your falling out with them** that **your different** from them, **your rejected**
D Right
T I suppose you could call it
D Right
T that your not in with the group like
D So it's a toss up like
T Ya
D you get your work done
T or go out with the boys like
D and how does that, where does leave you I mean having to do that?
T it leaves with the choice making terrible choice of doing work or going away and having a good time of it
D and what's your choice, what's your attitude?
T I always try and get the work done first like and have a good time after that you know
D Right, ya
T Try and balance it out as best I could, but to them it's kind of all the one it's either one or the other you know what I mean, study doesn't come into it.
D Right
T xxxxx me. xxxxxxxxxxxxx well see then coming along now this time for example they did nothing they didn't hardly go to one lecture I'd say last term and they still came out with 2.7 each. It didn't bother me much like but at the same time they don't do a whole pile like.
D Mmmm, mmm. Okay so that's with regard to next weeks exam, when is it on next?
T It's Monday.
D and right now it's a worry at the back of your head?
T Ya

D any other stresses that are there for you at the moment? pressures your experiencing?
T Well outside of here say
D Ya
T Well I was telling you before there I have a farm that I've been managing
D That's right, what's the pressure like now for that?
T Well most of the cows have calved at this stage but at the same time there's a few all time and I lost one there last week like so
D Mmm
T your always afraid that your going to loose another one I suppose so
D What's the pressure there?
T Well am we're ..... if anything goes wrong they're up on your back straight away .....
D So when you loose a calf its obviously not just about loosing a calf, its how
T Ya .....
D This is with the Farmers rather than you?
T Ya
D And what stress is in that for you?
T I suppose its that you're not thought well of, that they think you're an idiot or something.
D So how does that make you feel?
T You feel under pressure then to make sure that things don't go wrong like.
D You don't want to complain
T Its kind of in the back of my mind all the time and .....
D So at the moment its on the back of your mind ... about the farm ....
T Trying to organize events and work that has to be done there and to go out and do exams and studying and everything like you know
D Its a responsibility coming up to the exams ....
T Ya
D So any other stresses there in relation to the farm or demands for study or in relation to home?
T I suppose I was saying about **my sister** there before that she was going to a place in Cork and she isn't improving too much down there, its worse she's getting ..... its putting a lot of pressure at home.
D And what's that like for you at the moment?
T Its not effecting me that much at the moment, I'm not at home like, but at the same time, but at the same time I would be worrying about what's going to happen to her and the effect she's having on my parents at home and you know there doesn't seem to be any way out of it at this stage.
D Now what's the stress in you for that?
T Sometimes I would be thinking what's going to happen to her in the future like, who's going to mind her if my parents die or anything and ..... it would be the cause of a nervous breakdown at this stage
D Right, in terms of your mum, and coping maybe?
T Ya.

D How does that leave you then? What do you do about that or?

T Well that's the thing see, I can't really do anything about it like. Kind of feel helpless in this situation because its very hard to make progress in your job you know, but you just feel that you're useless when you can't do anything about it, can't see anyway with it.

D Right. Are there other stresses there for you, socially or?

T Not really. **Socially** I suppose I don't have that much time for going out, only at weekends and things and see there's a couple with us in the house as well and at this stage they're nearly married to one another, the two of them, and they're not inclined to go out that much really like and they don't be going out to we'll say going to a disco, we just go out to the pub say and that would be the end of it, we just come again. Whereas at the back of your mind, you feel you should be going out more like, but with nothing planned you know what I mean, you wouldn't be going out on your own sort of thing.

D You were saying that you'd be going out on your own?

T Well the fact is, if they weren't going out, I wouldn't be bothered going out, well I wouldn't go out on my own say - its different for them when they go home at weekends and can go out.

D So what's the stress in that for you, what's the pressure there for you or the difficulty?

18/18 T I think that **I'm slipping away,** I feel that I should be doing it and I'm not, avoiding it....

D Have you any sense of what that's about for you, I mean they've got girlfriends so they don't have to go out, and because they don't go out you don't go out. And when you go home you don't have anybody to go out with.

T Ya, so I'm left out in the pit somewhere.

D And what's that like for you?

T It makes you feel out on your own, kind of pissed off.

D Right you were just, how does that leave you feeling?

T I don't know really, you kind of feel left out more than anything and you kind of say its your own fault that you were sinking into a trap, its not getting any better only worse kind of. You're kind of moving out or something, its hard to.

D Well lets just have a look here, we've probably covered most of what's going on here but, giving a class presentation is obviously high at the moment. What's the peer pressure, do you feel there's a peer pressure there for you? Or do you feel,

T A bit like, well I'm nearly getting over that at this stage I suppose, I'm used to it.

D What's the stress there for you at the moment, what's the pressure at the moment for you as regards that?

T Well if you're going out with them, you're kind of seen as the straight and narrow guy like, I don't drink or .... Kind of out on the outside against them, of the group, you're not fitting in more than anything.

D How does that leave you feeling?

T I suppose it feels depressed at times like, everyone else sort of ********

D Ya, it gets you down?

T Ya.

1/1 D And a few of the issues here, what's the **fear of failure** like for you?

T I suppose I'm really hardly dread fear of failure, I have confidence enough in myself that I'll be able to go through, you know what I

1/1 mean, and afterwards I suppose the only **fear** I'd have **is not succeeding in a job** or something.

D Are you worried about what you're doing when you leave here?

T Its sorted out at this stage. I got a job in Kerry Co-Op, so its more or less sorted out what I'm going to do, well I don't really know what I'm going to be or anything yet.

D And is that a stress for you at the moment?

T Well its in the back of my mind all the time, thinking about what I'm going to be doing.

48/4 D What's your **worry**?

T **That I could be shipped up the country.** I'd prefer to stay around Munster anyway and well, then there's, I'm not really satisfied to go working for Kerry Co-Op, I was always more interested in doing the taxation side of things or something like that, but Kerry Co-Op its more general. I'm kind of in between two minds what I'd like to do at the same time, but I have **** enough to do it if I want to do it.

D Right and what's the pressure then, I mean is there a pressure there for you?

39/39 T Well the pressure is that **maybe I'll make the wrong decision** and be sorry about it afterwards and the pressure then if I don't have any choice.

D And concern over your physical health, what's that about?

T I do a lot of old training things, well I used do a lot up to Easter and then since I suppose I'm telling myself at the same time that I won't be starting soon, all the time

D And if you don't?

T Well its going to be harder everytime, the longer I leave it the harder its going to become.

D And concern about family members and problem with family members, is that mainly got to do with your sister and the effect it has on your parents?

T Ya.

D Is there any other concerns there with other family members?

T No not really I'd say.

D In your own changing, do you see your attitude towards your own family changing?

49/49 T A bit I suppose, **you feel you're moving away more from them.** You see my brother is in Cork and I see a lot less of him at the moment, and we used to be like twins going around the place, but at this stage he has his own friends now above in UCC so he's hardly ever down at weekends and if he's down at weekends I may not be there, so we mightn't see each other for a month or two. You kind of drift away **********

D So in general, how are you left feeling at the moment?

T Not too bad like. There's nothing like suicidal like inside my head or anything.

D Do you feel you can cope?

4/4 T Ya I should be able to cope alright, but at times I **get a bit depressed** when **I'm thinking** of where I'll be in the future like say in relation to working, if that has anything to do

with time for farming ... but at the moment all I'm thinking is just getting out of here and just concentrate on that, so I'm not thinking too far ahead.

D Do you feel we've covered mainly what's going on for you at the moment?

T Ya

D Is there anything we've missed out on or?

T You have I'd say. The last day there, another thing I forgot to say

23/ND was about that was causing stress mainly was **my height,** I forgot to mention that like.

D That's a concern for you?

T A bit. I know I'm not too tall like but ********** especially if I was playing football or something like that, they kind of write you off straight away like when you're small, no matter whether you're good or not, regardless.

D What's that like for you?

9/9 T Well, you kind of **get frustrated** then **if you know you're better** than someone who's playing and just because he's taller than you, he gets on faster, and then

D In other areas?

T There's a few cracking jokes at you alright, but I wouldn't take any notice of that.

D What does it feel like though for you, whats?

8/8 T You feel like you're **rejected,** like you're **different.** That's the one thing that gets me, you walk into a room and say all the fellas that I'd be hanging around with now are 6 ft., and I'm like Tiny Tim going around with them so.

D What's that like for you?

8/8 T You're kind of **the odd man out among them.**

D It's like everything fits around the odd man out?

T Ya, I know I'm getting back to that all the time but ...

D And maybe a lot of it focuses on the height issue, which is something I suppose you've had to deal with for a long, well I don't know if its been there for a long while?

T Well I suppose its been there before that.

D I've come to that with students, male students in particular, who aren't very tall, I can imagine that its an issue for you?

T It is a bit.

D What's the pressure in that for you, what's desperate about the height issue for you, I mean I hear this stuff about soccer and maybe not getting picked when you're as good as other guys?

T I suppose you feel in fear of the fellas more than anything, when they're bigger than you. I suppose that's why I do a lot of training like you know what I mean.

D I remember the last guy used to get into really crazy sports, like dangerous sports to really kind of, it seemed to be more kind of to prove a point like you know, I'm macho man, you know even though I'm small, and I don't know if you ....

T I wouldn't be that way but it would be, trying to be fit or doing a bit ...

D Ya, its compensating I suppose, ya.

33/9 T And I suppose I **try especially with football or hurling, because a small fella is going to get killed if he's slow** on the field.

D And how about discos and with girls?
T That's another thing, when they see a small fella, its like good luck to him like.
D That's how you feel?
T Ya, more than likely.
D And what's that like?
T I suppose again like you reject it and you **can't do anything about it,** you know ....
D You can't do anything about your height?
T Height ya.
D Height OK, that's only part of the issue, you're fantasizing that everybody, as soon as you walk in everybody stops and looks and says oh there's Tom he's a runt, and nobody has any interest in you and they all turn their backs on you, I mean that's your fantasy, nobody actually says that to you, you know. Maybe people crack jokes and that's something you're going to have to somehow live with
T ********** at this stage. You kind of feel its frustrating that you can't do anything about it, but ******
D But you can do plenty about how you can view that, and you can see it as being a real bummer, or you can see it as being its just me and that's the way I am. It doesn't make me any less a man and that's the first thing. I'm sure when people say that to you, I'm sure you can think of plenty short people who are actually very well respected and have achieved much more than anybody, I mean there's no
But I can hear that its a stress for you and its something that you're **** with I suppose.
T Well I've always been ********** there I suppose.
D Even in Secondary School or has it been ....
T Well for the last year or two it would have been say.
D In school?
T Ya
D And that's kind of when you come into the age of, you know, girlfriends and all that kind of stuff.
T Ya
D Is there anything else there for yourself. Do you feel we've dealt with what's going on for you?
T Ya
H Well how do you feel things are going now in terms of stress?
T Well I suppose a lot of the stress is gone off me at this stage because getting a job and everything, its only a question of going through the motions now if I can and finish out here, and I suppose
1/1 **I'd like to try and keep my QCA,** its on for a second class degree and I'd like to try and keep that if I can, so there'll be a bit of pressure on me for studying at the end of next week.
H And how many modules do you have?
T I have five. I often had more work done like, well I don't know like there I seem to be more lackadaisical in the last term.
H In this term?
T Ya this term now like. I don't give a damn at this stage now like, just want to get out of here.
H What about yourself?

T I do and I don't. I'd like to relax too like, but I still would like to come out with this second class if I can.
H And are you up to second class now?
T I'm on 3 now and I have to get 3 again.
H And how is that in terms of stress for you?
T Well I'll explain now, there's fellas in the house with me now, there's two or three of them, they're kind of on 2.4 or 2.5 and they don't care what they get this time as long as they get 2, so they're only kind of generally relaxing like and doing nothing and the pressure is on you then to kind of go out and kicking football with them or going away doing this, that and the other thing, and if you don't go then they call you a dry bollock and all this, you know and at the same time you're kind of sub-conscious tells you then that you should be away studying and you're kind of under stress then between the two.
H And what's that stress like?
22/22 T You **try to balance** I suppose **the idea that you'll loose your friends** I suppose **against** what you **want yourself.**
H So here on the academic there's nothing here that's really stressful.
T No
H You have 6 for doing a class presentation?
T Well we had a presentation yesterday, so, that would be the only reason that's high.
H And how was that, how was the stress for that?
T Well the pressure that you'll make a fool of yourself, you know what I mean, you start forgetting stuff and this kind of thing.
H And what was that like, being afraid to make a fool of yourself?
T It would make you more nervous, and under pressure to do well and better.
H And so it makes you more nervous, and how is that, that you're more nervous?
T I suppose when you get more nervous, you're more inclined to make more mistakes and in another way it gets the adrenalin flowing and you might do better.
H How did it work for you yesterday?
T Not too bad, I'm getting used to it now, we're after a couple of them this term so, the last one wasn't as bad as the first.
H And what do you think the difference was?
T Experience. Getting used to them.
H OK so this is the social, this is where it sounds like you're getting all the pressure? You're living alone, lack of social activities, peer pressure involving drugs and alcohol, I presume that's alcohol?
T Ya
H Going out for a drink? Pressure from peers regarding your dating behaviour, what's that all about, is it all related?
ND/27 T Well a bit, like **I don't drink** and they're always putting pressure on me to drink so, because the rest of them all drink and having good time and but when you're there and with them then, you're kind of, they're getting scuttered and you're only, you're sober enough and you know you're not having the mighty crack that they're having. I find that a pressure, the pressure is on you then to drink then all the time.

H And how is that for you?

T A lot of the time, I don't find great pressure in it but sometimes if you're feeling a bit left out in the conversation and things and if you're feeling a bit down on a night or something you'd be inclined to say, I might as well go away and join them like and forget about everything.

H And what happens then?

T I generally don't, well I didn't yet anyway.

H So you don't want to drink?

T No

H And do you have a reason for that?

ND/ND T Well see there's a **couple of relations of mine and they had a tough time with drink,** so it kind of put me off it.

H So you say you don't want to drink, you don't want to end up like them, so?

T I suppose that's at the back of it, I have no urge to anyway I suppose.

H OK and that's your decision, and it causes stress.

T Ya, it goes against the grain like.

H And how is that stress for you when you're out with fellas and its depressing?

T You feel on your own, more **left out.**

H And how does that feel.

T Well you kind of feel isolated I suppose, no one likes you or something, you know you're not as?

H OK you're feeling isolated and nobody likes you?

T Ya

H And what's that feeling like, not being liked?

T I suppose you might be afraid that it might continue, that you'd have no friends left or **********

H So you begin to think, maybe this will be forever?

T Ya

H Having no friends, or?

T Ya

H And what's that like?

11/11 T **Loneliness** I suppose, you always like to have someone that you can depend on at times you know.

H And what's that like, feeling that you have nobody to depend on?

T I don't know, I missed out there I think, I don't know really, I suppose ...

H Well I mean just put it in your own words.

11/11 T Well again that you have **no-one to depend on, you're left on your own**

10/10 all the time and **there's a chance that you will be in the future** and there's, it isn't a nice feeling but its a feeling that....

H So you get tense?

T Ya.

H What is the opposite of that fear for you?

T The opposite, the way you like it to be?

H Ya, the way you'd like it to be ya.

18/18 T I suppose that **I'll be able to go out with a crowd that don't go out to drink,** for the whole night, well that sickens me at times like, its just to go out and get locked and have a great crack. I don't mind going out with fellas that have one or two drinks and enjoy themselves for the night, whereas the

fellas that I'm with now, they'd be inclined to hold up the bar for the whole night.

H Or the bar holding them up?

T Ya, it'd be holding them up at the end of the night.

H Ya.

T And something that I could relate to, they wouldn't relate to me, it would be like me in that way say, and that you'd find yourself that you would fit in easily.

H And how is that feeling , that feeling of fitting in well?

T You'd be happy like, contented.

H And the opposite to that would be going out with fellas that just want to get drunk?

T Ya

H And you're feeling left out and alone?

T Ya

H OK, what about socializing with members of the opposite sex, or is that just?

14/14 T I suppose it ties in a bit with it. **I haven't done a lot of socializing with members of the opposite sex I'd say.**

H Girls!

T Girls!

H Women!

T Women! But eh, but I haven't had much sort of practice at it like.

H So does that cause you some tension?

T No, its because you're not sure how to deal with the situation, kind of uncertainty.

H And what's that like dealing with uncertainty, what kind of stress is that?

16/16 T Pressure that you'd do the wrong thing, **afraid that they'll think you're an idiot.**

H So pressure that you're doing the wrong thing and that they'll think you're an idiot.

T Ya, and you can forget about it then, good luck.

H So what's that feeling like? You know, that I'm an idiot, am I able to do anything?

T I suppose rejection.

H And how is that, what kind of tension does rejection bring for you?

T Frustration I suppose that you can't do anything about it and .....

H And you can't do anything about it?

T Well I feel I can't.

H OK so you feel you can't. And how is that?

38/38 T You kind of **feel helpless** and then you find yourself kind of **caught in a rut** that you can't change.

H And what's that rut, that you can't change?

T That's what I very often ask myself. But I haven't done an awful lot of socializing down through the years, say since Secondary School all my summer holidays say wouldn't have been spent around Fermoy, they would have been spent out at uncles farming or in our own place in

18/22 Kenmare, so I kind of **lost touch** a lot **with** the **scene in Fermoy** then, especially since I came down here because I'm down here during the week and that kind of is one rut that I don't hardly every kind of go out in Fermoy now because I've kind of lost touch with everyone there and in Kenmare then

you're kind of not there long enough, we wouldn't be mixing as much with our own age, it would be more older people we would be dealing with below there you know and up to here then, I'm here during the week alright, there's certain thing to do but **I never stay here at the weekends** and things like that so I kind of find myself in a circle,

18/18 H **No matter where you are,** you're not there long enough?

T Ya, **I'm in between two trends** ...

H And how is that tension, being in different places for short places?

T Well I like moving around a lot, I like change anyway but you kind of

18/18 get sick of it after a while, **you often feel you'd like to settle in one place you know.**

H So are you sick of it now?

T Sometimes I do and then again I don't. But I do get pissed off of it.

H Here you have peer pressure to get good grades and personal pressure.
That's to do with you want to keep,

T Ya, its kind of keep motivating myself to do it.

H And you have disliking personal physical appearance?

T Well I suppose that's to come sometimes with height like, **I'm not the**

9/23 **tallest person** in the world and **I kind of feel inferior at times.**

H And what's that like?

T Well its something you can't do anything about, you have to live with and you often feel then like that you'd be thought of as not being as good as somebody who's away taller than you. You know they kind of disregard you and because they're ...

H And who do you feel disregards you?

T It was **my friends** at times like and I suppose you could say women and

16/16 things.

H So you have this feeling that **women disregard you** because you're small.

T Ya

H What's that like? What's the tension?

8/8 T Kind of **annoying** or frustrating again that you can't do anything about it and you must just go on with it, but you wish you could do something with it, its the way I'm made.

H And how is that, living with how you are made?

T I suppose, at times you feel **annoyed** that **you got a rough deal** I

23/23 suppose and more times then I'd look at myself and say **you have certain advantages too.**

H Like?

T And be satisfied enough with them.

H And sometimes you wouldn't be?

T Ya

H OK, just eh, now we're on the last page, health concerns with immediate family member, what's that?

43/43 T Well I have a **sister at home that she's a bit mentally slow** and **she's causing a lot of tension** at home lately, because she's getting older now and she's getting more difficult to

deal with and I suppose they're realizing at home that she is a bit mentally deficient like and she's 14 now and she's fierce headstrong and she causes a lot of problems. Well she's after giving up National School, she couldn't go because she was disrupting the whole place like and they sent her to the Polio School in Cork, but there's fierce hassle trying to get her to go up there, and sort of dragging her around the place all the time and its putting fierce pressure on the house at home.

H And is that putting pressure on you?

T Well it isn't direct pressure, because I'm only there at the weekends and I'm out and I don't see, but indirectly you'd be worried like,

42/42 I'd be **worried about my parents** and the effect it has on them.

H So its still worrying you, whether you're there or not.

T Ya.

H You'd still be thinking of it?

T Ya.

H And how is that kind of tension?

48/48 T **You have a feeling that you should be doing something** and not like, there's not a lot you can do there, but what's going to happen in the future?

H So what's the stress in being not able to do anything?

T I suppose like that's the only way I can describe it.

H So for you, what's the stress in being helpless?

T That you're letting the house down and you should be ..

H But what's the stress for you in letting them down?

T I don't know really, **but they might think that you were avoiding the issue.**

41/41 H And what's the stress in them thinking?

T Well that **you're letting them down,** you see they're after rearing you and educating you and you should be taking more of an interest at home.

H And in terms of that, what's that stress for you then, in not being seeing to take enough interest or more interest?

T I suppose, I don't know really.

H Well does it mean you're not being a good son or?

T Ya I suppose they could say that, after that you're not, in a way I suppose paying them back, that kind of thing.

H And what's the stress or the feeling that you're not paying them back or you feeling that they don't feel you're paying them back.

41/41 T That they'd be unhappy with you and **you're not living up to their expectations.**

H And what's the stress for you in not living up to their expectations?

T That you'd kind of be em, a failure or something.

H So you'd be a failure.

T Ya

H And what's the stress in that for you, being a failure?

T It all leads on ..... I don't know, it could be regarded as a weakness or something.

H Your meant to probably be not ********** so you feel you fail?

T Ya

H And I'm sure you know that they're not.

T Ya

H So is there anything that you wanted to bring up?
T No I'd say.
H How do you feel now in compared to, lets say when we first started this?
T When I started I suppose, you mean as regards general pressure or?
H Do you feel like your scores are going down, or changed, or gct worse?
T Various things changed. Say at the start of the term now it was the final year project was the big thing that would have been on my mind, exams would have been a long way off in the future, whereas now its gone over to exams completely.
H And now you find with exams that you're not that worried about them?
T Ya at this stage. I'd say that would be the major change.
H Do you feel that you have less pressure on you now or?
T As regards exams?
H Just regard to your life in general, like what you are today compared to what you were 6 or 9 weeks ago?
T Some aspects, the education part of it is after going down, I'd say thinking about the future then, there's a certain amount of uncertainty. I often think do **I really want to go with Kerry Co-Op**
39/39 because I'm kind of between two minds for what I'd like to do eventually and the **pressure is on me whether I'm making the right decision** or not.
H And how is that pressure?
T I suppose I feel that if I made the wrong decision now that I'd be sorry later on or that I mightn't have done as well as I could have, if I went the right direction.
H Well I mean I'm finished, I don't know if there's anything?
T No
H Do you feel this has benefited you or?
35/ND T **It has opened up a few things, encourages you to talk about stuff that I wouldn't talk about generally,** like say my brother at home or something like that and I wouldn't go beyond that.
H Do you find when you talk to your brother it helps?
T It does ya because you know that you're talking in confidence to someone, whereas if its a close friend even here you can't be sure that it won't be thrown back at you again at some stage.
H You can't be sure with your brother either I suppose absolutely, ah you can be pretty sure. Sure enough that you're not too worried. I think that that sounds like pretty good learning that it is good to talk, it doesn't hurt.
T It brings things out in the open anyway.
H Half the time when they're out in the open, they're not half as bad as they were before they did come out.
T That's it.
H Ya that's the truth. I think all of us have that, men maybe even more so.
19/19 T They're not inclined to let things out, well I'm not anyhow, **its very hard to get to know me** say very close like.

H Well we're all like that, its part of being a man.
****
T I suppose
H I don't think it works in the end.

Interview 1

D As I explained to you the other day the purpose of talking and basically I've asked thirty student to come in and talk to me - talk about what your experiencing at the moment and to seem to try and get some understanding of like now what the kind of pressures, demands, stresses that are relevant at the moment.

M Okay

D So without even getting into that I mean I'll just ask you straight off whats going on for you at the moment?

2/2 M Well we have **a lot of big projects to do.**

D Okay.

M And we have **5 M-grades** so the end of next term there's an awful lot

2/2 of study to revise from last term and everything this term so I mean that **puts an awful lot of pressure on me.**

D So right now are you experiencing some pressure?

M Ya.

D And what is it about that that stresses you right now?

2/2 M Well it's sort of **having to get things done for a certain deadline** and there worth a lot of the results and **if you want to get good**

1/1 **results** you've got to get a good result in them anyway.

D Okay, so for you the pressure is that you have to get it done to get good results.

M Ya.

D What kind of results are you looking for?

M Well

D What's good results?

1/1 M Well I should hope for **at least a B.**

D Right.

M Hopefully better.

D Can you describe what that pressure is like for you at the moment the pressure to get a B.

M Well it's kind of a panic get this done so that I can 1) get it done to get a good result and 2) that I have time to revise the other parts of the course and subjects.

D Can you describe the panic?

2/2 M Sort of ah, you're just **uptight** and ah don't know what, **kind of pushed to get it done.**

D And that's going on for you at the moment.

M Ya.

D Because if you don't get it done.

1/1 M **If you don't get it done you fail.**

D And if you fail

1/1 M **If you fail** well **you haven't got much hope of getting a good degree**
well I won't say that it's not a good degree but it seriously affect what you get.

D So if you don't get your B I'm wondering what?

M Well I mean okay I wouldn't mind if I didn't get a B but if you got an F or a D.

D Are you afraid that you might get an F or a D?

M Well I was, but today I made great strides in it so its eased a bit, quite a bit, but I mean up to yesterday I was in quite a panic about it.

H Are you experiencing any stress or anxiety right now?
P No, not at all.
H How are you right now?
P I'm fine I suppose, that's all I can say. I enjoy life in the
4/4 college, **I don't enjoy the course but I enjoy the life in the college.**
H What about the course?
4/4 P I don't particularly, don't like electronics, **don't particularly like the course but** at this stage **I'm going to stick with it.**
H And what particular part of the course don't you like?
P I don't know, there's a lot of subjects in it which seem to me to be just unnecessarily long, learning off proofs and things, you know that sort of stuff I don't understand.
H Do you find it boring?
P Ya, mind boggling.
H Is it the subjects or the teachers also?
P It could be a bit of both, I mean. I feel a bit susceptible to having
17/17 lectures with bad English, and like I kind of **resent having to** sort of try and **interpret what they're saying.**
H So what do you do when you're sitting in the class, you just?
P Dose off.
H Dose off? Anything else in the course that ... faults ...
P Not too much. Actually the electronics part of it, what I end up doing for my final year project I find, what I call, ******** electronics, is good stuff, that's OK.
H But is it hands on stuff?
P Ya, hands on kind of buildings and ...
H So its the boring lectures and,
P Ya, its these subjects, Maths E type groups, which I'll never see again.
H Ya, oh you won't even use them when you get through this.
P No
H Anything else like in your life, that's not kind of going the best, or?
P No, I'm generally *** in a discussion, there was a friend of mine and **** at how contented I was, so I use that word to describe myself, content.
H Contented. Do you experience stress at all here?
P I was under a little pressure, I was pushing for an honours degree, but I won't get that, so all I'll do now is just go for pass, so even that little piece of stress is hanging around now.
H And what happened you there?
P I had two terms where I was pushing to do well and I didn't do well so it just meant that it became fairly impossible, so I just sort of sat back and took it easy.
H It wasn't anybody else that was telling you, you needed to do well.
P No, there was a very very small amount of pressure from home, but very small.
H And you just filled this out now?
P Ya
H OK I'd just like to have a quick look and see if there's any areas where .... well in the academic the only thing you have

here is studying for a test, do you find that stressful?

P Its probably the only thing that gets me going in anyway, I suppose I tend to take it, as I say I take it easy ********** I've a big sort of advocate of planning, so by its nature would kind of.

H But how do you find the stress, in studying for exams?

P Its not overly demanding or anything, but its probably the only place where I kind of come across it, you know, I kind of dealing with it.

H And how do you feel you deal with it?

P Well I've never failed any exam here, and I've always had that in the back of my head like, what if I do, I'm not going to fail this, so I don't get too worried, so I don't. I don't know if I deal with it as such, I just know that by this week 11, next week I'm doing nothing.

H On the social side, do you know ..... having something stolen, is that a problem?

40/40 P No, its happened to me. **I had my wallet stolen and it annoyed me,** and it annoyed me because I felt an invasion of privacy, my wallet had everything in it, there was more than just money in it, although at the time there happened to be a lot of money, but it had me going for a while.

H What about now, do you think of the possibility of something being stolen.

P Oh no, I don't think about it, I'm not worried about stuff being taken now, the only possession that I have which would be worth taking is a fairly expensive camera and I'm always pretty mindful of that.

H So does that cause you stress when you have it, or do you think about it?

P No I just mind it, I have a camera bag and I just mind it.

H And you also have, "associating with members of the opposite sex"?

P Ya,

H Do you have a problem now?

P Not a problem, all the classes that .... I went to a boys school and the class here is electronics, which is something like 100 fellas and 4 girls,
something like that, so you tend to be more, I tend to be less at ease with girls or with women, probably because of my background in that regard.

H How is it when you are with girls or women?

P Its OK, I generally tend to make them laugh, so I mean I settle down fairly quickly, its the initial kind of settling down period that ...

H And what's that like?

ND/ND P Its, **I'm fairly susceptible** to fairly snap decisions or first impressions type thing, you know and if its probably a fault, but if I don't sort of get on with someone fairly soon, I tend not to bother, you know and you can tell like usually, like I'd never go up to a stranger and sort of introduce myself at a party or anything like that, I'd always be introduced by someone else, so the initial stages would more or less be under someone else's sort of guidance or control or something.

H So is it something that possibly bothers you about the fact that you make snap decisions about people? Are you happy with that?

P No I'm not, probably not, but I know I don't see it changing. I make ya, I suppose snap decisions would be fairly, because we have eh, ***** group of guys at the moment, a fairly small group but there are about 10 close friends in the group and there's fellas we know, and then there's fellas we can't stand in the class, so I, when, **if I**

ND/ND **dislike someone, I tend to be fairly damning you know.**

H And does that make you anxious, don't you like that?

P No I don't mind that too much, because I reckon if I don't like someone, I don't like someone and that's it, but the snap decisions thing, I don't like too much, because I have, you know you can see situations where if the opportunity does arise to get to know

ND/ND somebody, **you realize the mistake later on.**

H Does that happen to you?

P It has ya.

H And what's that feeling like?

P I don't know I just wish I hadn't made that snap decision, but

ND/39 usually in my defense, like **usually I'm right,** at least I think I'm right.

H So you feel OK about that?

P Ya I do.

H And sometimes you feel a bit anxious that you've done wrong?

P Ya

H And does that prey on your mind, does that give you any anxiety?

P No, I don't think. I'm not at all susceptible to things preying on my mind, I don't think things do.

H ********** The main one is, difficulty in making ******** selection, does that bother you, something that you ***********?

P At the moment, I'm not really interested in having a career in electronics for the rest of my life, I'm not going to get a top class degree so I can generalize in some area or do a post-graduate thing or something like that. So I want to, I probably always wanted,

5/5 although I never admitted it, **I always wanted to do teaching, so I'm investigating that now,** and there's a possibility of doing a Higher Diploma in Education from this degree, after I've earned some money, so ******* some big decisions to make there.

H And is that causing you much anxiety?

P It is, probably the greatest thing at the moment ya, because it is just that, it is at the moment, its kind of now or never.

H And what does it feel like about that, does that feel?

4/4 P I feel its probably **a bit of a pity that I have spent four years here doing a course that I don't like.**

H And so does that cause you any discomfort in terms of *****?

P It feels, I'm realistic in that a degree opens an awful lot of doors which would remain firmly shut if I didn't have the degree, so in that sense I'm glad that I will have a degree, but I wish it was one that I preferred to this one. I probably should have gone to some NUI place and just done general science or something like that, but what was in my mind when I made the decision was the practicality of getting

a job, kind of a thing.

H So that's kind of why you made the decision, because of you wanting a job? And now you seem not to want the job?

P That seems to be it ya.

H So what do you think makes this type of stress or this type of anxiety that you're having over this, what makes it different from lets say the fact that you're OK about the choices you make in your friends?

P The choices, like the friends I have here I made in the end of first year and none of us, like we've had no major fallout, none that I can think of, so my friends are fairly concrete, very secure that they are there, but the decision on the job thing affected me personally straight off and its a pretty big, like up until this I thought that, up until this morning I thought that there was a rule stating that you had to do your Higher Diploma within a year and I got a letter from Cork this morning saying that I don't. So that changed things somewhat, up until this I thought, what the hell I'll go to, I'm thinking of going to Japan and I'd really like to go, but its a 2 year thing, so if I was to go I was thinking, well that's definitely teaching gone, but its, I can go now if I want and still do teaching if I'm that interested in it, but I don't mind, I don't mind the fact that I don't find it hard to sort of raise ***** my friends are fine, I find the decisions I make there, OK I do make the occasional mistake, but I'd be making a mistake in judging people, but usually on the first hand basically when you know somebody you wouldn't call them a friend anyway, just somebody you're getting to know, but the

39/39 **friends are just that they're friends. But the job thing is like now or never, so I have to make the decision now.**

H And that's stressful?

P Ya.

H So the note this morning allows you to go.

P Ya it flexes things, I like the prospect of Japan for Japan's sake, career wise in electronics its a great move, because you come back and you have all this Japanese experience and ***** I just want to go to Japan for the sheer hell of it, but from here I could now do both. I can go to Japan and I can come back, so its not sort of do or die as I thought it was.

H And that was pretty anxious?

P I was afraid of the situation of taking Japan, and coming back and regretting it for the rest of my life that maybe teaching isn't for me, but I could never have had the chance to have a go.

H But would this be like, I mean maybe would that be a bit like what you did when you first came here? Getting stuck with electronics?

P Ya.

H I don't know.

P The two people, I've talked to two people who have come back and while I say its a good move career wise is that if you, you're going out to Japan as a trainee engineer, or whatever they call you, I don't know, and you learn the Japanese language and you learn Japanese business methods, and you come back to Ireland or England or some place and you're job will

have moved away from actual electronics to socializing with the Japanese, because that's where there's ********* run on engineers, there's very few Europeans who can speak Japanese, so you'd be selling your language at that stage, but its the electronics that gets you to Japan initially.

H OK over here under personal, (Phone ringing) - I'm just going to leave that ring, you have the only one you have here is concern over personal problems with ***********

ND/46 P Ya, **I have one brother who I haven't met in about 4 or 5 years, he sort of left the family,** he's in Dublin somewhere that's all I know.

H And is that like bothering you now?

ND/46 P **It does bother me, its not always on my mind,** but its a pity it happened like that.

H So it causes you a bit of anxiety?

P Ya

H And what's that like?

38/38 P Well there's nothing, **there's absolutely nothing I can do to remedy the situation,** because I've absolutely nothing to go on as regards to where he is or anything, I don't think any of the family does, so I suppose, I would have nothing in common with him, but I don't like the fact that you know, taking an extreme case he could be lying in a morgue and noone would know.

H And what's that like?

43/46 P I don't like it. I don't, **I just regret it, I wish it were different.**

H And how would you like it to be different, how is it possible to be different?

P How is it possible, I suppose it would be different if he hadn't

ND/43 gone. **He was always trouble like, he was always arguing** like just involving this and that....

H With everybody, with yourself?

45/45 P Probably ya, **more so it was between him and my parents** like. **I probably got on with him the best,** there's five kids, I probably got on the best out of the kids.

H Is he closest to you in age?

P No, he was, I'm fifth, he was third, and there was also between the guy who was fourth and himself, they used to be very close and then they just completely snapped. That could have been part of it, I don't know.

H What about in terms of like yourself, do you feel any sort of blame or do you feel anything yourself?

ND/43 P No. I don't think there's any kind of blame, **he was always kind of different to the rest of us,** and **he had** a fairly **fiery temper** and he just snapped and he went.

H Has anybody looked for him?

P They looked for him alright, you know, they looked for him in earnest last year. My eldest brother was getting married, you know.

H So that's something that makes you anxious, that he might come home?

43/43 P It doesn't actually, **its fairly well brushed under the carpet,** it doesn't come up as such like, but its always in your mind.

H And what happens when it comes up?

P In my mind or?

H Ya
P I don't know, I just wish it was different, that's about all I can do.
H It doesn't cause you lack of sleep or?
P No
H Does anything?
P Nothing does no.
H So you basically feel contented?
P Ya.
H Well is there anything that's bothering you at all now?
P No probably the number one thing at the moment was the thing with the HDip and the year, but that seems to be repaired as it is now.
H So things are going ....?
P I'm a contented person basically
H OK well
D You met Hank the last time.
P Ya that's right.
D So the purpose of the discussion is to just talk to you about what's going on for you at the moment and what you're experiencing at the moment here and I'll leave it up to yourself to start. What's it like for you at the moment?
P No problems at the moment. This week's sort of big thing is final year project presentations, its not too, it shouldn't be too bad, its not too crucial anymore, grades wise my status is more or less straightforward, I'm going to get a pass grade its not going to affect me one way or the other, so its no make or break in the thing.
D So how, what kind of pressure is there for you at the moment, with regard to the project presentation, is that a concern for you at all at the moment?
P No, presentations as such, the actual going through the motions of the presentation doesn't bother me. Its just the actual sitting down that bothers me ***
D So is that OK for you at the moment?
P Ya its alright.
D You feel you'll be able to do that, you'll be able to cope with that.
P There's no problems in it.
D OK so is there anything in particular stands out for you as a pressure at the moment.
P No definitely I'm on the downside of a down curve for the last week,
6/6 **I got a job** so everything is ..
D OK so it makes a big difference.
P Ya everything is more or less OK.
D Where are you working?
P Japan.
D Japan, my God, is that part of a FAS programme?
P Ya it is ya.
D So how are you feeling about that?
P I'm looking forward to it, it should be different there.
D And academically do you have to meet some standards to keep your standard up?
P Well I've simply to get the degree and that's it and that should be no problem.
D There's no big problem? OK, so coming back to what's going on

right now, you're on the down side, does that mean things are looking good at the moment or?

P I don't think there's anything in particular that I have to do as such, everything is more or less, just going through the motions now.

D OK. Do you see any particular pressure there for you at the moment?

P No. I'm definitely easy going.

D And outside of the academic stuff, I mean other areas in your own personal or social life?

P Not really, no problem at all with the family. I suppose the only

22/22 thing that you would sort of think about at this stage is **the breaking up of the class.**

D Right, what's that like for you?

P Well that's actually, the blow was taken out of that by a guy who's I suppose if I had to pick one person that was my best mate, he'll be sharing an apartment with me in Tokyo, so the sting is taken out of the breakup by that.

D Right, ya, OK.

P But still you know, most of the people I know very well, I meet them at some stage, but I know there's people who I'd like to see again and I probably won't and its a pity, but that's ..

D And is that causing you much concern at the moment?

P Its not but it probably will towards the end, a month or so to go.

D Anything else that stands out for you at the moment as being a concern?

P Everything is OK you know, my house is in order.

D Good. Well how about looking at the good side of it so, comparing it maybe to other times, maybe last week or some other time when maybe things weren't so good, what do you see as being the difference, making a difference between now and a time when you have been under a lot of pressure, what would you attribute to that?

P Well the last time I was under pressure was last week.

D OK comparing this week to last week, what do you see as being a difference for you?

P I have a job. The pressure last week was directly related to the job. I had an interview on Monday and an interview on Wednesday and FAS, the way FAS does things is that if you get a job offer, they give you 48 hours to make up your mind and as it happened I got offered jobs from both, so I had to make up my mind more or less immediately, on what I wanted to do, so there was a bit of brain wracking there alright.

D And now you've made up your mind?

P Right or wrong, the decision is made now so.

D See what you have here. At the moment, this is Monday of week 7, so what's the pressure at the moment in studying for exams, can you say what its like for you?

P Its, I think of it at this stage as being my last sort of exams, if this place has done nothing else to me, **it makes you very proficient**

7/7 **at doing exams,** as opposed to doing modules.

D That's interesting, what do you feel is your ...?

P **I'm an exam machine.**

D What's your attitude towards the exams, what's your approach to ..?

P My attitude now, to the last ones, is especially since my option is Telecom and my job will be computer software, so my option has nothing to do with my job, so any of the subjects which are 100% Telecom, which is the one big mistake I made here, was picking Telecom, so anything that is Telecom related I'm literally just jumping over the hurdle of the exams, picking up nothing along the way sort of thing, on this proof on that proof.

D Without having to really understand it?

P Or really know what its about or have any interest in what its about.

7/7 I think that's a lot of people's attitudes here, **there are so many exams that prediction comes into it** and I suppose there's prediction with exams everywhere but ....

D Somebody ********* and it becomes an important part? What, what's the, when you say an exam machine, I mean what have you learned about over the four years, about doing the exams or?

P Well I think in first year, you actually study the subject, whereas in fourth year you study the pass papers, so there's a big difference and you'll go some politics and the whole thing of sort of cojoholing the lecturer into giving hints and stuff, as opposed to actually this is what the module goes, this, this, this and if you learn it off and if you know it all you'll get an A.

D Right, that's interesting, it makes sense in terms of studying for modules, its interesting how you moved over the four years in terms of approaches.

P In first year it was definitely study material.

D Try to understand it?

P Ya, and in fourth year then you study the papers.

D So at the moment in terms of study for your exams, what kind of pressure are you experiencing or what stress is there for you right now?

P None really, I'm not really doing any study as such yet.

D So the only thing you were really doing at the moment is probably looking ****?

P Ya, this week will be just getting the presentation over with and typing in some of the report.

D Right, OK. Did you have something stolen you said?

P Ya I had £100 stolen on me here, well it wasn't here, it was on a bus, it was lifted from my pocket.

D When was this?

P It was a while back, it just annoyed me more so than if it was £20 it would probably have annoyed me just as much, but it was the fact that it was pick-pocketed from me or whatever.

D Right and would it bother you still or is it, would it annoy you still?

40/40 P Well it annoys me a bit, but its the sort of **damn cheek** thing that got me more than the actual money going.

D And what's the annoying part of it.

40/40 P Ya it was that, and then there was **the long haul of getting back all my cards,** card here, card there, cancel that card, this card.

D Right, OK. Is there anything else Paul that you'd like to add to that I mean, it seems to me that things are running smoothly at the moment for you.

P They are. **Well things generally do tend to go smoothly for me, you**

ND/ND **know, I don't tend to get caught up in things too much, I always tend to sort of sit back and look at things, I don't tend to panic or ...**

D You don't sort of put yourself under pressure.

P No. Maybe I used to I'm not sure.

D But at the moment you feel you're coping well, you're optimistic and in control?

P Ya. Well everything is settled now, I just have to get out.

D Right. Fair enough, and how about socially, do you have many friends, or?

P We have sort of a group, very tight-knit group, 6 of us and we more or less exist independently of the rest of the class, you know we get on with, you know there are various sections in the class, some we have no time for, some we do, some we have no opinions on. But as regards the 6 of us, its definitely one unit and its very

22/22 close, **and its the break-up of the 6 that I regret more**

D What is it about the break up that you regret, or what is it about the break up?

P Well you won't see these people around, you know I won't see them like I can see them now or I won't get on with them like I get on with them now. Well 3 of the 6 will be in Tokyo.

D Right OK. So that takes the blow out of it.

P Two will be in the States and one will be in Ireland.

D And you've been particularly close, it sounds like?

P Ya we have ya.

D And what's that been like, in having that group of 6?

P Oh its been great, you know they're real friends.

D What do you mean by that, by real friends?

P I don't know, how do you define a real friend?

D What have they been to you, what have they meant to you?

P Well, unless someone's up town and you have a date and we meet on mass somewhere and just generally do nothing in particular.

D So what has that meant to you, see I'm just wondering?

P Ya, well it meant, I suppose it has been the corner stone of my social life here. Whenever I'm socializing, it has always been with them. Like I'm in a house of, there's 6 guys in my house and none of the 6 are in the house with me and I spend most of my time with the group as opposed to my house mates, you know so. I get on with my house mates as well, but I still sort of exist in the group.

D Right OK. Have you anything else you'd like to add to that Paul? Do you think what we've talked about there, we haven't missed out on anything major or you know we've got some sense of what its like for you at the moment?

P Ya we have. Well basically the sort of the thing is I'm having no problems and that's definitely how it is you know.

D Right, and you're not under any pressure and I mean you can see certain reasons why that's the case. Fair enough. We'll come back .....

H I just want to find out now, what's, how are you feeling now in terms of the beginning of the term? Are you feeling all stressed or anxious about anything?

M No, the start of term

H Have you been having any stress or anxiety say this year so far?

1/1 M Ya, I had a lot of stress last term because **I didn't do that well in the first term exams,** I only got 2.3, so I was trying to push that up a bit and then besides that there was a lot of tension in the house I was staying in because one of the girls, we didn't really get along that well and there was just a lot of tension.

H So how did you do in your exams, did you push it up?

M Ya, 3.8 so I was very pleased

H And what about the situation in the house?

M Ya, the girl moved out

H Did she

M Ya, and two other girls moved out as well because her things had been getting stolen, so like the house has been pretty quite now in general.

H So who's there besides yourself?

M There's myself and three other girls and as far as I know there's two others moving in this week.

H So basically you're feeling happy?

M Well contented I suppose.

H And what about any other problems, anything bothering you at all?

M Not particularly.

H How about money, is that eh?

M No I'm getting along, living on bread. I can survive.

H So as far as you say now you don't feel any stress or anxiety?

M No not particularly.

H I'll just go through this and just have a look at what's going on in terms of what might be bothering you. In terms of like the highest ones you put down, failure to complete assignments and received a D or an F, is that something that bothers you now?

M Ya, it would bother me because like I have more exams at the end of next term and the fear of getting an F or whatever, like I would be very disappointed.

H So you're already worrying about that?

M Well I'm not particularly worrying because I know I intend working,

1/1 **I know if I do work there's no reason why I should get an F.**

H And what about completing assignments, is that something that's bothering you right now?

M Well I have done a project ******** and with Easter and one thing or another I'm going home, in fact I'll be home for about one and a half weeks, so at least I'll find time

H And what's that like, that you can't find the time?

M Well its not really bothering me as such at the minute, because we haven't got together to discuss what we're going to do or anything, so I don't know what I'm going to be doing and therefore I don't know what to be worrying about.

H But are you still worried?

M Not particularly, I'm sure I'll get it done.
H But what about getting together with these people, without any worry
M Sorry?
H Meeting with these people, have you actually set the meeting or are you?
M Ya, we're meeting Monday.
H I see, so you're not worried about that?
M No, not really.
H Now, the only other thing is the pressure to get an A or a B. Do you have pressure on you, do you feel to get good marks?
9/9 M Ya, I think so, I mean **when everybody else is coming out with really high QCAs, you don't want to be a failure.**
H And do you see that around you, what other people are?
M Ya, well the girls, my best friend, she's getting like As, so **I think**
9/9 **there is a bit of pressure on me to be like most of the girls in my house, who have high QCAs.**
H So you feel a bit of pressure from your girl friends?
M Ya, and also the fact that I need the As to sort of keep my QC Office *** to keep me comfortable for next year, that even if I do drop down a lot that at least I shouldn't be under pressure to get a pass overall.
H So what do you think is underneath that, that all your friends get higher marks and there's a bit of pressure there. Do you have any idea what's causing that for you or what it feels like?
M Sorry?
H Well in terms of like what kind of causes the effect, in terms of, is it important to you to be nice and like as good as your friends?
M Ya it is.
H You like want to be like this?
M Ya
H And is there any reason for that? Is that something you've been doing kind of, for most of your student days.
M Ya, more or less, ya like for a while **in** Secondary **School** up to about
1/1 **fourth year** like there was a gang of us and the sort of the **cool** thing **to get the lowest marks** in the class whatever and then sort of in fifth year I had to work pretty hard to sort of catch up on myself
8/8 and I mean I don't **its** at all **cool** now to be boasting about Fs or how badly you did in an exam.
H So what do you think is cool now?
1/1 M **Is cool? To get pretty high grades and be comfortable and happy with yourself. Also you get a great sense of self achievement when you do**
1/1 **do well in an exam, its important, something to live for.**
H So in the sense of what you're saying about not getting an A or a B, its also for your own self?
M Oh ya
H And is there any anxiety for you about what you think about yourself?
1/1 M Ya, like as I said, **in first term I didn't do** that **well** and I sort of was beginning to **doubt my own ability** like, and I didn't really like that.

H And what was that like?

1/1 M Well it was pretty stressful, because I knew I was **under** constant **pressure to prove to myself that I could do it.**

H And were you doubting yourself, was that the pressure?

M Well like, I knew that I must be as good as everybody else to get in here in the first place, so what was I doing wrong that I couldn't, like everybody else was getting higher.

H And that was pretty stressful?

M Ya

H And have you any idea what you did differently in the second term? Last term that made you get better marks?

7/7 M I put the whole thing down to **reading lecture notes,** the first term I didn't like, I thought that lecture notes weren't important, that you could always catch up by reading texts, but you can't, you must read

7/7 the lecture notes and that's the whole **key to success.**

H So you're feeling you've got some handle on the whole situation now?

M Ya, like when you pin point something rather than reading around and having that sort of a knowledge on a variety of things rather than knowing something specifically.

H So you feel you've got a handle on that now.

M Ya

H Its a good idea

M Ya

H And you also have cheating on tests, is that something that's good for you?

M No, I like form my experience of cheating in tests its just not worth it, like I just I was totally sort of under pressure the whole time, and practically shaking, so like I've done it a few times in Secondary and I just wouldn't recommend it, wouldn't do it again.

H So its not something that's worrying you now?

M No

H So well move over to the social now, so also on what you said earlier on making good marks and then you have lack of ******* with peers? Is that something that worries you?

16/16 M Ya it is. Like **I'd hate to think that people were talking behind my back** or whatever.

H And what's that like for you, people possibly taking bad or?

M It's not a very nice feeling

H And how would it be different from lets say something you have here, peer pressure involving sex, there's a zero there, so that's not a stress at all?

M No, it wouldn't bother me.

H So, that anxiety isn't there?

M No

H I'm just wondering even in terms of like if they were talking behind your back that you weren't having sex, would that bother you.

M No it wouldn't bother me at all, because the first one, if they were talking about me because of something I said, or something, another thing that would make me unpopular, that people wouldn't want to be with me, well I don't see why they shouldn't want to make you stand up for yourself

H So when you're in control it sounds like you're less nervous or less anxious?

M Ya

H So when you're out of control of a situation, when you don't know what they're saying or its not important, and that bothers you?

M Ya

H Has it happened now with you?

M Well I'm sure it does, like, going away back to first year in Secondary, myself and another girl, we were good friends, but she was sort of a very domineering type and she was always bitching about other people to me and sort of you know, well look at what she's at, did you hear what she said and isn't she so stupid and all, and I think that really people have a very good influence on me in that sense.

H So is there somebody like her, I presume you figure that she was also talking about you?

M Ya exactly, she had to be like.

H So is there anybody like that that you're hanging out with now?

M Well **I try to avoid people like that** totally and just like rather

13/13 than be with an "in-crowd", just **stay with people that I'm more comfortable with.**

H So there's really noone in your peers, that you're hanging around with that you feel uncomfortable with?

M Like there are people, like one of the girls in the house, because of circumstances she was in my house, and we didn't know anybody in the beginning and that was kind of how we started palling around together. Like ideally she wouldn't have been my best friend as the way things went.

H Is she still there in the house?

M No she left last term.

H So really, I'm just wondering right now do you have anybody like that?

M No

H Being alone when others are socializing? Could you say more about that?

M **I just hate being alone** like, I like when there's loads of people

10/10 around and good crack and all the rest. Like I do enjoy company from time to time, but like **I love company**

H And what's that like, feeling alone when everybody else is out there, compared to being alone and feeling alright or being alone and not knowing that everybody is out socializing.

10/10 M **Well you feel like really isolated and lonely, depressed.**

H And what's that like, feeling depressed like for you?

M Well its sort of, real down in yourself, why me.

H Why me, what?

M Like why am I alone? Why do people not want to be with me? Why don't they call around for me rather than calling for someone else?

H And what happens then?

M Nothing really.

H Do you normally just stay by yourself? and just start saying things like that?

M Well like, ya, like if it was no particular night, I'd just go to bed or something and then try and make sure it didn't happen the following night, go along to someone's house.

H And how would it be, being in bed when you do go to bed early like that?

M Well, I would consider trying to console myself and listen to some good music or something instead and say its not so bad like, the thought of being a load of crap anyway when I haven't got the money.

H And would you get to sleep OK?

M Yes

H So you'd basically be talking to yourself about how things weren't so bad?

M Ya

H And that works?

M Ya, like it wouldn't work all the time, if it happened every night, I don't know what way I would be.

H But it works for now.

M Ya.

H What would happen if it did happen every night?

M I don't know. I'd probably get so depressed that I'd want to leave or something.

H Have you been depressed much?

M Since I've come here?

H Ya

M Not really

H ********** housing? How is that right now for you?

M Well its not ideal because there's only four of us in the house and there should be eight, like we've had eight all along and the house is pretty quite and the two girls that are mainly in the house at the moment, usually stay out anyway, we don't see that much of them. But the two that usually are there, they're going out with fellas and I'm

21/ND **going out with a fella at home** which means **I don't have a boyfriend here,** so at times like it can be boring and that.

H And what that's like being bored in the house?

M Well I sort of feel at a loose end and wonder God like I wish he was here sort of.

H And how's that?

M Well like, its pretty boring, but then like I know I have something to look forward to at the weekend or whatever when I go home, and so I sort of live along that.

H And how is it when you wish he was here and he isn't here?

M I don't know. Its pretty boring.

H Just boring?

M Well its just like sometimes being lonely.

H And what happens then, when your feeling lonely?

M Nothing really like, its just sort of join in the conversation or watch telly and try to snap out of it.

H You don't cry yourself to sleep or?

M No way. I know it would be pretty silly to do so because it wouldn't bring him or whatever.

H And you also have pressure from upper class and I don't know, concern with problems of friends. What about this pressure from upper class? Well it says here pressure from upper class persons? I presume that means people in other classes above you?

M I don't know.

H Its you're 9, its not mine.

M I don't remember filling that in.

H Are you having problems with people of classes above you?
M Is that like upper class?
H Ya
M No, not really.
H I didn't notice that you have, maybe you just read it wrong. And do you have concern over problems with friends?
M Ya, like as I say, every since I met the girl in first year, she has influenced me a lot, I'm sort of like weary of people using you or whatever.
H And what's that like, people using you or?
M Well like its OK when you're meeting people initially, but **once I get**
19/19 pretty **friendly** with them or whatever, **I sometimes get a bit paranoid.**
H And what's that like, being paranoid?
M Its pretty stressful I suppose, I can't really explain it.
H Well what do you do when you get that way?
11/11 M Well I try not to, **I try to get to know loads** and loads **of people, so I have people to talk to.**
H But what happens when you get paranoid, do you walk by yourself, or I mean what happens?
M Like I just sort of wonder and think about things that were said or done and try and piece them all together.
H Go over the conversations?
M Ya
H And do the same
M Ya things I did or she did or whatever
H And what happens, do you make it up like ..... or play about it or try to figure out what was going on.
M Ya, about what's going on
H And how is that?
M Well, it depends on the circumstances, cling on to more or less.
11/11 H So you **don't have** any **best friend?**
M No
H And how is that?
M Its the way I sort of want things, **because** like **I just prefer to know**
11/11 **a load of people** and to be able to go from house to house or whatever, **without** sort of **being tied to one** person, you know having to go out all the time with that one person.
H You don't want to be tied to one person, you'd rather be going from house to house?
M Ya
H And is that stressful, not having a close friend?
M Well, I like I don't think its possible that I can have a best friend that I totally understand and who totally understands my every whim and everything, or that I have to be sort of in good humour all the time, like anytime that I'm depressed that they'll get depressed or
8/8 whatever. I just **prefer being my own self** like and **just people take me as I come.**
H OK. So you feel first if you get good grades, do you put that on yourself a lot?
M Ya
H So that seems to be something that follows you around?

M I think it follows most people, because when I younger .... if you say something like "she's really brainy", the immediate question that's asked straight off is, oh how did she do in her exams, I mean the whole thing is all based on QCA, everything is QCA and likewise

1/1 you know, if you don't get a good QCA, you're sort of stupid, dumb blond bimbo or whatever.

H And what's that like?

M I think its really mean, its pathetic.

H And does it make you anxious that people might be thinking that?

9/9 M Ya it does, it makes you strive to do better, so that you're just as good as everybody else and that nobody can put you down in that way.

H And that's important for you?

M Ya

H And it makes you anxious that people would think about you in that way?

M Ya

H What kind of feeling is that like?

16/16 M Well it puts a great deal of stress on you to do well.

H Do you get angry when people think bad of you?

M Well I don't get angry, its like kind of people would say

H You actually mean the same thing you mentioned, like, oh she's not so smart, she must be a bimbo or ...

M Well like, I have a friend ******** that everybody hasn't everything, there's one girl in college, she sort of ******* or she's very intelligent and she's good looking too, you know, they sort of think this is a great thing like and believes that everybody isn't gifted in everyway.

H How about yourself, where are your gifts?

M Well I sort of, I guess I'm average in everything.

H And how does that feel?

M Well its pretty good.

H Now you have the responsibility of an unwanted pregnancy and fear of pregnancy, what's that in terms of eh, do you feel you have the responsibility of dealing with an unwanted pregnancy?

M Ya well, I wouldn't like to let my parents down in that way. I would be mortified and you know its a great responsibility.

H So is it a feeling of fear with you?

M Ya

H Do you like it?

M No, not at all

H It causes you stress.

M Ya

H And what do you do about it, what's that like. I mean I presume its when you're with your boyfriend?

M Ya

H And how is that, how is that stress?

M Well we just have to sort of be alert and be can't totally loosen up or whatever.

H So you're not loose, you're tight, nervous?

M Ya

H So how is that in terms of how you feel with him?

M Well like its, well it doesn't really affect us in that total sense, because like its a responsibility for him as well and we both just understand to avoid the situation.

H Does that make you anxious, also avoiding the situation?
M No it doesn't make me anxious, I think in fact it probably brings us closer because, we both know what the responsibility is.
H Fear of being alone, personal shyness, what's that?
M Personal shyness?
H Ya
13/13 M **I just don't think I'm very confident.**
H And what's that like, not feeling confident?
M You just don't speak out easily, lesser part in crowds and that and ********** that you feel comfortable with. **If I'm with a crowd**
8/8 **that I don't feel comfortable with I just kind of feel I'm not liked**
H And how is that?
M Its pretty stressful because you feel that people are laughing or talking behind my back or whatever, so its pretty stressful, so I try and avoid the situation and call it a really bad night
H So what do you do, you say in terms of your feelings and that, you just stay quite?
M Ya, I just try to avoid the situation if I can.
H And does it happen, is any of this with you now, are you nervous about ****?
M Ya well there are some people around the college that I don't feel very comfortable talking to, I just try and avoid them.
H And how is that trying to avoid them? What do you feel?
M Its pretty stressful.
H How is that for you?
13/13 M Well you're just **on edge,** if you are talking to them, you're sort of **wracking your brains, what will I say** next, I have to sound fun here or whatever and then like ..... sort of try to keep the conversation going and if it doesn't work, now more so than before, I just sort of say to myself, like cop-on like why should they feel at ease and you feel uneasy with them, let them sort of keep the conversation going or whatever.
H And what's it like trying to avoid these people?
M Well like I don't try to avoid them, such as run up the stairs and run down the stairs, I just like you know ...
H So you're not looking out for them all the time?
M No not particularly, but like if for example I went up the stairs and this whole crowd was sitting around, like I'd just say hello, sort of pass myself and then go on, rather than say, plant myself down in the middle of them.
H And your feelings of anxious or general tension. What's general tension for you?
2/2 M Well **trying to get assessments** in on time and having, **not having**
10/10 **people around** or whatever, **like being alone.**
H Do you feel the tension anywhere in your body?
M Not particularly
H Aches and pains, headaches, backaches?
M No, I get pins and needles quite a lot in my legs, but I don't generally have headaches
H So when you say a general feeling of tension and anxiousness, is that, does this happen most of the time with you?

M Well, it happens most of the time around exam time, if I'm, if I get caught up somewhere, like say in week 10, you say, blast, I should be at home studying, which is sort of a tension in a way.

H But its not a tension now?

M No.

H Changes in personal habits? Sleeping and eating, what's that about?

M Like going on a diet.

H Are you on a diet now?

ND/38 M Well **I try to keep things on the course of a diet, I have to watch what I eat all the time.**

H So you feel you have to be on a diet?

M Ya

H And how does that feel?

ND/38 M Its **pretty stressful,** because if you let go

H How is the stress to be on a diet like that?

M Well you know ********** and you think of the calories, and go home and have some salad or something, you know you can't eat what you want.

H And how is that, when you're eating the salad?

M When I'm eating the salad I feel good, and then after I say, thanks be to God I didn't get the Marathon, and then three hours later I get the urge to have a Marathon and it happens over again

H And then what happens?

ND/38 M Well sometimes I give in and **usually at night I give in.** Well like I feel, I don't feel that bad, because I sort of said well I said no earlier and you feel worse, you get a lot more calories

H So you kind of tell yourself well its only one?

ND/ND M **I deserve some little treat,** I haven't taken in that many calories today or whatever

H And if you're feeling bad after you've eaten it, what's that like?

M I just feel sick.

H You feel sick physically?

M Ya

H Do you actually get sick?

M No

H You just feel it?

M I just feel sick

H And what's that like?

38/38 M I guess its pretty stressful, **I should have more willpower** and sort of I'm definitely won't eat one tomorrow.

H And what happens to the sickness when you tell yourself that you won't eat one tomorrow.

M It sort of goes away.

H A ha

M You don't feel so bad, tomorrow's a new day sort of thing.

H And what's feeling bad for you?

M Just kicking myself over something

H So you'd be kicking yourself, not kicking somebody kicking you, somebody looking down on you?

M No, its like inside myself a bit, I sort of like have a habit of sort of talking to myself and have a conversation like, yes I will, no you won't, like serving outside and inside

H And what happens when they get into conflict like that, how's that?

M Well its unreasonable, its sort of I know that these bodies are all going or whatever and I can't reason with myself in that way.

H And what about when the fight's going on, is there a tension in that?

M Ya there is like should I, shouldn't I and it is pretty stressful, the tension.

H And how is that?

M Just tension builds up.

H So does it come out anywhere, do you feel any aches or pains or?

M No

H So it sounds like you're not putting any tension into your body, except when you eat a Marathon and then you get sick.

ND/7 M But like **in extreme cases like** in exams, like **in week 10** or that, **my head feels** sort of **fuzzy.**

H That's from the tension?

M Ya

H What's the fuzziness then?

M Its just like a ball of cotton wool, going round and round and you know you can't think straight.

H OK now on the whole you have ********** how is it?

M Its OK

H Having an alcoholic parent, is one of your parents an active alcoholic?

M No, neither are

H Its written here, when you say having an alcoholic parent?

M If I had an alcoholic parent I guess ...

H Well this is suppose to be what's actually happening to you, so you haven't got an alcoholic parent. What about horrendous separation and divorce?

M No

H Death of a parents?

M No

H Death of a brother or sister?

M No

H Death of a relative, spouse

M No

H Well are any of these, parental abuse in the home, none of them?

M No

H None of them?

M No

H Help concerning an immediate family member?

M No

H Nothing?

M No

H These are just your fantasies on what might happen?

M Ya

H Well maybe that's illness of my own children, well maybe what this gives me a picture of - do you actually get tense thinking about all these things?

M No I just interpreted that in a way that if I had.

H So I mean you don't think about, well if I was marrying and my husband left me I'd feel rotten.

M No not really.
H So none of them you actually think about now?
M No
H Your parents death or?
M No
H So this is all just if it happened, if I had an alcoholic parent, then I would be very stressed?
M No
H But I don't so I'm not?
M Ya
H Is that kind of like it is?
M Ya
H OK. So I'm just trying to go through here, there's so many lines. Do you worry much about what's going to happen in your future?
M No, not really.
H Anything specific like career or?
M No
H Whether you're going to continue going with your boyfriend or?
M No
H So in terms of all of this, how are you feeling right now in terms of yourself?
M Just
H Just how are you feeling about yourself right now?
M Well, I'm getting along, struggling
H Struggling, what's the struggling about?
M Well, I have exams, I have assessments to hand in
H Assessments, what are they about?
M Well I have a project
H So assessments and exams are always there?
M Ya, well like I don't really have much of a social life down here as
ND/ND I said before, **I have a boyfriend at home,** so I don't really go out and that, so when I go home I kind of make up for it, so like the way I look at it, I'm here to get a degree and I may as well enjoy myself as I'm here to the best of my ability and I can enjoy myself better you know in the social life at home.
H And is that stressful, you know you're here as a student and you want to be social but really the social situation is at home?
M No well I look at it as I'm having the best of both worlds, because I can live on an even queue down here and then at home I enjoy myself.
H And if he was here, you wouldn't be on an even queue?
M Well like I don't even know if we'd get on as well if he was down here.
H Is that a fear you have, that if he was down here?
M Well its not exactly a fear, like there's nothing I can do about the situation so I just have to make the best of it.
H And how is that?
M Well its just the way things are.
H It doesn't put you under any tension or stress?
M No not really
H Well is there anything else that you might be worried about, or are worried about now, that I haven't brought up?
M No

H Are you experiencing any stress at all?
M Yes
H Are you, about?
24/24 M **Money**
H What's this stress about?
M **I have none.**
24/24 H You have none, why is that?
M My ******** **grant didn't come through** and I was sure it would be in this week and I went to Student Services today and they said it wasn't in, which means I'm not going to have any money for the weekend, which means it probably won't be in until next Thursday, so I'm not going to have any money next week either.
H And have you no money whatsoever?
M I have like seven pounds.
H And what's that like?
24/24 M **Annoying**
H Anything else?
M Kind of depressing
H Depressing. How is that for you?
M Depressing.
H What's it like to be depressed about that, is it any different to how you were last week or the week before?
24/24 M Sort of **stressful** because **you want to do things and you can't** do them, you want to go places and you can't go and wondering why isn't it in, feeling annoyed.
H Feeling annoyed. And what's that like?
M Just like to give a tongue lashing.
H And who would you give it to?
M Whoever answers the phone.
H Who's the cause of it?
M I haven't a clue.
H And you feel depressed and annoyed?
M Ya
H And how does that feel right now?
M I sort of have a pain in the back of my head, tense.
H How is that sort of pain, your head?
M How do you mean?
H Well is it, I presume its not enjoyable?
M No its not
H So if its not enjoyable its?
M I don't know
H And how is it affecting you otherwise, does it upset study or class?
24/24 M Well **I have books to buy** and I would have bought them tomorrow in town, but now I can't buy them and that's annoying me as well, because I would like to maybe start on some work tonight, but I can't do it
H So its got you pretty uptight?
M Ya
H So what's that doing to you now in terms of what you're doing?
M I'm just wondering when I'm going to get the books and when I'm going to get the work fitted in and all that, and just feeling very annoyed with the ****
H And what's that annoyance, what's the meaning of that annoyance?
M Sorry?

H You say you're annoyed right?
M Ya
H And what's that doing for you inside?
M Its making me feel uptight and that, tense.
H And what's the tension like for you?
M Sort of my body's uptight.
H Did you know about student loans for instance?
M Well I went into the bank the last time the grant wasn't through and said it then, but basically it boiled down to the fact that the money wouldn't be through, you know my parents would have sent the money on quicker than they would have been able to give me.
H What about student loans? The hardship fund?
M Well I wouldn't like to go to the hardship fund.
H Even though you're very hard up?
M Ya
H Well what's that like, not wanting to go?
24/24 M I never even thought of the hardship fund, **that would be** just totally **a last resort.** Like I'm going to Galway tomorrow and if my money had been through I had intended going and having a really good time, but I meeting friends up there from home, so I'll tell mammy to give them money to give to me, which won't be that bad.
H Well what's it like, you say you wouldn't go to the hardship fund, what's that like?
M Well I just never thought of it, it never crossed my mind. That would be totally the last resort, I'd need to be totally penniless.
H And what's that about, not having any money, before you go there?
M Its pride I suppose.
H So I hear you saying, you're feeling very uptight and angry and nervous about what you're going to do in terms of studying and that, and the other side is pride as you wouldn't ask them for a loan.
M Well I suppose it boils down to the fact that I know I can get money from my parents, but I just don't like asking them.
H But you don't mind asking them for **********
M No
H And what's that for you?
M Well its a consolation that I know I can get money from them, but I just hated asking them.
H OK well lets have a look at this now. I see, have you got pressure in completing a research paper?
M Ya well I have to do a Politics essay and I'd like to, I originally I had planned to do this weekend, or today rather, but the whether is too hot now so I put it off.
H Is that putting any pressure on?
M Well somewhat, because it will be away at the weekend now before I get it done and I would have preferred to have been studying or something then, I just couldn't knuckle down and do it today.
H So how's that feeling, is that putting you off?
M Well its not really bothering me as such, you know like I could go away now madly and do it, but its OK
H No its just that you have your mind made up and find repeating written exams are they bothering you now?

M No they're not bothering me now.
H What about having something stolen?
M Oh well I haven't had anything stolen.
H So you're not worried about that?
M No
H And pressure to get good grades?
M Ya, that's there all the time when you're at college.
H And what's that like for you? You say peer pressure against getting good grades?
M Sorry, no peer pressure against good grades, no.
H So its peer pressure to get good grades?
M Yes
H Well what's that like for you to get good grades?
1/1 M Well its very important, because **I want to prove to myself that I can do it.**
H And what's that pressure?
M Its there at the back of your mind, even if nothing else and like it won't go away even as the weeks go by like, the pressure increases.
H And what's that like, that pressure?
M Well its pretty stressful at times, its there all the time but it just hits you now and again, you know, oh shocks I should be studying for a thing and that can be pretty stressful and then it goes away.
H So when it hits you, what's it like?
M I don't know?
H Well when I panic, I sort of get like butterflies in my stomach.
7/7 M Ya its sort of all on the go, **all on edge.**
H Can you be a little bit more specific?
7/7 M Sort of running around, **can't concentrate,** like it just hits me.
H So its lack of concentration?
M Ya
H OK. So the other side of that would be, you being relaxed and.
M Ya, sort of don't give a damn, be cool like and say steady on, loads of time
H And then all of a sudden it starts hitting you?
M Ya, its a shock, so much to do, I haven't got the books, its all there.
H You haven't got the books, you're still angry about this grant?
M **Ya I'm very angry about it.**
24/24 H And what are you doing about the anger?
M Well what can I do, I'm just very **frustrated.**
H Well how could you, OK you're very frustrated, well what's that frustration like?
M All in a tangle, Its almost week 6 and it still hasn't come through.
H And this is from the Monaghan County Council?
M Ya, long procedure
H And so you feel frustrated and angry?
M Ya,
H What's that like, feeling angry?
M I also I suppose I'm very disappointed because I was sure it

would be in even last week, I suppose that's my main emotion now - like angry like, its just really sort of feel like bashing

H That's quite a lot of anger?

M Ya probably.

H This is it, you got this one right. Difficulty in budgeting money, you got that one down here. Lack of ability to speak up for what I believe in. What does that mean for you?

M Well I was told, like by someone in the house about a week and a half

37/37 ago and **I was told** that **I wasn't very assertive,** that I should be more assertive and I've started thinking about it a lot since last Friday, why me and all this sort of thing. How can it be easier sort of thing?

H And what's that like?

M Sort of puzzling like, why are other people assertive and I'm not?

H And what's your answer?

M I don't know

H You must have come up with some answers for yourself?

M Mainly, basically what I come up with was if you remember at my last interview, that at school, a girl was always sort of putting me down in first year and that, and it must be from that. **I just sort of got**

37/37 **into the habit of not wanting to speak out,** or **being afraid to speak out** or whatever.

H And what's stressful about that?

37/37 M Well, that's how they see me, **I wouldn't like to think** that **those people can walk over me** or whatever, so that's stress

H That other people would try to walk over you?

M Yes, like surely they must be able to if I'm not assertive.

H But what's your experience?

M About what?

H Do you feel you're being walked on by other people?

M To a certain extent, like **I'm sort of afraid to voice my own opinion**

37/37 or if somebody, or **if** I'm arguing or something and **somebody is having an argument, I'm more inclined to back down**

H And is that for you?

M Well its like it, I suppose it **annoys me** at times.

37/37 H So you get annoyed with yourself?

M Ya like afterwards when I look back on it, I say **why didn't I say this,** Why didn't I say that, Why didn't I say the other?

H And is that stressful?

M Ya I suppose it is to a certain extent. That I don't even give myself the chance to voice my own opinion or whatever.

H And what's stressful about that for you, that you don't give your own opinion?

16/16 M Well **people think** that **I am weak minded** or whatever, that I can't speak up for myself.

H And what's stressful about other people thinking that you're weak?

M Well I'd like other people to have a stronger opinion of me, then again I don't know whether I want to be more assertive, because that would be a change in personality and what way is that going to feel?

H So that's stressful too?

M Ya, like **do I change or don't I?**
H And which is stressful for you, changing or staying the same?
37/39 M Well I don't know. Like at times I feel like a change and sometimes I feel I wouldn't. **I like being what I am,** and if people can't accept me for what I am.
H You like the way you are?
37/37 M Well I like, at times **I'd like to be more assertive and more confident** or whatever, and then at times like I do like the way I am.
H But when you like the way you are, when you don't like the way you are, when you'd like to be more assertive, what's stressful about that?
M Like what?
H Well like, you can't change, you can't become more assertive?
M Well I think like I can change, I can become more assertive, but then if I try, I feel maybe that I can't.
H Well have you tried?
M Not particularly, I have made a going effort, you know I'm going to be more assertive, but like you know I say, maybe I would like to be, or what would it be like to be more assertive, or what would it be like to be more assertive, like how would it change the way I am or the way people see me, would it be for better or for worse.
H Well stay with those two. You said change the way I am, what do people see? Which is more important?
M Well they're both equally important, because if I change, because I like the circle of friends I have at the minute and if I change like, how will they see me? Like the people that I go around with sort of, they're more or less the same as I am, so like changing with that might push me into a different group of people or whatever.
H And how would that be for you?
M Well I wouldn't really like it because then I would feel that I'm not being myself and it would keep me under pressure, I would feel under pressure sort of to be different sort of, to be acting all the time, so.
H So the act wouldn't be you?
M No
H And would that be stressful?
M Ya, well you have to keep up the falseness and that like.
H Does that happen for you, do you ever do that, put up a falseness?
M Ya,
H And how is that?
M Its very stressful, I don't like it at all, I'd prefer not to be in that situation.
H And how is it stressful for you?
M Like I say you have to watch everything you're saying and try to be cool or whatever, and you're wondering you know maybe do they think I'm an idiot or what?
H Can you think about what you're trying to say in that? I mean like it sounds like you really don't like them at all.
M No, I don't like it.
H So you really don't enjoy yourself when you're put in the situation?
M No, not at all
H OK so just be aware that you don't enjoy it.

It seems like everything at home is going well?

M Yes

H Lack of members visiting you? Is it lack of family visits or phone calls or mail?

44/44 M Ya well I **haven't got a letter and I would like one.**

H With money in it?

M Oh ya

H And is that what its got to do with?

M No

H You just would like

M No I'd just like a letter, like I wasn't really expecting a letter, but a letter would be nice.

H Is that causing you any stress?

M Well sort of, like you know when you go down to where the letters are left every morning and other people have letters and its sort of a

44/44 bit **disappointing.**

H And what's the stress when you feel disappointed?

M Just sort of on a high flicking through them and then at a total low

H And the high is the expectation and the low is....?

M The disappointment.

H The reality, there is none, and how is that? You said disappointment, what's the stressful thing about that?

M Just the fact that you're on a low.

H Well I hear you saying, and this is probably what I'm trying to get at Martina is that, you see other people getting letters. I mean what would happen if you went down there and you didn't have any letter, would there be any difference?

M Well I did go down by myself.

H Yes

M There's no difference

H I hear you saying a couple of times and you said it equal to what other people think, and what's happening for other people and what's happening for you, and I'm just wondering is there something, some stress in those two things?

M What's happening for other people and what's happening to me?

H Ya

M Not particularly.

H What struck me was the comment you made about a week and a half ago, you were doing the psychology stuff and somebody told you you were not assertive and it sounds like you go on what they said.

M Well like I have been, like I know I've been sad that I'm not very assertive.

H So it isn't just what they said?

M Yes,

H Its also what you know about yourself?

M Its just the fact that they just emphasized it, like I didn't even realize it was so bad, but like I think three of them picked it up. One of them actually said it and the other two agreed straight on like.

H And how was that when they said it?

M Well like I was more or less expecting it, but just its the realization brought on a lot, brought on all these questions afterwards.

H Questions about?

M If I'd be better if I was more assertive.
H And what was the stress in hearing that later on, realizing that they were right, or that you felt that they were right?
M Well its sort of a conflict of notions like, should I change like you know?
H So what's the stress, you seem to have some ideas about how you should be or how you are. Is there some conflict in that for you?
ND/39 M You see I don't really know. Like **I don't know if I'd like to be somebody different,** at times I wonder.
H And does that cause you any anxiety?
M I wouldn't call it anxiety.
H Excitement?
M Definitely not excitement.
H OK. Well in terms of the interview, in terms of the money thing, I hear you're anxious, I hear you're angry and you're frustrated and that's giving you a pain in the head. So how do you think you might do something about it, I mean what would be an assertive thing to do in this situation?
M I don't know.
H But what options are open to you?
M Well I probably do something like you know, I might go for a swim, then I'll ring home and talk to Mum and hopefully then like she'll help me, she'll send the money up tomorrow and then like I'll get the money tomorrow.
H You're not angry at yourself?
M No I'm not angry at myself.
H Or at your mother?
M No
H Right who are you angry with?
M The County Council
H Right, so .... is there any options open to assertive Martina?
M No, I suppose ring them.
H Ya, anything else?
M Nothing I can think of
H Well like you say, you know you say sometimes you get into a discussion with somebody in an average situation and you should have done this and you should have done that. Well lets say, if you were giving yourself advice afterwards, say the grant comes next week, right and afterwards you say Martina you should have done this and you should have done that. What should you have done? What advice would you give yourself?
M I would look back and say I was silly.
H What was silly?
M Silly worrying about it like, sort of making a fuss about it, its going to come eventually.
H And you have to live without any money?
M Ya
H And deprive yourself of a book or two?
M Ya, and a good time, is more important
H Right and a good time. So what would Martina, what advice would assertive Martina give to you?
M I don't know
H Well one was you said it straight away when you came in, the first thing, you'd like to call them up and really tell them off. You know, any other ideas come to your head?

M No
H Well do you know any County Councilors? I mean the County Council is made up of individuals isn't it? Do you know any of them?
M No
H Does your mother?
M I think she'd know a few.
H Does your father?
M He'd know a few.
H Could you write them a letter, get a name and write a letter to somebody?
M Ya. No I wouldn't like to, because we had sort of hassle getting the grant and then we might push our luck too far or something.
H So you're nervous about that?
M Ya.
H What's was the hassle? Income?
M Ya.
H You just made it?
M Ya.
D Thanks for dropping down. You met Hank in the past, previous to this, so this is a change, how's that for you?
M Which?
D Meeting somebody different?
M Well I didn't know anybody, so
D OK. Right, so as you're aware today is the same as the other meetings really, its just to see how you're getting on at the moment, how are things going for you at the moment.
2/2 M Well **week 10,** need I say anymore?
D Well what's it like for you. I mean I'm interested in hearing what its like for you.
2/2 M Well its just **so much to do in so little time.**
D Right.
M You put yourself **under** a lot of **pressure trying to cram in so much.**
7/2 I mean the way I look at it is, well at this stage, **in two weeks it will be all over** so, and **so I may as well cram** as much for the two weeks while I'm here. It will all be over soon, so I may as well cram in as much as I can before then and try to do myself justice.
D Right and what's that, is that a stress for you at the moment?
M Yes
D What's stressful about it?
18/18 M Its pressure. **Just don't have time to do what you want to do.** I don't really want to be studying, like I'd like to go jogging or something, but I can't, I'd feel guilty, you just have to sort of sit there and study, like stuff that I find totally boring, totally irrelevant half of it.
D Do you not like the course you're doing?
M Ya I do like the course, I like some modules, but like some parts, for example economics, some parts of that are really really hard to understand and you could be sitting for an hour or two just trying to figure out where some part of the maths, just how it works out or something, and while you're doing it, you're just there "damn" getting so hot, but then once it does work out you feel so brilliant, so
D OK so, at the moment the pressure is studying stuff that you

don't really like studying and you'd prefer to be doing something else.

M Ya

D Anything else that's a pressure for you about the exams at the moment?

1/1 M Well I'd just like to do well. **I want to do well just for like a sense of achievement,** because I don't really know why, I just want to do well.

D OK. How well do you want to do?

M I'd like to get through.

D What's your QCA at the moment?

M 2.55. Like I'd like to get 3 and

D For this term?

M Yes for this term

D Do you feel there's a lot of pressure on you to get that?

1/1 M Well like, **there's noone putting pressure on me but myself.** So like at least you know I don't think I'll fail, but just to push myself above that level, I'd be thinking more about, just with the work I've done now, is it sufficient to get me through or something. I'd just like to get stuck into the next week and just get above that.

D And if you didn't get it?

M Well I'd feel very disappointed.

D And at the moment how optimistic are you about getting it?

M Well I'm very hopeful like I'll have, hopefully by the end of the week I'll have most things covered and I'll have a better understanding of the course. Having said that I'll probably get a 2.1 or something, but all we can do is hope.

D What's your attitude so towards the exams.

M I feel very knowledgeable compared to say UCD and UCG where you have a whole new work. Like we have only 11 weeks work and it really only boils down to say 9 weeks lecturers, so I mean its very manageable, that you can just sit down and do it.

D Does it suit you?

M It suits me very well.

D What is it about this that suits you as opposed to UCD or.

M Its all really in your grasp, rather than just, like at this stage I'd hate to be looking over say what I did in 37 weeks notes and trying to just pick out areas that might come up or mightn't. I think that puts you under a lot more pressure, that kind of a system. As well as that like the lecturers give hints each term, which narrows the course down an awful lot, so like you can't really go wrong in what you study.

D So do you feel you're coping well enough at the moment with the way things are?

M As well as can be expected ya.

D You're happy enough with how you're coping?

M Ya

D You don't feel things are out of control or anything.

M No not really. **I deserve to have everything in control,** that's how I

38/38 look at it, because **I went to most of my lectures** and most of my tutorials, **and I have all my notes,** so like why should things be out of control sort of?

D OK, is anything else about the stress that you're experiencing at the moment, do you feel any other pressure that you're

under at the moment. Other areas that you find stressful for you right now? Other things that are bothering you right now?

M Well that would be the main one. And then ..... well my boyfriend is putting me under a lot of stress because **he's having a lot of**

ND/ND **problems at home** and like I mean he's in Monaghan and I'm down here and like I'd like to be with him sort of, but I can't.

D So what's the stress in that for you?

M Well like I don't know. I feel I might be holding him back, like he doesn't like going, when I'm not at home, he won't go out on a Saturday night, well maybe to the pub, but he won't go to the Disco, the usual Disco we go to and like maybe if he wasn't going out with me, then maybe like he would be able to go out and enjoy himself with someone else.

D And that would be kind of a release for him from home is it?

M Ya

D So that's a concern for you at the moment. Are there other things?

M Well I filled out in the stress sheet, one of the girls in the house, well a few weeks ago it started and a mature student was in our house and she said like she's really admirable, she's brilliant, she was like 60 something and like she was just brilliant basically and she was just saying that she wasn't always like that. She's really enthusiastic and everything and she said she wasn't always like that, but she got this notion of finding herself and she said that in order to find yourself, you had to look back over your life or whatever. So I thought this would be a great thing to find myself, so I sat down about last week sometime and then this happened, then another girl in the house said she didn't like looking back on her past, because she tried to block out things and it struck that I don't really look back on my past a lot either and I came to the conclusion

ND/ND that **I didn't really have a very happy childhood** as such, so at times I just, like when I look back in the past, like the situation is totally different now than the situation was then. There's 6 in my family and we were all sort of one after another, between the ages, like the oldest was about 9 when the youngest was about 2 and we (I've lost my train of thought) ....

D Looking back on your own family, what it was like.

M Like we were all together and Ma sort of didn't have very much patience with us, because like they weren't exactly millionaires or anything on top of that and then Daddy wasn't an alcoholic, but he used to go on a binge of drink every now and again and when he'd come home, Mammy is sort of the dominant one in the family, Daddy is sort of very laid back and like he does almost exactly what she tells him, like we call Daddy the robot, and like she used to get really really annoyed and she'd sort of take it out on us and like she used to say, if your father doesn't stop drinking or whatever, or if this happens again like, I'm going to leave you, so just that sort of pressure, that sort of thing used to really really annoy me

D Did it put you under pressure?

M It did at the time ya. I remember as well at school we used to have these recurring dreams like, I'd just be sitting in

the classroom in the high-infants and as well as that, we live in Monaghan and it was around the time when I was young, around the time of H-Block and that, and the IRA were putting fire to houses like quite near and I used to always imagine that Mammy was being taken away in a lorry and there were ropes strapping her. I used to get this recurring picture of the soldiers coming and I used to be terrified when I'd see like the soldiers and tanks and I used to imagine them always coming and taking her away and I think putting her in the back of a big lorry and tying her on to it and her going like that there and them just driving off. I don't know why I got that impression, but

D And its like talking to this lady and reflecting brought all this stuff back up from your own past?

M Its just the fact that she ...

D ... said that?

M Ya

D And how does that leave you feeling now, having gone back over the past?

M Like I look back then and sort of feel from what the situation is now, because like Ma, my Mother is like really a nice person, but like she does get pretty hot headed from time to time and that, and like now I can't imagine her being the same person and at times I

43/ND just hate, like **I hate looking back on my childhood, at times I just hate my mother because I think she's responsible,** but then when I look to the way she is now I can't hate her because like I don't know.

D So how does it leave you feeling at the moment?

M Well I'm sort of, I try not to think of her, just lift myself up on another level sort of and just try to think, I don't think.

D Right. Does it get you down now in any way?

M Well the night, the night it just all sort of came back, but I haven't sort of thought about it in years, but **the night** just I

ND/ND **thought about it,** I just burst into tears like, **I was crying** and crying **for ages,** but now like you know, the way I look at it really is that everybody is more or less the the same, like the amount of hardships, I think you know, if nothing good makes it back to bear the burden or whatever and like as well as that I didn't realize it was so bad at the time until, because my mother was always sort of saying like you know the way you read on the papers like such and such a one was abused and another one was tied up in the house for 60 days or whatever and all this, and those things, we used to think we were lucky.

D Right, you were lucky you didn't have that?

M Ya

D What I'm interested in Martina at the moment, is this upsetting you at the moment?

M Well as I said its not really upsetting me because I'm inclined to like just not think about it.

D When you don't think about it, it doesn't bother you?

M' No

D Is there other stuff going on for you at the moment, Martina, like you know other concerns right now?

M Well that's basically about it.
D Right, well we looked at the academic stuff, so now we're talking about friends, I mean is that referring to your boyfriend or do you have friends here.
M Ya that's more or less my boyfriend.
D Right OK. And are you feeling fairly anxious and uptight at the moment?
M Ya, well I am generally, but like I feel like this everytime coming near exams and that like, I wouldn't pin it down to that, like I expect it and expect feel this way.
D Is it OK to feel that way?
M Ya
D Does it still mean you're learning how to study?
M Ya
D So do you see it as a positive anxiety, a positive thing maybe?
M Ya
D Does it help in anyway?
M Ya, but then it just something that has to happen in a college and I have exams and I have to study for them and like its something, its just going to be with me for the four years or whatever.
D And you feel that's OK?
M Ya, grand.
D And you feel you can manage it?
M YA
D And is there much at the moment, in the piping at home, is there much conflict at home at the moment?
M No very little.
D Right. In the past there has been, maybe between your parents?
M Well it was more, like, the situation is totally different now, you're sort of much better off and you know they can go out and enjoy themselves now because they don't have 6 screaming kids around after them, like well my sister she's 10 now, and 19 and the other one's 17 and then my eldest sister is 24 or something, so like they've no worries as such now in their dilemma like?
D Is there anything else now that you'd like to add to that or do you feel that we've touched on the various areas that are concerning you at the moment?
M Ya
D Do you feel we've got some understanding of what's going on for you, the kind of pressure you're under at the moment?
M Ya
D Is there anything else you'd like to add?
M No
D Will we leave it there?
M OK
D How have you found these interviews?
M Well they were interesting in a way, bringing out the stress and what's bugging me.
D If you feel you'd like to come back, just make sure you do so, because that's what we're here for, you students. So maybe this is an introduction to meeting Hank or myself or whatever and if you'd like to explore it any further and "find

yourself" as this lady did, you know, make sure because if you feel you'd like to share rather than hold it all to yourself. Is it OK to leave it there Martina.

M Ya fine.

D OK thank you very much for your help.
Good luck in the exams.

D I've given a questionnaire and that's really just to refer to ....
all I'm really interested in doing is this thing or hearing from you what its like for you at the moment, what is going on for you at the moment, what are the demands or stresses for you at the moment .... will I leave it open to you .....

M No one, I suppose pressure would be exams, you've got to get them out of the way first

D Right now is that a pressure for you?

M No it wouldn't be so early in the term.

D So at the moment what ....

M Social pressures would take over early in the term

D So for you right now what's going on, what are the pressures,

8/8 stresses, what stands out for you as being a significant stress right now?

M Just trying to merge in with the group right now

D And what's the stress in that for you?

M I don't feel, I don't know them as well because I'm away from home, because I feel I prefer to, I find it hard to get to know them that well, maybe that's me or maybe that's just the situation

D So you find it difficult to get to know them?

M Because I'm staying at home and I travel in and out.

D So what's the stress in that for you, what's the stress in not being able to get to know them?

13/13 M I suppose I don't have as much to talk about, or as much in common and as common friends, I'm usually sort of come along the next day and find out what the lads are up to rather than being part of it .... and you know you often hear them talking in the canteen about this and that person like you don't really know that person, you might know them to see, but you don't know them that well so you're

8/8 not really part of it that way

D Now what goes on for you at all, what is it about that that you feel you know you go to the canteen you see you don't feel that you're particularly .....?

M I suppose I feel I'm not part of it really

D OK

M Maybe it makes me feel I'm not with it ..... but at the same time it could be my situation as well, its both, its a mixture of both *******

D What do you mean by **********

M Well I'm not fully interacting with them .... or I could be interacting more ..... close friends with them I suppose .... that's about it really

D You're not interacting as much as you should?

M Yeah I suppose, yeah I feel I could be a lot closer to them, I could be a lot more friendly with them ..... I often I .... they would go to each other or talk to each other say in ********** or whatever, I

8/8 often find I'd always have to go over to them or whatever, rather than them come to me so I feel there isn't the sort of a total 50/50 sort of friendship there so I try to be friends more than they

D And what's the stress in that for you?

M Sometimes it sort of makes me feel very sort of .....

D Right now, what would it make you feel at the moment?

M Right now, at the moment it doesn't really affect me that much, it sort of comes and goes ..... if the situation occurs like where I find all my friends outside the door and they're all having a great crack or whatever or everybody's over talking and ..... I think situations like that would make me feel lonely and left out ....

D So the stress for you is ..... at the end of the day you feel left out ... as opposed to what?

M As opposed to being part of the gang like or fully sort of a full sort of member of the gang I suppose ..... that's one thing

D What other pressures?

M That would be it really I suppose .... pressures, I don't really get any pressure from my parents exam wise ..... certainly there's pressures there also to go out and enjoy yourself, if you're in with

27/27 the gang there's a lot of **peer pressure to go out and get drunk** or whatever like and ..... for me yeah, I think there is yeah, well it doesn't bother me that much, but its certainly there and I know if I didn't you know people would be sort of saying oh you never go out, there's definitely pressure there for me

D And would that pressure, are you experiencing that sort of pressure at the moment?

M No, no, it would only be on occasions at night if the lads were thinking of going to a nightclub and you might be watching your money or you might want to be in early in the morning and the lads are sort of pushing you to go out, really its situational

D Would that have happened last night, or could it happen tonight?.

M No, not so early in the term because you'd usually go out anyway.

D What I'm saying Martin I suppose I'm looking at what's going on for you at the moment, what are the kind of, is that something that would be currently a stress for you?

M No, not currently, what I'm worried about now?

D I think you filled this out on the basis of what's happening now, so at the moment if that's based on what's happening now so I'm wondering what's your report now for yourself for what's happening at the moment? Other concerns or pressures or demands that you feel that are there?

M Well, academically there was pressure but this year at the moment this is gone because my grades were down and I just presume I'm just going to get a pass degree now no matter how much I try, so pressure there I feel I'm not sure whether its coming or going like I just feel I'm just fixed now where it is ..... personally, I just feel

ND/ND like I've got to really work hard at times, this morning I **realized I was really short sighted** and you know I'm not going to change overnight and that if I want to get any satisfaction personally, or contentment with life I just got to sort of look to the long term with things ..... for instance I find I smoke, I'm a smoker and I find I think the smoking could be a large detriment to my sort of self quality of life and

although when I get into a tense situation I find I smoke a lot ... I find that if I gave up the cigarettes and sort of put up with it for two weeks and went without, OK it might be worse for a few weeks but then after that I'd lead a much happier life, so that was one pressure I find at the moment, that's a

ND/ND **current on going pressure to try and give up cigarettes,** even though I've been trying, I'm smoking for quite a while and intending to give them up, its always there ....

D And what's the pressure, the stress of trying to give up cigarettes for you?

M Why don't I?

D Well you see it as being an on going stress, what is it about giving up cigarettes that you find stressful?

M I find its sort of instantaneous you need something instantaneously to relax you, if anything goes wrong during the day like, I suppose you have some ..... suppose something went wrong or you were coming up to a mid-term exam or something wasn't working out in your work, in your homework or whatever, then you sort of get nervous or whatever and stressed and sort of just want to go out and have a cigarette and just come back in totally relaxed and whereas that's not the way to be with your problems because you miss out a lot of problems solving ... you don't really deal with your problems ...

D So what I'm saying to you is what stresses you about trying to give up cigarettes is that you give them up, you wouldn't have this relaxing effect .....

M Yeah that's it .... you'd sort of build up, you'd get really sort of tensed and stressed and very nervous I suppose, and I suppose that's the way it is for an awful lot of people because if it wasn't, an awful lot of people would find it a lot easier to give them up ....

D No, just to stay with Martin ..... for you ...

M That's another thing anyway, do you want me to continue on that?

D Well I'm just trying to .... are we clear about what it is about giving up cigarettes that's stressful to you?

M I need something to calm me down every so often ... and probably I

ND/ND find I **get panicky if** I give them up for a day or two, I find myself I get myself very panicky ....

D So the difficulty its seems to be of tension versus relaxation, you need something to relax ..... cigarettes help you to relax .... you might at an alternative way to look to relax and you'd see its not the only way to learn to relax ..... you feel that's what you get from cigarettes and maybe if you developed an alternative strategy for relaxing you wouldn't need cigarettes any more ....

M True, OK

D What else is there at the moment that's a concern for you at the moment or a stress?

M I find after being here for four years, I'd like to have made a lot of friends and I'd like to have a lot of friends made her after I leave but perhaps that ..... I can't see myself holding out to all those friends like what I met in college

after I leave and I suppose that's a sort of a stressful regret, that has been on my mind a small bit

D That you haven't made ....?

M Long lasting friends I suppose

D And right now, what's going on for you about that?

M Well I just try and be as friendly as possible, you know, you can't really do anything about it ..... I don't feel I can do anything about it as such *********

D What's the stress for you?

M The stress in that?

D What is it about it that is stressing for you at the moment?

M I can't really, I don't really know, all these things are not really on going in my mind?

D What's going on for you today? What's bothering you today? Part of it is fitting in, that's an important issue that's there, part of it is giving up cigarettes, is there anything else at the moment?

7/7 M Trying to get my work together I suppose - project work, **trying to get some motivation for exams,** motivation for getting back into the work, that would be a current issue, I find its in the back of my mind all the time ....

D What's in the back of your mind?

2/2 M Project work .... trying **to get my project under control,** my final year project and trying to fit in time and get motivation to do other projects sort of weekly projects and stuff like that ....

D And what's stressful about that?

M The stress I suppose is .... if I don't get my project done, if I don't get certain things done on time then my project could be .... back, I mightn't have time to finish it off for writing it up .....I've been working on a survey and it didn't work out last night but it will come right in a day, but at the same time it mightn't come right for two weeks so there's sort of an on-going factor there, that's a little stressful ..... and just trying to get motivation, I didn't do so well last year, last term and because of that my motivation is down, but I still feel I've got to work really hard and I'm a little worried about working hard, 'cause I worked very hard last term and I didn't do as good so I'm a little worried about working hard this term and that's a little bit on my mind as well, how should I go about this set of exams, what should I do about it ....

D What's the stress in that for you?

M Well I can't find my motivation, I'm not sure which way to turn, will I work hard like last term or will I just sort of leave it go and then just try and just try and get on with the exams, sort of reserve myself for the exams in a way, 'cause I felt whether I really worked really hard last term my exams went very badly, maybe I was over confident and maybe I should just concentrate on the way I do exams .... I suppose the motivation is a problem there ...

D What's the stress in that for you? What's the stress in that? What is it right now, what is it about....

M That's actually affecting me?

D Yeah, what is it about you were saying the motivation not being there right now, what is it about that right now that is a stress for you?

M I can't really say its stress, maybe I'm misinterpreting stress ...

D Well OK, a demand .....

M Its just something that's on my mind, I wouldn't say its affecting me though ..... I suppose its on my mind ....

D Do you feel you'll be able to get it done?

M Yeah

D And you can cope with it, do you feel a need there to cope?

ND/7 M Yeah, one way or the other **I'll cope,** it'll just be ..... there's probably two ways of going about it ..... I can do it with a positive attitude and all that and you know be very confident or you know I can be very disheartened, but I'll probably still get it done in either way, probably if I was positive I'd get it done better and

ND/7 faster, so **I have to** try and **keep a positive attitude** towards it and that takes a certain amount of effort or stress if you like

D At the moment what's your attitude?

M Try and keep a positive attitude, even though when its running a little late, to still keep a positive attitude no matter what ...

D But what is your attitude now, do you feel you can cope, that you'll get it done?

M Yeah, I have it under control, that's what I keep telling myself, I have it under control and I do as much as I can ....

D Are you confident?

M Yeah confident enough ...

D I hear there's demands on you to get so much work done and to meet deadlines, but you're reasonably confident that you'll get that done?

2/2 M Yeah **I am reasonably confident** one way or the other, I always do one way or the other anyway.

D So right now its not a huge pressure on you, its not a huge stress on you, that you feel you're not, never going to get it done?

M Its not, it would be on the back of my mind, it wouldn't be a huge stress no .....

D Are there other issues there at the moment Martin, are there concerns right now?

M No I can't think really

D OK lets just it would be no harm to have a glance here just to see .... there might be, we talked about motivating yourself in class work, and you actually, that would be the highest at the moment, the most stressful thing at the moment is motivating yourself right now ..... so again I'm asking you what is it about, in terms of I feel I'm not able to motivate myself at the moment, what is it about that that's a stress for you, what is it about that that's demanding for you that you can't motivate yourself .... now how is that a problem?

M Well, is that definitely going to be stress like, OK if I can't motivate myself, is that definitely a stress?

D Well is it for you?

M I wouldn't see it as a stress, its a problem alright, something I have to deal with, you know its not continuously on my mind, day in and day out.

D OK that's interesting, maybe you could look at this, I mean you've given this as your highest of all your academic ones,

you've given it a 7

M Yeah, motivation would be yeah

D OK, it wouldn't be a major stress like, a major concern?

M It would be a major concern, but not be a stress ..... how do you mean a stress as like, OK I might be really worried in a couple of hours time, but right now I'm not really concerned with it, it mightn't be a continuous thing like .....

D Well what is it, when I say stress, I mean something that's demanding or a pressure, or a concern or a worry ... you know and how worrying is it for you now on a scale of 1 to 9? I mean you've got 7, you see I'm just checking how worried you are at the moment and is 7 an accurate reflection on that?

M I suppose I wouldn't be terribly worried about it, it would definitely something I know that has to be dealt with, but I wouldn't see it as a major stress like ..... it isn't a major worry, I know its something that has to be done.

D Well it sounds a problem to you that, that you're well in control of this concern, I'm interested in hearing why you rated it quite highly so maybe we could go back looking at this again maybe....

M Maybe I just didn't fully understand when I was filling that out.

D Well I'll give it back to you when we're finished, you can have a look at it again you know ..... I'm just seeing what things stand out here... I mean social stuff we've talked about, problems with friends, socializing with people, lack of approval, we talked about a lot of those in terms of your fitting in OK ..... personal stuff then again where you've got high scores well you got fear of being alone, lack of self-motivation, lack of self-confidence, these are things again that we felt ..... ********* use of alcohol or drugs .... whats

M That relates to cigarettes

D OK and we've talked about that ..... do you want to say anything about contemplated suicide, is it an issue at the moment for you or ...?

ND/ND M Not right, **it's crossed my mind** over the last couple of days yeah

D Really, do you want to say what that's like for you at the moment?

M I just felt I haven't really ever accomplished anything to be, you know any self-strength, something to give me self-esteem you know, something to say you know I did that, you know I haven't really accomplished anything that I can say well you can sort of get yourself back on the road again, you know I have nothing really to say well, I'm here 22 years and say well I've got that and I've got that and that, it just **seems a waste of 22 years** and I just wonder is

32/ND it worth going on like ... I've never really, you know I've been here 22 years now and I'm still unhappy, **so what's the point in going on** sort of thing?

D You're still unhappy, do you feel you've ever been happy?

32/32 M **I've never really been happy?** No I don't no, I don't think I've ever really been fully content .... **always the underdog in social**

9/13 **situations** in some ways ..... for years I thought it would go like, just try to be natural .... never try to be somebody you

know they used to tell us in church, the priests used tell us, never try and be somebody, be yourself and all the rest of it .... and I just tried to be myself but I never really got any satisfaction out of that ....

D How it is to be yourself?

M Maybe it just made me lazy in a lot of ways, maybe I just wasn't interested or enthusiastic about certain things, so .... maybe that was being myself like, I just couldn't get any satisfaction out of it so maybe I was trying to be my extra self, so ... **suicide,** I mean

ND/ND certainly **it has cropped up in my mind a lot during the weekend** yeah, one way or the other I **just pulled myself out of** it....

D Right, I mean how do you feel about being able to cope with those kind of problems? Do you see it as something you can manage or ...? At the moment would it be a concern for you?

ND/ND M No, I sort of **put it away for a while** at the moment anyway, at the moment its been put away, but it could manifest itself again, but like on Sunday I was really feeling very very down like and it was sort of on my mind like, will I or won't I ********* committing suicide, I just sort of told myself to get back on the road again ..... well what I thought I said well OK if you commit suicide just sort of imagine you're going to be too late to look down on what you missed for the rest of your life, the next 60 years you'll be made to look on down at what you're going to miss and that sort of made me I suppose feel bad, maybe I was looking for pity in a way, I suppose if you commit suicide you're looking for a certain amount of pity, but, so I just sort of said to myself well if you're going to be made look down on what you're going to miss you might be just as well off staying around, so I'm staying around .....

D Was it pretty difficult for yourself? That sounds like you must have been in a pretty difficult position on Sunday, you must have been pretty low?

M Oh yeah, never as low or worse, ever .... you know I never felt, like I could sort of done with a perk me up, within a half an hour I could have been on top of the world again sort of thing, so it just goes up and down ...

D So have those thoughts come into your mind in the past, I mean ...?

M Suicide ..... in the past, before like the weekend .... oh yeah, before yeah, it was strong like definitely, you just sort of pull your way ..

D And what's your attitude to it now, to suicide, I mean, is your attitude that it is a way out if you feel things get bad enough for you? or is it a stress for you ... I mean its important what suicide stress would feel.....

M Yeah, its very stressful alright yeah, its continuously on my mind, it occurs every so often but you have to be aware that you have to get rid of that .... what's the point ...

D Do you see it as being a stress to have that particular ...

M On my mind yeah .... yeah I suppose, it is a stress like because if that's your attitude towards life then you know it really sort of attracts your lack of self-respect I suppose and self-esteem and your value of yourself as a person, like **if you've contemplated suicide,**

ND/ND **its very hard to go in the following day and** really really **think you respect yourself** and consider yourself like you know ....

D It doesn't help your cause .....

M No it doesn't no, its very hard like to bring yourself back .....if you think you're one day going to commit suicide, it sort of takes a lot of work to try and build yourself back up again.

D And I'm wondering do you feel I can help you with that? Do you feel that I could be a ....

M No, no that's really a result of something else, I don't think so no, maybe if I came to a dire situation yes, but I think its better to get to the root of the cause first rather than just pack it on that ....

D What do you see as being the root?

M Just getting satisfaction out of life is really what I want yeah, some self-respect, self-esteem, be respected I suppose, ********** and just basically in certain social ..**********

D I'm interested in the way you look at the family and the home situation that you've actually very little marks and the only one you felt any kind of high score is past and present drug abuse ****** in the home, can you say anything about what its like at home? I hear you saying there's no pressure from them as regards the exams and stuff but what's going on for you at home

43/43 M **I'm not really fitting in at home at all that well, I don't really**

43/43 **respect my parents, I don't really love them you know,** I wish I did but I don't, there's something missing there .....

D What kind of a relationship do you have?

M Well I get along with my mother OK, I find that she does, she's not, you know she's a little stupid in my opinion in some ways but that's your mother and I suppose a lot of mothers are like that and when we

43/43 grow up we just think they're stupid, but **my father I just don't see** eye to eye with, I find it a big effort to even say hello to the guy like, even going out this morning I sort of said hello and that took a bit of effort and we just don't see eye to eye ...

D How does he make you feel about yourself?

M He makes me feel bad, even though I'm not bad you know, I don't, just sort he's a pain really.

D How does he do that, how does he treat you?

M 'Cause he only seems, he doesn't really, I think he says he worries about me or whatever and he works hard and all that, but **he** just

43/43 **makes me feel guilty** in a lot of ways for because he's working all the time and he tries to make me feel bad oh I should be so lucky, in a lot of ways I should be lucky, but he sort of compares my sort of growing up to his growing up and you know, when he was growing up he had to go out to work when he was young and all this, so therefore you know I'm really lucky that I didn't have to do that and I sort of can't really relate to that sort of thing and my mother sort of came out with, you know when I was 14 I had to go out scrubbing the floors, you should be damn lucky, you know with your situation, you know and maybe I should be in some ways but at

the same time I don't really like people describing the situation like that, its a completely different situation and you know this is for me now, even though in a lot of mind you know they just don't really have time for me I suppose, maybe they think I suppose I feel sorry for myself, maybe that's true, I don't really want anyone to feel sorry for me, I really don't, I don't really agree with feeling sorry for myself either, although if somebody said I was feeling sorry for myself, I'd consider the situation and I'd say well maybe they're right, but I wouldn't purposefully feel sorry for myself..

D Well ..... what you're saying is that, your parents for example may you feel almost that you have to be thankful for the fact that you're almost alive almost and ....

43/43 M That sort of thing yeah ....and yeah, **I find them very very boring,** they're not really active or alive you know, they sort of put the dinner on the table and get out and do some work and you know, there's absolutely no inclination that there's something to look forward to in life there ..... I find them really really boring in that way, they don't do anything, they don't go out or may father would never take my mother out to dinner or, he might take her out for a drink at a quarter to eleven, before closing time sort of thing, but there's no sort of, sort of life there at all ..... I find that sort of, that is definitely a stress there and a lot of families like can go out, maybe they go out and do sports or whatever or maybe they go out playing card games, or go out for a dinner or go out to a ball or whatever and they also are very very close, I find an awful lot of families are very close, like brothers or sisters like you know, no matter how much you see of them, or they might be arguing or whatever, but at the same time there's always a very very close relationship there and that's not, that doesn't really exist at home. I find them a little .... and that would be a worry for me

43/43 because I feel that if **I'm not very close with my family** well **how do**

12/43 I ever **expect to get close to people** in life? And that is a major

23/43 stress yeah .....

D That interests me .... it doesn't come across here at all really from what you've been identifying on the report and it seems to me that it would be quite a significant stress and you wonder about your own self-esteem and then I look at you know then the ground, you know the learning experiences for you, growing up in that kind of a family certainly doesn't seem like its a place where you feel very good about yourself?

M I just find them very very boring, I said it to them, I said it to my mother like I find them very very boring .... I was very angry one night and I just came home and it sort of blew up in a lot of ways, but it was on my mind for a long long time, it wasn't just sort of

43/43 .... but that's ..... **I fear I'm missing an awful lot** of family life, I miss an awful lot of family, no matter where you are or how poor you are you know there's always a family, if you're not close to your family like its definitely something wrong ....

D And you're not?

M I'm not wrong?
D No you're not close to your family?
M No I'm not, I don't think so, I could be a lot closer right enough..
D And what is it about that that's stressful to you?
M Well I'll be leaving my family whenever in a couple of months time and I feel I cannot really, I don't know anything about love or being close you know, real close because of my family, I've never really been close to them and if you don't really learn it there its like, its like never going to school, you know how can you expect to be an engineer if you never went to primary school.
D And the stress in that for you is?
43/43 M **That I'll always be missing sort of that part of life**
D And never know how to love?
M Yeah, in certain ways I'll fall back, because I used to work with a family and I used, I used to spend a lot of time with the family, I was working with them on a farm everyday and I sort of got to see that family and I lived with a family for two summers in America and I was sort of got to gel in with that family and I used to go out on the weekends with another family, so in a lot of ways there, I've sort of seen a lot of family life in seeing that, but with my own family life, I never really gelled in with those families either I find in certain ways, because probably because of my own family ... I never really felt so .....
D As you said correctly, you never learnt it.....
M I don't think so no ...
D And the stress for you, and the issue for you there is because you never learnt it maybe you'll never be able to do it properly?
M Yeah, I find, well we're all brothers like the first three of us are all brothers or guys or boys and once there's sort of two other guys I suppose, if the eldest of our family had been a girl, then my father or mother would be a lot more loving or whatever, warm, because of all the boys I suppose it was just, I suppose a completely different attitude you know...
D Why do you say if the other were girls?
M Well because if the others were girls I find then the parents would be a lot more caring about her or loving, that's definitely, I mean there's a definite relationship there.
D And you're the eldest?
M Yeah
D So you're not a girl?
M Obviously
D I'm wondering, that's interesting ..you know, if only ....
M I'm only saying, that's the attitude like, its just that's the way my father is and my mother is because we're all boys, but I find that families that have a member girl as the eldest or second eldest then the parents, the family would be a lot more closer ... that's
ND/43 something I just noticed, and maybe that's why **my father is not**
ND/43 **close,** isn't very loving, **he's very very cold** and that's the reason.
D Your dad is like that, what is it about that that's stressful for you? That your dad is very cold?

35/35 M **I find it very very difficult thing to love, I find it very difficult to show my emotions,** I mean buying my mother a mother's day card, I'd love to .... but I mean Jesus, no way, you know, I couldn't do that, well you know it would take a lot of effort anyway ...

D Do you know how to do it?

M Well I know how to do it ... and I know mother's day, but I mean if I did then it would be showing love like and I mean what a major let down that would be, really showing up yourself and letting down your guard. So I would find that an awful lot of effort yeah, buying a mother's day card, buying a birthday card, things like that, although I used to buy a lot of presents when I was younger and in my teens and I used always buy Christmas presents, even though nobody bought the presents, OK my mother and father bought me a present, but none of my brothers would buy me a present and I was always sort of buying them presents, and this went on for years and years and years and after a while like you just got a bit fed up like and ..... in a lot

ND/ND of ways my **mother brought me up to be** very caring, very very **nice** like, in the last few years I've become very very not so nice, I

ND/ND suppose in a lot of ways **looking after myself**

D How do you protect yourself?**********

M Because I'm really really nice, I go out, I really do an awful lot for people and ..... but if I'm not so nice then I can't hurt myself very much, you know if I'm really really nice to someone and they're not as nice to me then I suppose, they won't hurt me as much.... in a lot of ways you know, a guy wanted rugby tickets a couple of weeks ago for the rugby match, and I went to an awful lot of trouble to get him tickets and then sort of the morning before he was going up he said he was going at 12, I rang at 11, I have the tickets for you, I'll meet you in town, I'll meet you in town in Dublin tomorrow for the tickets, so I had to go to an awful lot of trouble and my brother had to go to a lot of tickets to sort of .... why bother you know for some people, they probably wouldn't appreciate it, so even though I'm very nice, you hurt yourself.....

D If you protect yourself now?

M Things like that yeah, I wouldn't be as outgoing like or as friendly, before I used to say hello to everyone and anyone, a real happy go

13/13 lucky type, now **I'm sort of a lot more reserved,** not reserved, but cautious .....

D Because you've been caught out, you've been hurt?

M Yeah, definitely....

D OK well, we've covered a fair bit, I mean you know from talking to you now, do you feel we've covered, do you feel we've covered .... and you feel we've covered everything that's going on for you at the moment, do you feel ...that we've touched on all the important issues, do you think?

M Let's see, no well, ... sex life would be another important issue, I suppose and its going on for a lot of people.

D Well what's going on for you there?

M Well there is one really..... I don't really have close friends, so

20/20 therefore **sex life is nonexistent** and I suppose that would be, for me that's definitely on my mind.

D And what's the stress there for you, what's the concern?

M I've never really had any sexual relationship with someone, well nothing that is really .....

D And I'm wondering what is it about that that's stress for you, not having had a sex life?

M Because it makes me feel there's something wrong I suppose.

D Something wrong with you?

M Yeah

D What do you feel might be wrong with you?

M Just not being able to see eye to eye with a lot of girls .... to get any way close to them .... no matter what, how well we get on, gee I'd never sleep with him or whatever sort of thinking and you wonder ...

D What do you wonder?

M Well, what's wrong with me.

D What's your answer to that, what's your guess about what would be wrong?

M I suppose I don't really get close to them more than anything else, I

15/13 think maybe its my fault, in a lot of ways **I'm very shy,** I wouldn't sort of take the risk anyway .... I'm too cautious to take any risks sort of make a move .... and it just makes me feel that I can never really get close to anyone in a lot of ways, even though I'm very very loving, I suppose I just hold it all in, keep it all in in a lot of ways.

D I mean, that rings bells with what you were saying already with your family ..... you know you can't get really close to anybody, I mean sexual closeness is as close as you can get, so I mean its hard enough for you to become ....

M Yeah, how can you expect ....yeah

D you know, clinically close anyway ..... and I suppose sexual closeness for you, and you were saying you have a lot of loving inside of you, and you somehow its being blocked, ... in girls its blocked ..... I mean you have a perfect example there .... God forbid that you would send your mother a mother's day card, then you'd be showing some love and that's not on, that's not on for you in your house, ... yeah I think there is huge, there is blockages there and I suppose for you to have a sexual relationship, those blockages might have to be explored and I see the stress in it for you is that you feel you know maybe there's something wrong with me ...

M Yeah, something like, I mean a lot of my friends would have had sex since their secondary school or whatever, and here I am four years down the road in college like and crikey, I've never had sex and it, just it gives me a fairly weak outlook, it really does....

D I wouldn't have had sex when I was your age and I think a lot of guys, give the impression that a lot of guys are having sex all over the place and in reality that just doesn't happen, you know

M I suppose, maybe

D A lot of it could be talk.... that's what I'm saying ...

M Well I don't mean that I wish to be jumping into bed hocking everytime, its just to have at least to have some ..... feel too much of ***** is not a good thing anyway, but ..... yeah

I suppose that would be on my mind a lot yeah, definitely ..... I suppose that really covers everything

D Do you feel from talking now that we've gained some understanding of what its like to be Martin right now, have you got some sense of what its like for you ...

M Definitely, well at least it hasn't just been round and round in my mind, I've been able to talk .....

D Just talk to you once again about what's going on for you at the moment

M Right now ..... right now I'm feeling fine ..... I suppose I know

ND/10 that **I didn't** ********** to **go to the Sport's Ball** and **I feel a**

8/8 **little left out** sort of everyone sort of is going and I said I sort of didn't get the act together

D How is that, how come, were you thinking of going, did you plan to invite somebody?

M Yeah, I had planned, but by the time I really got around to checking out who was going, like they'd all been asked so **I left it too late**

14/14 and I could have, there was one person I could have asked, but she'd already been asked and that puts her off the market, so ... and

D Were you annoyed with yourself over that?

M Yeah, **I'm annoyed,** because I know she would have preferred to have gone with me, I know that, she's not too pushed about going to it tonight, so I'm a bit annoyed about .....

D And just looking at the story so off the mark then, what is it ....

M I probably hadn't really planned, its just I wasn't really decided about it, I was thinking about it, but I wasn't really positive ....

D But what was **********

M I suppose I was too busy with too many other things really, just thinking about other things and .....

D It just completely slipped your mind?

M I wouldn't say, I mean I hadn't seen the girl around for a while and I don't know, I suppose it did really slip my mind yeah, I wasn't

14/14 sure about going, I wasn't ..... because ..... **maybe I was a bit reluctant to ask her** in some ways .... thinking about it

D What was the reluctance?

M Just getting on for the night really, a bit, that was I suppose why I wasn't too concrete

D So you held off?

M but I wasn't afraid to ask her, I mean I did make the decision.

D So you asked her?

M No I didn't no, I found out first from her friend that she was going and I asked somebody else later on but they were already going ..

D Its almost like you set yourself up for the disaster, by leaving it so late ...

M Yeah, I kinda did yeah ..

D and then you're left with being annoyed with yourself, if you just look at the cycle of events and how it happened that you

end up being annoyed with yourself ....

M I've just got to develop a more sort of ....

D Forget about moving on to the solution, just look at what happened first of all, and just see what you did, rather than trying to figure out what the solution is straight away, I think just be aware of what happened, of what you do .... be aware of how you do it ... what were you, the other evening I was suggesting, again I was suggesting that you really just involve yourself in what's going on now on Tuesday night ..... I mean did you find that? I think for you I mean, you know, not letting yourself get bored, do you know what I mean...

M OK

D OK, right now anyway that's, you're a bit peeved and annoyed with yourself over that.... yeah ..... are you feeling a bit down about that, that you're not going?

M Yeah I suppose I am, when I see all my friends sort of going out yeah, but at the same time, I see a lot of my friends, I don't really hang around with them anyway that much, because I suppose I'm not

8/8 around and I suppose **I'm not really part of the gang** or part of their

10/10 family as they call it, and **I feel a bit lonely like that, isolated.**

D Is that the way you feel at the moment?

M Yeah

D Particularly when they're all going off to the Ball

M Yeah, particularly, well it would be on my mind as well, but particularly now 'cause they're all going to the Ball

D And what's stressful about that for you?

M Its just stressful, it distracts my mind, I suppose I maybe I get to feeling down about it .... yeah, I get feeling down about it because

9/9 **I don't feel I'm on an equal par with everyone** else in a social sense and I don't feel that I'm fully developed, not fully developed on the same that everyone else is, 'cause I feel that I can't really go out and be myself I suppose in a lot of ways, at the moment I can't, I know I can like if I, I know I can go out if I have the right attitude I can go out and have a great night but like at the moment like I just I suppose I have so many things sort of hanging .....

D What's your attitude?

13/13 M **At the moment,** I suppose I'm, mainly **I'm** just too **conscientious,** just too sort of **cautious** I suppose ....

D What's that about, what are you cautious about?

M Cautious about I suppose how I'm getting on with people I suppose more than anything else, you know conscious that I don't have as much shall we say conversation openers as everyone else .... I sort of let everyone else lead the conversation and then I'll sort of follow along grand, no problem

D And is that being cautious, sort of you being cautious?

M That because I feel like I'm not starting off the conversation and that then I feel I suppose inadequate that I cannot start the conversation and then I feel cautious about saying anything after that then

D Whats your caution about?

M Caution..... I don't know if its caution, I suppose its reluctance

D Because?

M Conscious that I, you know I don't really say much, I haven't been saying much really and I suppose everyone is sort of ... thinks I'm down these days I suppose and again I'm being cautious, I'm being reluctant, I suppose I'm just being reluctant for the sake of being reluctant ..... sort of do you know what I mean?

D No I'm not clear..... ycu're reluctant to speak .....

M Yeah, I'm definitely reluctant to speak out

D because what might happen if you were to speak out?

M Its not because of what might happen, its because I don't feel like it more than anything else, maybe I'm just feeling sorry for myself in some ways, I won't say feeling sorry for myself, just that I'm aware, I suppose I'm fairly down and then I cannot sort of .... I see everyone else having a great time and then that makes me sort of down and then I cannot really sort of come out of myself....

D Its a vicious circle like, you're down because you're not talking, you're not talking because you're down sort of?

M Yeah, because I was aware I was working with the lads . yesterday and they were all talking and yapping away, you know we were working on a project for a couple of hours down in one of the tutorial rooms and I just noticed like I couldn't really come out of myself like they could and they were just sort of yapping away on every subject under the sun and I was just sort of playing along

D You couldn't come out or .....

M I couldn't ..... I wasn't trying that hard, I was aware of it but I wasn't over doing it with the trying you know, they just seem to get along fine you know, they just seem to be able to talk without even bother thinking about it you know just talk of normal .... you know just get along easily and no problem ..... and for me then I find, basically I had nothing to say ..... I was left alone in the room with Helen like and all of a sudden the whole place went quite like and eh you know we started working on the project and James comes back and talking about everything, and singing songs or whatever, making up songs and stuff and just I suppose it sort of highlights I suppose the boring aspects of me almost

D You allowed yourself to get bored again?

M Well I wouldn't ..... I'd be very reluctant to try start singing songs and stuff like that because I suppose up to now I haven't and if I tried maybe I'd feel I'd wouldn't make .....

D What would you feel like doing, what would you like to have done?

M With the carry on like you know chatting away, telling stories, I suppose singing away, well no problem singing away, but its ... yapping away and I suppose I was conscious I was just reluctant I suppose ... well I suppose ********** 'cause of something that cropped up during the week that's all

D What cropped up?

M Well I asked her to the Sports Ball and she thought it would be a bad idea, so, that's all ..... so its been sort of,

********** its been a bit dodgy like
********** that her friends are fairly cool as well ....

D Her friends ..... with you?

M Well I was at the disco the other night, I was sort of going through town and I knew the lads were meeting in Costers, so I went along totally out of the blew, just sort of arrived, 'cause I don't normally go out with them and then I went down to meet this girl and the girls were there and it was a very cool reception I felt, maybe it was just my own feeling but I felt it was definitely cool

D That must have been a bit of a blow?

M What?

D Well I mean ..... asking Helen ....

M Well I know like, she's not really, did not want to go out with me or anything like that, that's already been gone over with a couple of times already, so maybe she ..... I mean she said that I was putting her under pressure you know and we talked about it and sort of kept away from each other for a good while, well she kept away from me I suppose and then I was just purely just wanted to ask her out, I mean there wasn't anything else, just purely for talking but, and ... she just was troubled with that idea, I suppose she was right, I asked James beforehand what did he think and he said it was pretty risky, but its up to yourself

D And you took the risk?

14/14 M Oh yeah, **I took the risk** yeah, but I don't know whether its great or not to take risks like that

D How are you left feeling about it now?

M Well I usually take the risk, but I usually fall on my heart rather than my heart

D How are you left feeling?

M How am I left feeling? I was feeling fairly **upset**, I suppose I was feeling very down for a day or two because Helen, I didn't want Helen getting annoyed and she went off and was telling James about it, I saw her telling James about it and then judging by the reception I got off the girls I felt like everyone was .... thought I was really mean to do that....

D To ask her to the Ball..... what could be .... how do you reckon they might have thought you were mean?

M Because I was putting her under pressure like, which I have been doing for the last couple of months, not that much pressure like, but I suppose in some ways, I took her down like and I said I didn't really want to go out with her and I told her that I really like her, in fact I'd love to be friends and that and that I don't really mean to put her under pressure, I suppose you know in conversations like that

D And you said you loved her?

M Yeah, I told her I loved her and she said well I wouldn't go that far and then I says maybe I'll just really like you, although I didn't really want to put her under pressure, I suppose I wasn't really considerate to how she would really feel ..... I suppose she felt bad because she said, you know that she didn't really want to go out with me .... it made her feel bad, I suppose that wasn't very considerate on my part, but I was prepared for the worst like, so it didn't bother me that much and I told her like not to be ..... she wasn't like

that until the end and she got very annoyed in fact, really annoyed, for asking her to the Ball .... try to do someone a favour and they get annoyed with you ...

D When she got really annoyed, how do you mean she got really annoyed, what did she do?

M Well like I was saying, well I was just asking like I mean I just sort of said, I was just thinking only Gillian is going with somebody else and then that's going to be somewhere else and I'd like to go you know I says and you know, just friends or whatever you know .... something to that effect .....she says you know I said don't get annoyed you know don't be annoyed ...and she says I'm not getting annoyed, I'm not getting annoyed and I sort of start, trying to explain you know, and she said Martin, if you don't shut up, I really will get annoyed, so I just sort of shut up then and left it at that.

D So that's a bit of a bore for you, you come out of take the risk and then you know

M Well I suppose that was a bit of a bad risk to take, really I shouldn't be doing that with her, she is a friend ....

D And you're left feeling pretty upset at the end of it?

M Yeah, I came off the worse I suppose in certain ways, I can take it though ...

D Are there other stresses at the moment there for you Martin?

M I suppose there is ..... I just feel general, I was doing a project today and I was just sort of really conscious of all things, the layout you know you have to organize a factory and you know its something that really gets to me because I always try to do the perfect job and a good lay out, there's no real perfect job and I was really conscious and I sort of its my responsibility and I got three hours to do it, and part of the group you know, and I was kind of aware of how I was going to approach this and that was kind of stressful and I'm kind of stressful as decision and being confident, I suppose in general just being .....

D Stay with the first one, what's the stress about that with regard to the designs and stuff, what's the pressure there for you?

9/9 M Because **I always feel whatever I do is not good enough** and I always keep revising and revising and trying to be perfect and a lot of friends like just write a report, and they can just write it straight off, and for me its just sort of step by step process of writing out a draft and writing on another draft and another draft and this sort

9/9 of bullshit..... so I'm aware that **I feel that I'm not able to perform at the same level as everyone else** ..... I just sort of take it all too seriously, everything too seriously I suppose, I always try to do the best in everything and that's a very bad thing.

D And what's the stress in that for you?

9/9 M The stress is **I feel not able to compete with everyone else ... I don't have the same sort of respect that everyone else would** have you know as regards if you're working in a scheme that they won't work as well, you know they'd probably go off and leave you to do some job and they'll work away at the better one, or if you say something like they sort of push it over and they don't take a lot of notice of it.

D And what's that like for you, what would that make you feel?
M It makes me feel, I suppose ..... I don't know how to say it .....
D They brush over you like that?
M Is it a brush over?
D If they brush over you or don't take much notice of you or?
M Yeah, it doesn't make me feel part of their group like ..... its not too serious though.
D What would be, what stands out to you now as being a particular stress?
M Getting the project in.
D When is that?
M Two weeks ..... I didn't get much done this week with one thing or another?
D What's the stress at the moment with regard to the project?
M Hoping that I'll get all the information done and that I'll get all my experiments done in time ..... I'm a little stressed because I mean we already have done a lot of the experiments and I've got to go back over them and that's a little annoying ..... some of it I'll have to make it up you know, but I know I've done the work so I deserve it and I'll fix up some of the results I don't mind ..... stress, whatelse, I suppose lack of, not being involved in the group more than anything else, not have the same confidence I suppose, that is a stress, like I see all the lads filling out forms and that
9/9 filling out CVs ..... I'm aware that **I'm not able to bullshit with** the **CVs as well as** they would, you know fill them up with real positive statements and all this sort of stuff, you know being really able to sell yourself ..... that is, I'm aware of that at the moment, you know, I know I should be able to do those sort of things, but at
ND/ND the moment I suppose **I don't feel like sort of selling myself** in some ways or I'm not, maybe I'm just being too honest about the whole thing you know
D You don't feel you're worth selling or you're not good enough?
M Yeah maybe something like that, Not of the same driving force....
D So how does that feel?
M How does that make me feel? ..... I can't get down to these feelings at all ...
D No, you're off up in your head all the time....
M Yeah, let's see, feel, how does that make me feel, I really have to think about these ones .....
D And you're back up trying to scratch your head .....its not a thinking thing, what's it like? What does it feel like to be brushed over, ignored, not being part of the group?
M I've got to practice at these feelings ..... how does it feel? It makes me feel .....
D You're really trying hard now to think about it?
M No I'm just trying to imagine myself in the situation because I know I was going through it today....
D How do you feel about yourself?
9/9 M Just, **I feel .... uncompetitive, not on the same level** and not, I feel I'm not, **I feel I'm missing out on a lot** and I feel **I should be**

18/18 able to I should be involved in all these things, I feel I'm missing a heli of a lot, sort of a golden opportunity and ..... I feel that is it always going to be like this for me and that ..

D What's your answer do you feel it might always like this?

M Yeah ..... and

D So when you look at the stress that's there for you it seems to be very much tied up with that, the academic stress for you, what would the academic stress be like for you at the moment? You know, the pressure of having to get the work done, the project in two weeks, is that?

M No academic stress would be ....

D Fear of failure for example, does that come up fairly highly for you?

M Fear of failure? Not really ...

D It seems to be you're more caught with how you get on with people?

M Yeah that would be a big influence - that detracts from everything,

13/13 because I feel if I don't get along with people, then I feel down, I'm not on the same level, then this affects my academic level, academic sort of you know the whole this affects it, because I don't get along with people in social, that throws the whole thing into ********

D So its almost everything almost stems from that...

M Oh yeah, definitely

D Do you feel any other pressures there, I don't think there's much need to go into all these individually now 'cause it seems to me a lot of these are all inter-related, what you've been saying.... do you think what we've discussed so far has basically covered what's going on for you at the moment?

M Yeah, it would be yeah

D And do you see any other issues there at the moment?

49/49 M Just that I feel left out at home that's all, staying at home and

8/8 left out, not being a part of any group ...

D Not even being part of your family group?

M Yeah, I was just thinking of that this morning, like I don't really have any group here and I don't really have ....

D Are you lonely?

M Yeah, I suppose it is ..... but well like, I've gone through a fairly rough time for the last few months and I'm just sort of coming round to it at the moment, fairly tough at the moment like but ...

D What can you do for yourself?

M Not a lot at the moment, I don't think I have the scope to do a whole lot at the moment, just play along with the lads and go along, there's not a lot I can do at that moment, just getting out of here, you know getting out of here is one thing like you know ..... in a way its sort of waiting for it to be over, just to get out of here .... its stress I suppose, one thing that would be on my mind I suppose is the fact that all my friends have sort of friends and have made a lot of friends here at the college and myself you know I haven't, that would be

D And what stress would that be?

10/10 M Ah it just makes me feel like very ... it makes me feel

isolated and it makes me feel isolated for the rest of my life like, its not a temporary thing its like something that has been missed out on .... a golden opportunity.

D Well that's what you mean, that seems to be the theme that you're working on OK so you focus in on it, I think you're doing all you can to deal with it OK and you've got another few weeks yet and you have a good opportunity of developing your skills and you are experimenting and you know?

M I wouldn't say experimenting .... yeah, I mean I take a risk, but sometimes they're not worth it you know

D Well you see the thing is what I feel, and I keep on coming back to is the lifestyle with you is that you can do it in many styles and get feedback on it and discuss it OK, whereas if you do it with Helen and you're out there, its hard, well it means reading up on lifestyles but lifestyles is there for a purpose you know they'll be able to discuss it with you as opposed to when you're out there, its not able to discuss it as such ..... anyway I'm happy enough to leave it there, do you feel we've covered things

M Yeah, that's fine

D I feel that you're, you are lonely and you're pretty down in yourself and obviously that comes to a head now this evening like the Sports Ball and you're not going and that sort of thing

M Well I mean I can go out with the lads for a few pints or whatever but I mean that has no sort of, that doesn't really appeal to me, you know there's no problem if I want to go off for a pint with anyone I just ring them up and Bob's your uncle, its just that I don't really have a girlfriend and they're all sort of off enjoying themselves at a Ball, that's the only thing

D Anything else that you want to say at the moment?

M No that's it.

D As before I'm interested in seeing how you're getting on at the moment, what's going on for you?

M At the moment the only thing that's going on is exams ..... I have to put in a little overtime so, as for study ********** pressure there so .....

D What's the pressure like at the moment?

M Pressure has eased off because ..... concentrating on these exams....

D What's the exam pressure like for you?

M Not too bad because I don't really have to get on well this term because ********** so I'm just really ticking away, taking it easy in some ways because I'm just, there's no point in getting over sort of warmed up about it, I got warmed up last term and I realized that it just didn't work ********** do a decent night's study and just try and keep motivated, rather than sort of spend 24 hours a day at the books, it doesn't work ..... pressure, **socially**

8/8 **I'm feeling sort of out in limbo** but there's no point in worrying about it, so close to the exams ..... that's about it really, ****** totally sort of warmed up for the exams .....

D So what's that warmed up feeling for you?

M Its really just I'm sort of so warmed up I'm just totally confident, my attentions are just totally towards the books

and studies, I can't really think of anything else, even if I wanted to.

D And what's that like for you? Is it OK for you?

M Its not really no, because I was just thinking that's one of the things that I seem to have one of my difficulties is that I've become sort of a swot in some ways, I find it very hard to sort of turn my attentions away from the books for a while and when I'm going home, I'd much prefer to be thinking about what I learned today rather than be thinking about what the lads were doing and things like that and what's going on at home, I find it much more comforting in a way to be just thinking about what's on the exam sort of stuff, and that's bad to be like that because you find the class turn away from you .....constantly sleep or think going around in my head .... and its bad because I see guys who are a lot more sort of relaxed, who can .... like my friends now they don't really, they were down in the pub last night probably taking the booze, they probably haven't even started yet, and they'll probably get on better than me and they haven't even started studying for their exams .... and there's only 4 days to the first exam, and they're just taking it easy, when I was down there now I just couldn't switch off ..... so I find that that's a bit of a stress alright, the fact that I can't switch off,

1/1 **I'm totally obsessed with these exams,** even though there's no real pressure, I'm still obsessed with them ..... its just the lack of ability to switch off I suppose ..... you can switch off, but you can't really switch off, you can turn your attentions away but still ..... well its very difficult to be totally forget about it.

D If you weren't obsessed with the exam or study, what would you be doing?

M I'd like to be able to just switch on at the right time and then be able to switch off, if I wasn't I suppose I'd be in a worse case altogether

D Well if you could switch off for a while what would you be doing instead?

M I suppose I'd be thinking about what was going on around me, what my friends are talking about, what all the friends are doing, it would be a lot more interesting ..... a lot more observant .....

D Can you do that?

M Not fully no

D It seems to me that the exams are a neat exams not to have to ********

M Yeah definitely

D Would that make sense?

M Yes, I wouldn't disagree with that. In some ways it is, its nicer for me to be able to just concentrate on exams rather than give way to the pressures of social life, definitely.

D It suits you really to have the exams coming up so often, you can engross yourself in that ....

M Yeah it does yeah ..... I feel I have to be anyway, I'm sure it is a certain way out of having to be around, going out socializing, I wouldn't really see it as an easy way out though, I don't know, I mean I really would have stayed down in the pub last night and ..... all my class were home studying ..... I hang around with another class and all my

own class were home studying ..... maybe it can be sometimes alright just to sort of be able to concentrate on the books and you don't have to talk to somebody ..... they can put it down to that you're studying ..... but a lot of the time, its not a way out, a lot of the time its just I think acting ..... its just a lying process ********** turn your attention towards the exams

D So this is coming back to how it is for you at the moment? You have two weeks to the exams and everyone else takes a back seat, do you feel you're coping OK with that?

M Not really no, I'm not very happy at the moment, I wake up some mornings, Its usually in the mornings I wake up and start thinking and very very sort of, you know in the mornings I can be very depressed when I wake up because I realize after I leave this place

22/22 most of the people I've met, **I'll never meet again,** a lot of them anyway ********** other than that nobody is ever going to call me up and I wouldn't be in a position to call them up either, you know after you leave, and that sort of is very backward, because leaving college you should have lots of friends and be able to go away at weekends after leaving college, and I really don't see that happening, so that really pisses me off and ..... you know its just when I talk college now with someone who's in Secondary School, you know its something I've always struggled with and I just feel that I'm a failure that way.

D How have you failed?

13/13 M **I just don't seem to get along with people,** I suppose that well, really I haven't developed in interpersonal skills or whatever so I just feel I've failed that way, I just feel you know that's it, tough shit you know, that's what you're going to be for the rest of your life.

D Really. How does the rest of your life seem?

M I mean I've been trying to change, get along with people since Secondary or whatever and if I don't even do it in college like the chances of not being able to get along fairly successful after this ********** you know get along with people, maybe I can get along with people individually, but get along in a group .... I don't generally get along very well.

D So how does the future look for you?

M Not great ..... I know its the wrong way to think about it like that but it just is ********** being genuine it

You know I'll probably go away and get a job somewhere and ********* I really don't know, am I going to be on my own most of the time, or will I get along with a group people, I don't know ..... I'm going to try it with some people I know, because most of my friends are ****** for years and they're out there for a long long time, its just that I have been in their company for a long time and they've got to know me, like getting to know somebody off the bat and getting on very well is a different sort of story ..... I just feel

ND/13 **sometimes I just figure out I'll get the exams over and then just sort of jump off one of the towers** I think, straight after the exams, sometimes I feel like that **********Knock myself off like, I don't know if I'd do it or not, its just

the way I feel like

D It really does look very negative **********

M Well I don't feel like that right now, but I have you know, a couple of mornings last week I just felt like that, so ..... right now I can't really see ..... right now I feel confident, its just I go through really sort of fairly bad phases, just at different places and times and ..... I don't know ....

D In the mornings?

M Yeah, just sort of waking up in the mornings and I just sort of thinking to myself that I'm sort of really depressed ..... then once I get out and get going, once I get out of the house and on my way in, sort of get going get back into some sort of form.

D Do you feel there's any hope?

M Yeah, I mean I can struggle through life, bored out of my brain like, fine no problem, I don't know if I want to do that like

D Do you see any hope for a change in that?

M For a change ..... yeah, I do, I see hope definitely yeah, you know its just a matter of booting myself up like .... like the computer, you can boot up the computer. If I can boot myself up like fine, yeah, I do see a lot of hope, it takes a hell of a lot of effort though, but I can be great fun, I can be really interested and really interesting .... its really just getting into a frame of mind, about people, about whats going on, like I said I just get too obsessed about what I'm doing at the moment, at the moment its exams or

35/35 whatever I'm doing, **I just get too obsessed,** rather if I can just broaden up my mind a bit, open it up, then I can be a lot more happier and personal growth*** , so that way I see hope yeah, its just at times I get really pissed off with it, it takes on .... Yeah I see hope there, but a lot of the time I see a lot of things that are sort of going back and blew at my face.

D Such as?

M It was when I was in the States there, I remember one thing was, this guy ********** he's really some guy, great guy actually, you know a really sort of lively guy, somebody I admire, good fun to be around and ..... he sort of called over, he was really friendly, he called over and he came along and we went out for ice creams like and I just felt OK I won't sort of hang around with the crowd that much, I'll just go away and make my own friends or whatever and just socialize and mingle with the crowd and I sort of came back to them later like, his gang and the crowd. I sort of felt somewhat, I got the impression I shouldn't have gone away like, I should have, you know we invited you along, you should have stayed with us sort of thing, and I sort of felt maybe I messed up with that one, in a way I was sort of lost, I just sort of went around and mingled with the crowd, I thought it was right, I should have more or less sort of stayed with the crowd...

D My sense of you is that you seem to be very unsure of how to behave socially, you don't seem to get it right or you don't know how to do it right and then it blows up in your face,

like you're saying you get the wrong vibes or it seems to be more like a game, you're like an alien trying to do what you feel is the right thing to do, and it doesn't seem right to you ..... that's what I pick up from you?

ND/13 M **Socially** yeah

D Is it purely socially, what's socially awkward?

M Yeah definitely, thick sometimes, **really thick** ....

D That's your perception of it you see, you feel you're thick and you begin to ..... I don't know ..... how you can check that out for yourself or how you can feel less awkward?

M I wouldn't say awkward, its just a lot of the time if I'm down in the pub and I'm just sitting there and I've nothing to say like, Martin just saying nothing like, its true everybody else is saying it as well, I know they're saying it, its not just my imagination, I'm just there, I'm sitting there and saying nothing, you know that's really a bloody pain in the whole it really is....

D You feel awkward, and then you feel more awkward with the silence...

M And then it makes it more awkward yeah, its the silence bit, often

14/14 ... like if I took a girl out, Jesus, **I'd be afraid to take a girl out,** not because I'm too shy its just **I wouldn't say anything,** wouldn't have anything to say like. It can be a real pain in the whole like ...

D And that's what gets you down?

M That's it, basically yeah, that's it .... from there then it just spreads out into everything else, wondering what
****
that single problem into 101 billion other problems.

D And have Lifestyles in anyway given you any sort of foothold on that?

M Not really no I don't think so, maybe it has in some ways.

D That's a surprise to me .... I mean that's a social milieu as well and its about getting on with people, and I'm wondering what's the difference, what were you missing in Lifestyles?

M I suppose I was just missing, I don't know ....

D Was it that these weren't your type of people?

M Yeah, I suppose yeah, maybe they weren't really my social type. I mean I can get along with people OK, fine, but its just getting along with close friends like, you know
.....

D See I'm wondering, is it your ..... my feeling is not so much the people in Lifestyles as much as your approach to the problem, you know and what you could have got from Lifestyles and you didn't get, that's the interesting part for me, is that you could have got maybe a lot for yourself out of it and you didn't ..... you wrote it off or you had some sort of .....

M I still can't really see that I could have got anything from Lifestyles. No its not really that close a situation where I could have say deal with my problems ..

D So its got to do with people only that are closer?

M I suppose yeah

D The thing is I'm trying to see what the hell does this guy

need, how are we going to get through to him, or how are you going to get through to yourself.

M I can't see how Lifestyles can be of any use to me.

D OK, so fair enough, I don't want to flog a dead horse, what I'm trying to see is what would suit you, and is the fact that Lifestyles doesn't suit you or that various things aren't working for you related to basic problems, which is in a sense how you kind of click in to what's .... what are you doing in your own head? What do you feel you need? In terms of the work you've done with me since I've met you for example what have you found most helpful or most useful?

M I just got to sit back and take it easy, rather than getting muddled up in it and getting to ... you sort of told me to sit back and enjoy it or whatever and I suppose in a way that was useful

D What was the most useful thing in terms of work, was it the stuff I gave you to read, was it the one-to-one, was it the group?

M I felt The Erroneous Zones was quite good ..... definitely found that to be good ... shyness, I didn't really think it related back to me that much ..... I don't know one thing that really stuck in my mind is my mother, last week she sort of said, you're getting too wound up, too narrow minded, you've got to get something to broaden your mind .... I got tablets called Beta-Blockers, they're supposed to broaden your mind, I got them on a doctors prescription .... and they're supposed to be for the broadening of the mind ********** and from that there's a big help definitely and apart from that I think that is one of my key problems in these two books, as for work with them, I don't really know, nothing really sticks out in my mind to be honest with you really.

D To me it seems that you haven't got a lot out of this, and ....

M I'm sure I have in some ways, it just doesn't stick out in my mind, I'm sure definitely I have, I definitely needed it at times, no doubt about that.

D The Beta-Blockers are basically ******** drugs to relax you, that's what they are ...

M Relaxing drugs?

D They're relaxing .... that's what they do

M I didn't really find them in major pressure that ..... I take two maybe, but I didn't find myself relaxed.....

D And in terms of buying them .... did you go along to your G.P.?

M No my mother got them for me.

D That's a very poor practice, I mean no doctor should be giving out drugs like that ... without even seeing you ... she goes and tells him and he gives her the pills to give you, I mean that's bad practice. And the thing is in terms of the drugs is that, fine if they help you to relax, there are other ways of relaxing - the one thing you don't want is to be on Beta-Blockers for the rest of your life, alright, they are short term and you need to go on them for a very short period of time. OK in the long term you've got to learn to relax for yourself, how to cope with yourself.... alright. So there's a relaxation programme that you can use and develop your own relaxation skills, so I'd want you to be careful about that.

M OK, fine, thanks. I didn't even know what the bloody hell they were. OK.

D And in talking to you, working with you, a lot of stuff has been brought up, a lot of stuff from home and we looked at all that ....

M Definitely that was a big help I find, at least talking about it ....

D I guess that was a start for you, at least you began to talk, my guesses are that you've done that and yet you're left at the end of it all feeling pretty ....

M Well at least I've a lot more sight, better idea of the situation I feel, but ...

D So I'm wondering what are you going to do, when you finish here, would you see a need for you to continue with work in some way.

M Well, when I was in the States, this priest friend of mine, he was a psychologist as well, he had a lot of experience in this area, and he felt when I got back here I should contact someone, and he said that two years ago, just to keep an eye on what I'm doing ..... maybe once a month to talk over what I'm doing and to monitor my progress that way, like a priest or whatever, so maybe I should try something like that when I leave just to have someone really to monitor what I'm doing, what I want to do and see if I've done it..... that's what he suggested. I never did that really but ...

D Well you've done it here

M Well I did it here yes, but this was two years ago and sort of suggested that .... he said just anyone, just to monitor your progress...

D Well not just anyone, the thing is you need a professional person who can give you the right guideline in whatever way is needed.

M Just to sort of provide the feedback

D I want to know once the exams are over, what is your next step, have you a job lined up?

M No I don't no

D What are your plans for the summer?

M I'm trying to work on America at the moment,

D To go back for the summer is it?

M Yeah, for two months, then ..... come back and graduate, I don't know what I'm going to do then, I haven't a clue ..... I don't really give a damn .... totally up in the air.

D I'd like you to continue with work, I think you need to follow this through. I think you've done 6 months, and maybe made a small bit of progress, I'd like to see you continue, I feel you need to continue yourself and get it sorted out once and for all, rather than let it just drop ..... I mean I know you may say, well where did we get to in 6 months, I feel you got some way, I feel if you take it another 6 months that you'll have got a long way and then, you know that's one year out of your life and to develop some sort of a plan for the future out of that, so I would be strongly advising you that you need to do that work Martin.

M OK

D So what I'm saying is, when the exams are over, well if you're going to the States obviously I can't be in touch with you. If you want, I would contact you before you go, or else as

soon as you come back ...

M OK

D But that you keep in touch. I mean I can see you here, we can arrange to meet here and I can always put you in touch with somebody who I feel would be useful for you if you want to.

M OK

D But for God's sake don't let it drop now and kind of retreat and feel well you know, this is my lot and I'm going to have to just put up with it. That would be my strong advice to you. So for the time being it seems like that it focuses on the exams and you go ahead with that, you don't seem to ..... I mean at the moment you feel you're coping OK?

M Yeah, I'm fine, until after the exams I'm just sort of auto-.....

D When the exams are over will you drop down to me. I won't be here next week or the week after, but before you go away ...

M Yes, I'll be around until 3rd or 4th of July anyway.

D Well I'll be here, I'm here right through the summer, so make sure you do contact me at any stage, just give me a phone call if you need to ..... next week there'll be a psychologist colleague of mine here, so if you feel pretty in need to contact us, there's a whole team of here operating So make sure you make contact.

M Right

D Are you happy that we've covered stuff this morning, that's been going on for you?

M Yeah, that's about it really.

D Is there anything you want to ask me, or say to me before I finish?

M No, that's about it .....I'll give you a shout after the exams

D Make sure you do.

Interview

D The purpose of the conversation with you is that by talking with you we could get some understanding of what you're experiencing at the moment, whether its stressful or not and if it is, what is it that's stressful, okay so in a sense, its me asking you to participate in a conversation with me and for you to see if you can clarify what its like, okay and we can refer back to this. So if I just shoot straight out and just ask you what's going on for you at the moment? What kind of concerns are there for you right now?

2/2 P Well am I've got a project a final year **project - a deadline in a few weeks** time.

D Are you under pressure right now for that?

P Yeah.

D What's the pressure?

2/2 P There's **a lot of work to be done.**

D Right.

P So it has to be done.

D And what's that like for you right now?

2/2 P I don't know it puts **pressure** on me, I think like the whole time, its at the back of my mind.

D Okay so right now its at the back of your mind?

P Yeah.

D What's the pressure like? Can you describe it?

P Well its just thoughts but am.

D What are the thoughts?

P Ah, you know you must get this done and you must try push yourself a bit harder.

D Right. So what's that like for you? Is that good for you to have that kind of pressure or?

P Oh no, I think that I'd probably work better under less pressure.

D Right.

P I don't think the pressure contributes anything positive to me,

D Right.

P at all, I'd get along better without it.

D Right, so what do you see as being the cause of the pressure right now?

P Well, the continuous system ah xxxxxx contributes a lot to the pressure in that its very hard to get a break even the xxxxx

D Okay and right now you're under pressure to get the project done?

P Yeah.

D Ya, I'm wonder how is that the case, is it that you left the project go late or?

P No, well I was a slow starter, I got well into it you know I got a good bit done but am if I'm going to actually finish it I'll have to work hard, like I'd like to finish it.

D Do you feel you will get it finished in time?

2/2 P **I don't think I will.**

D You don't think you will.

P No, but ah I think cause I put such work into it I'd like to get it done get something out of it xxxxx

D So right now you don't feel like you'll get it done

P No

D on time,
P Unfortunately
D and if you don't get it done on time?
2/2 P Am, ah **it won't make any difference,** its nothing serious, an average grade you know a C a C+, but just for me like you know
D Just for you, what do you mean by that?
1/1 P Well, I don't know **it's a bit of pride** I suppose, because I mean xxxxxx time limit xxxx.
D So what is it about the project deadline that is a pressure for you right now?
P Well, there is a lot of work to be done, there's a lot of writing and a lot of material to be got.
D And what's your attitude to that?
P Am its going to be a very stressful time like you know the few weeks.
D You're sure of that?
P Oh xxx but ah I don't know I'm not looking forward to it really I suppose
D You're not looking forward to it.
P No just xxxxxxxxxxxx I think the pressure is a bit too much xxxx
D Where is the pressure coming from?
2/2 P Well I mean, its coming from the, I suppose the fact that **I'm so conscious of counting weeks** and I must have the project finished by Week 5 you know it has to be written up by Week 8, it's the whole idea of the time
D The deadlines.
P Ya, schedules. Like I think that
D What makes that stressful to you? deadlines, what is it about the deadlines that's stressful to you?
P There's no real freedom you know you have to stick with it, the timing schedules you know like you can I suppose sort of you're whole time is based around counting days and weeks. I mean I don't think it's a good idea myself, its very hard to get a break I mean you hear someone saying its Week 5 now and we'll have the exams in a few weeks, xxxx should be abolished
D What way would you have it if that wasn't the way?
P Well I mean just scrap the deadlines
D You wouldn't have any deadlines?
P Well I meant you have to have some deadlines but you could get rid of the counting of the weeks instead just like use dates **********
D Okay. What are the other particular pressures that are there for you right now? Right now what are your other concerns? The project deadline was one, is there anything else going on for you?
13/13 P Yeah, I don't know, **I am bit** am I suppose **anti-social** or something, **I don't get on great with people,** I get on OK but **I feel,** I don't know
10/10 **I'm a bit lonely as well** **********
D You feel lonely, anti-social, what's that like for you? Can you describe what that's like? How does it feel?
P It doesn't feel great no it feels bad.
D What do you mean by being anti-social I mean how do you mean?
P I find it am hard to really

D (telephone) Sorry about that, yeah I was just wanting to know what was it like for you, being kind of lonely and anti-social, do you feel you're on your own?

P Yeah.

D Can you describe what that's like for you?

P Am I don't know I don't particularly like it I suppose it's kind of

ND/10 **self-pity** but am

D What is it about being alone that you find stressful?

P I suppose normally you'd tell your problems to xxxx no one to tell

11/11 your problems to, I suppose **no support.**

D No support, do you feel you need somebody to talk to and somebody to support you?

P I do.

D And what stops you from talking to people?

P I don't know maybe its just convention I suppose
****

D Right. Do you feel you can talk to me?

P Yeah.

D But people in your class here, you know you wouldn't sit down and talk to them?

P I would some of them xxxxxxxx

D Can you tell me what its like for you right now? That loneliness.

11/ND P **It's frightening.**

D What's frightening about it?

P I don't know, I just think its a bad way to live a life, maybe it doesn't make you happy ******* its just a waste of life I think like

D A waste of your life?

P Yeah.

D As opposed to what? What would you like to do?

P I don't know ..... not having big ******** hanging around

D And what stops you from having new friends **********

P I suppose my own I reject like **********

D What's that about?

P I suppose it has a lot to do with myself how I behave

D How is that? Do you reject friends,

P Ah

D How do you do that? what's the way you behave with them?

19/19 P I suppose **I stop people from getting close to me,** I suppose I'm a bit secretive as well.

D Right, what's that about?

P I suppose its more a feeling someone might hurt me, emotionally, you know they mightn't... you know they might like turn on me or something like that.

D Right, you might get hurt.

P Perhaps, ya.

D So just getting back to what you're saying, you're feeling lonely and what is it about that that's stressful for you? Because you've nobody to talk to, nobody to share, things like that .....

P Ya

D and that's what you'd like.

P Ya

D What is it about having nobody to talk to that's stressful?

P I think I just ah you know in the the time that I would spend concentrating on another person I'd be reflecting on my purpose.

D Okay so the fact that you don't have somebody, what is it about that that's stressful? the fact that you don't have somebody to talk to.

P Yeah, it am I suppose it puts, like I'm concentrate on my own *********

D And what is it about that that's stressful for you, concentrating on your own?

P I get fierce uptight about it.

D Okay. Whereas if you have somebody to talk to maybe you could offload

P Ya

D Are there other issues there? I mean I see project deadline, I see loneliness, are there other particular things that are stressful for you right now?

43/44 P Yeah, I don't really have like a place ********** I don't get on great like at home

D Right.

P I'm staying in a room now like ....

D What is it about that that's stressful?

P Am.

D Not having a base?

P Like I don't sort of sorry **********

D What's stressful about that for you? Or what's the demand there for you?

P Well its very hard to get a break from this place from the college.

D Right, can you stay with you haven't got a base, what is it about not having a base that you find ?

P You know no retreat or ...

D Okay - no retreat, no escape from the air, no break

P I suppose insecurity.

D Stay with no break and you know no, what is it about having no escape from here that's stressful for you?

4/4 P At times you know, you just need to switch off like you know.

D Okay, and you can't have that?

P No, it's very hard.

D You're not able to switch off.

P **********

D Are there other particular issues that you find stressful?

P Am, ya

D Anything else about not having a base, for example?

P Am.

D Part of it is you have no way of switching off, are there other difficulties with not having a base?

P Am, ya, I don't know sometimes like alright I suppose like its loneliness again it's like being nobody, nobody really cares.

D And what's that like for you?

P It's nothing (laugh) **********

D That loneliness and having no base are kind of linked up in a way.

D Ya.

P Are there other concerns right now for you?

P Am as regards home?

D As regards anything, any other particular stresses that you're

experiencing at the moment?
P I suppose like the subjects as well like, oh ya I suppose I'm under a
1/1 bit of **pressure now to get good grades** for the first time since I came here.
D Really, how come?
P Like I'm over 2.8 now.
D Right.
P So which sort of puts me on an honours degree,
D Right.
P So I have to get like an average of a B now.
D So have you had something stolen at the moment? Have you had something stolen I see you have it marked 7 here.
P Oh ya.
D Have you had something stolen?
P Well not stolen but a guy took something and he never gave it back to me.
D Right and at the moment that's bothering you is it?
P Yeah a small bit.
D Right I'm just conscious have you filled this out on the basis of right now? you know what I mean.
P Yeah.
D Yeah there's a lot here for example that you have about contemplation
ND/10 of **suicide**, I mean is that a big issue for you at the moment?
P **I have thought about it** like.
D You haven't?
P I have.
D You have. Right now is it a big issue for you?
P It is I think ya.
D I see you have 8 out of 9, so it must be feeling depressed and all that obviously links in together. Do you see that, what do you see that, what's going on for you there? Is that related to the loneliness stuff?
P Ya I mean I think that my whole xxxxxxx
D Right
ND/10 P But **I'm a bit fed up** I suppose xxxx
D Perhaps you can't see any light at the end of the tunnel?
P Yeah, well I can but **********
D Right.
P Ya, xxxxxx
D Ya
P I find it hard to get on the scale
D Right. The scale from?
P I suppose xxxxxxxxxx
D And what are all the problems? the project, loneliness what else?
P Am, I suppose am a lot of time I behave xxxxxxx
D What do you mean by that?
P Am, I know like I mean I don't mix I have to defend my views so am I
9/9 suppose its sort of saying oh **I'm inferior** or something like that so it's a bit stupid really but ah I suppose it adds on a bit of stress as well.
D What does?
ND/9 P Like constantly I suppose acting, like not **thinking** that my views are as important.

D Okay.
P I think that adds on.
D Right. Is there a particular pressure at home I mean I hear you say you haven't got a base at home? am what do you see as being the stresses of home life for you?
43/43 P Am I can't really go home because **I get like very very depressed at home.**
D What's that about? what makes you depressed at home?
P Am, I suppose like I mean I was never happy at home.
D What weren't you happy with at home?
P Am, I was never happy with the way it was run the way people reacted
D The way you reacted
P The way I reacted as well
D Who else, who weren't you happy there?
P **My parents,** *********
43/43 D Right
P **They fought a lot**
D They fought a lot,
P Ya

knock on door

D You're just saying about your home what it's like for you at home
ND/ND P Ya, like you know I still **I sleep in a very small room** it's about 7 foot long and 5 foot wide
D Right
P It's very claustrophobic
D Well you were just saying home wasn't happy, you weren't happy at home, you can't go home?
P No
D When was the last time you were home?
P Well I was home a few weeks ago alright but I was only there for two days.
D Right, and it's just you Dad at home or
P Ya my Dad and two younger brothers.
D Right, so what is stressful about home life for you right now?
P Am
D Whats the stress about? I mean I hear that there was fighting in the past but right now the pressure is what or the stress is what? that you haven't a home to go to as such?
P Ya, ya I don't know you see especially my youngest like he's always fighting he never changes like, it would be a challenge, I mean if you say anything to him it's a big challenge, xxxxxxxxxx and I think that's a shame.
D Mmm, you feel he's full of anger?
P Ya.
D What do you feel he's full of anger about?
P Ah, I don't know the he was I brought up I suppose, I don't know like we never really got a chance you know to, I never really got a chance to know him, you know
D And that pisses you off?
P Ya
D Do you feel a lot of anger inside?
43/43 P Yes I do and especially when, I've noticed lately like **when I get a panic attack I feel really really angry with him**

D Right.
P I usually start belting something
D You start belting something?
P Ya
D Who are you belting? who are you angry with?
43/43 P Am I suppose **I'm angry with my parents** xxxx
D Right. What's your anger about?
P Am. I don't know I just like I mean like I suppose

Knock on door

D Ya
P Am I think I suppose the anger just comes from xxxxxxxx
D Does that happen now XXXXXxxxxxx
P Ya, it does and I always feel like a xx
D So right now I guess you still have anger inside in you
P Ya, ah I think I'm sort of responsible for that myself for ignoring the situation, I suppose xxxxxxxxxxxxxxxxxxx

long silence

ND/43 P I suppose **a lot of guilt** as well like, guilty xxx
D **Guilty?** What were you guilty about Paul?
P Well I don't know spending money foolishly, xxxxxx, I suppose not taking care of myself properly, like I mean if I'm ever sort of angry with anybody then straight away afterwards I feel guilty.
D Because you shouldn't be angry?
P No it's not that I shouldn't be angry
D What are you feeling guilty about? been angry with somebody?
P You know that I'd hurt their feelings or anything
D Okay, right.
P Like I suppose some of the guilt like it's probably xxx you know xxxxxx
D Right
P But am a lot of it xxx to the fact xxxxxxxxxxxxx it's just not
ND/ND myself it's like **it's irrational**
D Ya
P It's too much xxxxxxxxx
D So you see that it's irrational
P Ya
D and that's too much for you it just doesn't make sense
P Ya
D the rejected feeling
P Ya
D There's a lot of stuff there going on for you I mean at the moment I see that there's we start off with the academic stuff which is the workload and behind that there is a lot of loneliness am and also a lot of depression, suicidal thoughts
P Mmmm
D no secure base at home
P Mmmm
D and then a lot of anger xxxx underneath all of that. And do you feel that's a fair reflection of what it's like to you right now?

P Ya a lot of the time ya, but then again there's good times you know
D Right.
P xxxx
D What do you feel about you ability to cope with all that?
ND/38 P I don't know **I don't feel like I'm any good at coping** with stress really
D Right
P It just doesn't agree with me
D Do you have hope for the future?
P Not a lot, ah a bit you know like xxxxxxxxx get out xxxxxxxx but sure like we'll see how it goes anyway.
D Mmm. Is there anything else you'd like to add to what we've being saying or do you feel we've touched on what are basically the main significant kind of stresses for you, is there anything else that stands out for you right now? anything significant?
P Ya, am
D What else comes to mind?
38/38 P Well **I'm very impatient, impulsive,** a bit xxx you know a bit of a, a bit xxx sometimes you know
D and is that a stress for you?
38/38 P Ya, ya it does stress me a bit you know like I suppose the **lack of control**
D So is that the stress you that you feel lack of control?
P Ya, am I don't know I think that xxxxxxxxxxx control my xxxxxxxxxxx
D xxxxxxxxxxx right so what do you do? what happens?
31/31 P Well am, ah **I masturbate sometimes**
D Alright do you feel **guilty** about that?
P Oh Jesus I do
D Ya? and you see that as being impulsive and childish do you and immature?
P Ya.
D You know 90% of men masturbate we're all immature so I guess
P I suppose
D Well is that something does that bother you a lot?
P Ya
D Ya?
P Ya
D Do you every look at other I mean in terms of sexual relationships with other people? how are you with that?
21/21 P Ya well I'm like **very much afraid to start any sort of a relationship** with other people.
D Right, and you just like to deal with personal sexuality or homosexuality xxxx
P Ya.
D What's, do you want to say a little bit about sexuality stuff?
31/31 P Like **I don't think I'm predominately homosexual I suppose I am a small bit**
D Right
P But am
D Is there a problem?
P Ya I have had like one sexual contact
D Right
P xxxx

	D	How long ago was that?
	P	About 2 years ago, I was sort of I was very very drunk xxxxx
	D	Right
	P	Ah I suppose it was just xxxxxxxxxxxx
	D	Right, right. So what is it about you're own sexuality that you find stressful right now?
	P	Am I don't give myself xxxxxxxxx
	D	What about masturbating?
	P	Ya
	D	Anything else to give yourself
	P	about any sort of homosexual urges xxxxxx
	D	Right And would you have those urges frequently?
	P	No
	D	Sometimes?
31/31	P	No rarely but when I do like **I feel very guilty about it.**
	D	Really
	P	I don't know I suppose a fear of xxxxxxx
	D	Whats your fear
14/14	P	I suppose **rejection**
	D	Okay, men are a safer option?
	P	Mmmm, I mean I don't like the idea of it
	D	Okay. but you're also frightened of having a relationship with a
14/14		woman?
8/8	P	Ya, I suppose **I'm frightened of men as well**
	D	Mmm, what's you're fear? of rejection?
	P	Ya ya a lot of it, I suppose I see women as sort of the weaker sex
	D	Right
14/ND	P	and am **I don't really want to take any responsibility for them**
	D	Right, do you feel that we've covered stuff there, do you need to add to that? in terms of whats going on for you at the moment do we feel we've got a fair understanding of the kinds of stresses you're experiencing?
	P	Ya
	D	There's a lot of work involved, I mean I see a lot of work there for you.
	P	Ya that's right
	D	Am, so moving back to where you are at the moment xxx couple of days, talking to you about what you're experiencing at the moment, the kind of pressures and stresses that are there right now.
	P	Ya am up to I think Wednesday I was doing a lot of work on the project.
	D	Right
	P	I was very interested in it
	D	Right
	P	But am I got some good news on Wednesday my supervisor said that it was okay and that there was no need to do much more work on it so am I felt relieved a bit you know and am xxxxxxxxxx it was great you know I had a good two days xxx but am
	D	Today how are you today?
ND/2	P	I felt a bit **anxious** this morning alright

D Are you feeling anxious now?
P Ya a bit.
D So what kind of pressures are there for you now?
P Am well xxxxxxxxxxxxxxxxxxxxxx so am , I have a few essay's to do as
2/ND well for next week so am I suppose as such **there's no real great pressure on me.**
D There's no great stress right now?
P No not much really
D xxxxxxxxxxx at the moment what you identify here taking a research paper you've got an eight down for that right now
P Ya
D That's getting you're project done
P Ya
D So what is it about completing you're project that's stressful for you right now?
2/2 P Its such a **major thing** and ah its the **biggest obstacle** I've got to get over before I graduate so am I know that If you do a good project and if you get a B in it you'll get an honours degree which would be great you know but am I mean on the other hand then after putting so much work into I wouldn't like to do bad, like not great you know
D Having done so much
P Ya, so am I have the next week now I'll get started there's a lot of work goes into writing up of it
D Right
P So am
D When do you have it done for?
P Am the end of week 8.
D So what's the stress in that for you right now?
P I thinking about it you know, how I'll report it , how I'll start it
2/7 **I haven't actually any concrete work just thinking about it** xxxx
D Okay
P Hoping that I'll get writing on it
D And are you confident that you'll get it okay
P Oh ya sure
D Okay, and requesting help from your tutor
P Ya
D is that, what's stressful about that for you right now?
P Well it's sort of an ongoing thing like xxxxxxxx I always have to ask xxxxxxxx different people xxxxxxx
D And what's stressful about that for you?
13/13 P I don't know **I don't find it very comfortable to like go up to people and ask them for help** ah I don't know what you'd call stressful about it.
D You're not comfortable about it, why are you not comfortable? what's your discomfort?
13/13 P I don't know **they might tell me to go away** and like do it myself you know.
D Right.
8/8 P I suppose it's a **lack of trust** in a person.
D Is it in the library the stress you feel?
4/4 P Ya I don't really like the atmosphere in **the library**
D You don't?

4/4 P No, I find it a bit ah dull like you know, I don't know seeing all these young people and a lot them don't seem to be happy, I suppose maybe that's just my viewpoint, a lot of stress like you know in this college you know xxxxxxxxxx they seem to be working hard xxxxxxxxxxxx especially with the fine weather like you know its a bit of a shame you know

D You find that a stress to you to see all these people in the library?

P Ya, I mean I don't enjoy the atmosphere in the library

knock on door

D And at the moment whats stressful about studying for a test to you, as being stressful, what's stressful about that for you?

7/7 P Well the fact you haven't done anything yet you know.

D Right

P Its the most stressful thing.

D and what is it about that that's stressful that fact that you've done nothing

P Well because I mean know I'm going to have to do a certain amount to

7/7 get on okay in the exams if I don't do it now I'm going to have to do it later.

D Right.

P So by putting it on the long finger I'll be adding to stress later on.

D Right, and at the moment is that a concern for you right now?

P A small bit

D Ya a small bit, okay and in terms of motivating yourself to work

P Ya

D is that a stress for you?

P Ya I discovered that especially I suppose I'm most aware of it in

7/7 the last few days that am I work best like when I'm not under pressure.

D When you're not under pressure.

7/7 P Ya. I find my concentration goes a lot when I'm under stress.

D Right.

7/7 P I find that am I don't work under heavy workload I don't work to my optimum say am if I had say a short essay for lectures I'd be fine and I'd get on great I'd be able to cope with that and I'd pick up a lot of stuff but am I mean I get bogged down xxxxxxxx and at the same time you know just not very efficient like xxxxxxxxxxxxxxxxxxxxxx

D Okay. So right now whats that like for you?

P Am, well since sort of finished my project I'm not doing much really I'm like enjoying myself for the last day or two so

D Do you have difficulty motivating yourself at the moment?

P Ya

D And whats that like? whats

P I do very little work over the limit

D Right

P I don't know I don't see any great point in like pushing myself.

D Okay so if we look at your social life and the stresses that are there for you am socializing with members of the opposite

sex and pressure regarding your xxxxx behaviour am you know whats going on there for you? what are the kind of stresses that are there for you in terms of mixing with people.

P I'm aware of it there's very xxxxxxxxx in my class I don't find it hard to break new relationships with am girls like say from other classes or that

D and is that a stress for you? does that bother you?

P Ya it does ya

D What is it about that concerns you about it xxx the pressure?

P Well I suppose the point that social life in the college you know but

15/15 I would probably know a xxxxxxxx yet I feel **I should know more than I do and** ah **I should be friendly with a lot more friends.**

D Yes, and you're not

15/15 P Ya. I suppose **it makes me feel inadequate.**

D Okay You feel inadequate because you don't know

P Ya, I suppose I'm shy then as well.

D Right and that bothers you?

P Ya that bothers me

D What's your biggest concern about that?

P That am I suppose I could go through my whole life sort of shying away from people xxxxxxxxx

D Right, do you have difficulty in mixing with girls ya?

P Ya?

D What's the difficulty for you?

P Am I don't know I never really knew any girls I don't know **I don't**

14/14 **really think I have the stamina**

D Mmmm

P Am

long silence

D Anything else you want to say on that how you are with girls?

P I'm a bit apprehensive of them I suppose am I'm a bit afraid of them.

D What are you afraid of?

14/14 P Ah I suppose **they could make you feel inadequate**

D How would they make you feel inadequate Paul?

P I don't know I suppose they could equate around and that am I don't

14/14 know **I feel like a bit of a child.** Am **I feel that they are a lot stronger like emotionally** that we are

D Really?

P Ya, like you know I suppose they have it in their power to sort of

D Right, where does that come from Paul why do you feel that they have more power?

P Ah ya I suppose like my mother at home strong

D Is she a strong person?

P ya extremely I suppose xxxxx

D Right, how would she have made your Dad, how would she have treated your Dad.

P Oh she treated him badly

D Ya, just like you have the perception of women now as that, that all women are like a mother xxxx

P then again I know its not true but

D so you're experiencing it, and do you feel a lot of that is what holds you back from women

P Ya I do

D So that would cover a lot of these in terms of friendships and ah of the opposite sex of being alone whatever socializing going into a bar we'll say with friends

P Ya

D How about peer pressure I mean there's peer pressure regarding sex or drugs or drink or whatever, what's stressful about that for you?

ND/27 P Am I find like **the only thing that students really do at night is go drinking**

D Mmm

P so am I get on with it and I'd be drinking a mineral and they'd be nearly saying ah go on have a pint or were you out drinking last night you know why weren't you if you weren't, or they might say you did lots of work lately you're not really drinking

D Mmm

P so am

D How does that make you feel?

P I suppose I nearly do it myself if I had the time but am xxxxxxxxxxxxxxxxxxxxxxxxx but am I suppose in the first few years, in the first few years in college I was a lot more I suppose say xxxxxxxxx control, I suppose you realize that xxxxxxxxxxxxxxxxx but

27/27 still am there's always a bit of **peer pressure** to, say if the lads are going into town to a nightclub or that they'd be saying come on come on go and

D And what's stressful about that for you, what is it about that that's stressful for you?

P Am like I'd nearly go say to keep them happy rather than xxxxx I nearly ah I suppose I allow myself to be dragged along ah

D So the stress is what that you'd go in when you wouldn't want to go?

P Ya

D xxxxxxx

P Ya

D and how would that make you feel?

P Well I mean I won't like doing things that I don't really want to do you know am

D and you do them because

P because I suppose ah our friendship I suppose xxxxxxxx happiness

D is that how you get that your fear of getting friendship and security and happiness by doing things you don't

37/37 P No no but I suppose I **don't get happiness but I suppose I don't get peace** either but at the time **it avoids having a confrontation**

D Mmmm

P so you know I suppose that avoids people like hurting me

D If you go along with them?

P Ya

D So what's the difficulty or the stress for you in meeting new people and in am say making friendships and ah in socializing in general apart just apart altogether from women I mean even with fellas

P Ya
D what's stressful about that for your?
P Ya am I'm always very wary of people I don't know

phone

D your very wary of people you were saying,
P Ya ya
D what's that about
16/16 P I suppose **I'd like them to think the best of me,** I suppose I like to
16/16, fit or like am I like to have them think **that I'm okay and I fit in.**
8/8 D And is that the way you feel? do you feel that they do?
P No sometimes I don't no well I feel that they don't accept me
D They don't what?
P Am they don't like me
D You don't fit in, what makes you feel that?
P I feel a bit awkward at things I you know feel that other people see that
D Mmm so what is it about not fitting in that's stressful for you?
11/11 P Am I suppose the fact of **not having like friends**
D And what is it about not having friends that's stressful for you?
P Am I've noone to go to when I need help, like loneliness then xxxxxx
D you've nobody to turn to
P Ya
D Okay, okay and what's stressful about been alone or being lonely what is it about that that's stressful for you?
P I suppose like am I suppose I find it hard to get on okay on may own
D to cope?
P am its helpful to have somebody else xxxxx
D In terms of some of the personal stress that's there for the one that stands out most is xxx sexual morals, whats stressful about that for you? what is it about that that's stressful?
20/20 P Am well **I'm not really like sexually active** but am
D Right
P am I don't know am I'd say that I'm am slightly homosexual
D Right, is that stressful for you?
P Ya I suppose
D What is it about it that's stressful?
P Well I suppose my parents were very strict Catholics and I think they
31/31 wouldn't believe in homosexuality xxxxxxxxx **it's a grave secret**
D Mmm so right how does that affect you?
P Well I mean that's a part of me but I know that am part of me will always say its wrong its wrong
D Right
P but am then again I mean I think that am that its okay and that there's nothing really wrong with it
D Right
P but I suppose there is a bit of conflict alright
D So what's stressful about that for you?

P Am I'd say like if I did engage on it ah that am later on I'd be sorry because you know I could feel guilty

D Okay, right, other stresses there your own use of drink or drugs you?

P Ya even last night now I had a good few drinks and ah I was taking

ND/27 **pills** on top of it and **I shouldn't really have been drinking**

D Mmm

P You know that was a bit xxxxxxxxxxxxxx

D Right that you had to take the drinks

P Ya, ya

D So what's stressful about that for you needed to drink last night

37/37 P **I couldn't** really **walk away** because you know **I wouldn't be strong**
enough just to stand up in the middle of the college and walk off

D Right

P and go home so I suppose I just like stayed and had a few drinks

D Because what was stopping you from getting up and xxx somewhere

P ah it wouldn't be the right thing to do I mean if I was out drinking xxxx and someone just stood up and walked away from me I don't know

D so that's what you stay there so

P ya I stay there

D rather than getting up and walking away

P ya, I suppose I have company as well

long silence

D other stresses that are there for you what's the stresses?

P ah I suppose I don't really have a place to go at the weekends

D Okay because of family and stuff right. Well I'm just looking at one of these here - difficulty in making vocation selection I mean

P Ah ya

D what stressful about that for you?

P Ya am I suppose I had no option for the leaving you know xxxxxxxxx I

41/41 suppose **cause my older brother was an engineer** I suppose **they thought I could do it as well but** am

D So what is about that that's stressful for you?

4/4 P Well I'm mean **I'm not sure** that **it's my own decision**

D Mmmm

P how well it suited me

D Mm

P and like sometimes you get a bit pissed of with the course but like maybe that's unusual

D Mmm

P but am then like if I graduate now as an electronic engineer I suppose I don't feel that I'm you know a great engineer and you know

5/5 am **I'm afraid** that **I'll get stuck in a job** that **I don't really enjoy** you know for the rest of my life you know and plus like I'm not sure really what area, what specialization

xxxxxxxxxxx trying to pin me down by saying oh you're specializing in certain area xxxxxxx and I find it hard to convince them that I'm capable of xxxx

D Right, and what's stressful about you going home for visits what is it about that that's stressful for you?

P I don't know there's no great happiness at home xxx I suppose my Dad

43/43 **is very old and I find it hard to like have a good conversation with him.**

D What is it about that that's stressful for you?

P I don' know

D What makes that stressful?

P I suppose I can't really talk on the same terms

D Right

P and ah

D How does that make you feel?

P well am I don't know I just sort of accept it xxxxxxxxxxxxxx

D The fact that ye don't have your not able to talk what does that make you feel?

P I suppose I've got so used to it now I don't xxxx

D Mmm so what's the stress for you in going home? I mean what is it about going home that's a stress for you?

P I don't know I get very depressed am ah I suppose I wasn't like I was never really happy at home xxxxxxxxxxxxxxxxxx

D Mmm, so do you say a little bit more about the stress that's there when for you go home now or the stress that's in you family? what is it about your family and home that's stressful for you? right now

P I suppose like you know I see my little brother and he's xxxxxxxxxxxxx

D does that bother you?

P ya it makes me a bit angry alright

D Mmmm?

P it makes me very angry

D who are you angry with?

P I don't know I suppose angry with my parents

D Mmm

P but am xxxxxxxxxxxxxxxxxxx and even worse xxxx he was always brought up as a baby even he was age 5 he was treated as a baby

D Mmmm

P I don't know and suddenly my mother was gone I mean its a bit of a bitch

D How does that make you feel now?

P I don't know pissed off

D How are you pissed off?

P I don't know I thought it was very unfair like

D What was unfair?

P Like I mean I though my younger brother was xxxxxx

D Right, other stresses that are at home I mean I hear you have concern for your brother, are there other particular stresses that are there in your home

P Ya my two other brothers, one guy plays in a band and he's never at home he's out 24 hours a day

D and is that a stress for you?

P ah I never really see him

D so is that a stress for you?
P ya I suppose it is in some ways like I'm wondering where he is ah he's probably drinking and that in pubs like xxx about seventeen and I'd say he's a xxxxxxxxxxxx ya like you know I mean its his life but I wouldn't want to see him sort of gone totally crazy (laugh) and then am
D What are the other concerns for you right now about home? the other pressures that are there for you? I mean you have parents fighting here as being high on the list but that's not actually there at the moment
P No
D but it used to happen a lot
P Ya
D and maybe that still bothers a bit does it?
P Ya
D what is it about that that bothers you?
P am am I don't know am I was coming up from college there like ah like you know at night
D Mmm
P I was after a few drinks and I seen this boy and a girl having a fight and it really made me sick
D Mmm
P and I was going to go over and xxxxxxxxxxx
D Mmmm
P am
D So xxxxxx a lot of feelings for you
P Ya ya
D What's it being like for you since your Mum died? how are you feeling now about it?
P I don't really think about it much, I don't know I've just reached the stage where fuck it you know (laugh)
D Fuck it what?
P What can I do about it
D Right
P and that's the way it is
D Does it cause you a lot of bother now or concern?
P Occasionally I won't say a lot but like occasions
D At the moment what are you feeling at the moment? about her
P Am I don't know I suppose **I missed her**
25/25 D right now what's there for you?
P am I suppose **a small bit of sadness** am a bit of xxxxxxxx
D Do you want to say anything else about whats going on for you at the moment I mean we've touched on a whole range of things there I mean what strikes you at the moment as been, I mean how could you describe how things are fro you right now? how it stands out for you,
P here and now like?
D Ya
14/14 P I don't know **I'm too self-conscious**
D Right now?
P Ya
D Okay what's that about? what are you self-conscious about?
P I suppose my concentration is more on myself than on anything else
D so what were you doing concentrating on yourself? what are you looking for?
P I suppose the right answers and

D Okay, with me
P Ya I suppose (laugh)
D because if you don't get the right answers what then? what would happen if you didn't get the right answers?
P Ah no ya
D Ya what's that?
P (laugh)
D Mmm
P I don't know like you can't really give you an answer to that
D Well try what's going on, what?
P oh there's absolutely going on with me
D right, what's going through your head there?
P crock of shit like (laugh)
D say that again
P Its a crock of shit I think.
D What is
P I don't like I mean xxxxx right answers (laugh)
D and that's a crock of shit? how do you mean?
P Ya I'm not sure what I said xxxxxxxxxxx
D if you said the wrong thing you might sound like a crock of shit
P I don't know maybe but am I don't know like I mean we're twisting words really
D Right what's going on for you what?
P I mean I find you twist words, I suppose xxxxxxxxxxx
D Okay, so what am I twisting now or what do you feel it being twisted at the moment?
P I don't know like I mean I don't like you seem to be xxxxxxx
D Okay, and what do you feel like saying to me?
P Like we've been over this before
D So what do you feel like telling me?
P Ah sure like you know my story like (laugh)
D Okay, so how does that make you feel like now that all these questions we've been over before you know the story where does that leave you, how does that leave you feeling? right now
P Ah well I mean I hate to say it but am I suppose it's a bit of a waste of time.
D xxxxxxxxxx
P it's a waste of time you know
D and whats that like to say that?
P It's fair enough you know
D Okay, is there anything you need to say to me xxxxx?

long silence

P No nothing to say
D Are you sure?
P I'm never sure
D You're never sure (both laugh) just see just check it out and see if there is anything else you want to say to me, anything else you want to get off your chest right now
P I don't know like xxxxxxxxxxxxx I suppose I'm just xxxxxxxxxxxxxxx I mean like I think that you have the power to put words into my mouth

knock on door

D and do you think I would do that? do you think I use power over You?

P No not power but I think you suggest things say if I kept xxxxxxxx that I thought were angry they'd end up xxx (laugh) xxx like I mean I'm not saying that I don't feel angry but I'm just saying that like I mean you could drag someone along by agreeing with them and you could xxx them anything like they could end up I mean like say if you're arguing say strongly about something you might xxxxxx

D and do you do that?

P Ya I do

D and is it me?

P Ya xxxxxxx

D and with me is that happening?

P Ah a small bit ya.

D Okay so what do you need to do about that I wonder?

P Am

D Maybe you could point it out when its happening.

P Ya.

D I'm just going to finish up I mean do you feel from the talk this morning that we've covered whatever is going on for you at the moment?

P Ya I do ya

D Ya? are you happy enough that we stop and leave it there?

P Ya.

D Ya?

P Ya.

Interview

H Well we'll start off, have you had anything bothering you now? type of stress, anxiety?

2/2 P A small bit I suppose there's all **lot of work to be done in the next few days** xxxxxx two and a half modules I have to cover in the next few days ah I suppose its bit xxxxxxx you know

H So that's what's stressing you now is the exams?

P A small bit ya

H Aha, and ye have just concluding a research paper is that something that's bothering you now?

P Ya I've just finished my final year project now I handed it up there last Friday so I feel xxxxxxxxxx so it took me a few days to recover.

H What's the anxiety like for studying for tests and that for you? like about now? what's the anxiety or the stress?

1/1 P I suppose **I'm never happy with the amount of work I've done** you always feel that this stuff is easy and you know I'm capable of getting an A xxxxxxxxxxxxx(laugh)

H So you could be getting an A

P Ya

H Aha

P but am I suppose that I get really involved with what's on the page

7/7 and just forget about everything else and I suppose **I don't take proper breaks** really as well like

H and does that cause you stress?

P Ya it does ya

H and what's that like to have that stress?
P Well it doesn't really hit me until I relax but I suppose I'm a bit
ND/7 hyper and xxxxxxxxx **then I notice panic** xxxxxxxxxxx
H When you relax you begin to have a panic attack? what's that like?
P Jesus it's fairly annoying
(both laugh)
H Annoying?
P You know its am I suppose I get upset about just anything (laugh)
H Aha, but what's that like thought what's the panic attack like for you?
P Well am I'm just aware that **I'm very hyper, that my heart is beating**
ND/7 **fast** am **I can feel sort of tingling,** xxxxxxxxxx **upsetting me I suppose,** am it turns me off study and that that you know not studying for about 2 or 3 hours after
H and what's that like the kind of being turned off studying?
P Well I suppose it gives me chance to relax and that but am I suppose like I won't study at all like for a few hours I suppose I feel that I have a lot of time left
H you still have a lot of time for?
P for study.
H for study. You know on the social you have pressure involving, well you have an 8 for your socializing with members of the opposite sex, what's the anxiety ? do you have stress in that?
14/14 P Ya I suppose like you know am I suppose **I don't really like socialize much** and when I do then ya I suppose like **I'm frightened**
H Frightened?
P Ya
H and what's the stress in that?
P Am, I don't know really I suppose I'm afraid that we'll have an argument xxxxxxx you know.
H What would the opposite, I mean for example now lets say can you think of any opposite of that when you've been out with girls of that
P am
H What's that like?
P It's enjoyable ya
H What's the enjoyment?
P I don't know it's just happiness I suppose am I suppose somebody to talk to
H and it's kind of happiness, enjoyment
P Ya
H and what's that like in terms of yourself?
P It makes me feel good.
H Okay so the opposite is when you're frightened?
P Ya it makes me feel bad about myself
H and what's the feeling bad about yourself? judgment or
14/14 P xxxx am I suppose **I don't feel capable of getting respect from a girl** HYou don't want to what?
P I don't feel capable of getting the respect of of them.
H xxxxxxxxx if you got their respect?
P Am I suppose xxxxxxxx

H Aha, so you don't want their respect cause you couldn't handle it like betrayal?

14/14 P Oh **I'd like it but I'd be afraid to handle it you know**

H So

14/14 P **So I** try and **keep my distance** xxxxxxx

H What would happen if you betrayed their respect?

P I suppose I'd feel bad then you know.

H and what's feeling bad for you?

P I suppose betraying somebody else or xxxxxxxxx frightened as well.

H You'd be frightened.

P Ya

H and what would this betrayal be?

ND/ND P Mmm I don't know when you **start back to been macho** or something

H that would be a betrayal?

P it would ya

H What would that be like if you were macho around the girls?

P I mean I don't like the macho thing at all you know. I don't know I suppose in some ways I do it like in some ways, ya I mean I think I

14/14 **put on** sort of **an image** that even though like say **I'm sort of weak**

37/37 **inside I you know put on a strong front.**

H and what's that like?

P I'd prefer not to do it (laugh) but I suppose I'll do it anyway, I don't know maybe I do it like I suppose I'm in such a habit of doing it now it just happens.

H Aha, it just sounds like your betraying yourself not necessarily girls.

P Ya I suppose.

H Is that the truth?

P Ya

H and how would you feel about that does that cause anxiety or stress?

P Ya it does because sometimes you can go really wild (laugh) like you know

H Like

P having an xxxxxxxxx I don't I'd be slagging people off (laugh)

H Aha

P you know really taking the piss out of them.

H Aha

P I don't know just go a bit wild like you know and ah you probably xx stuff then (laugh)

H You xxx what?

P xxx stuff

H Aha

P xxxxxxxxx

H xxxxxxxxx

P Ya

H what's that like?

14/14 P Ah it's not enjoyable I suppose **I'd prefer to be cool and that but I**

37/37 **suppose I'm too weak**

H Okay well lets xxxxxxxxx have this problem too feelings of anxiousness and general tension, feeling depressed does that bother you now? are you feeling depressed?

P A small bit like you know like but not much I think xxxx even
H Giddy, you feel like xxxxxxx
P Am ya xxx
H and what do you think might be causing the other ones?
P Am I suppose like I was studying until about half ten last night you know ah I went home I went for a few pints then I went to bed and I
28/28 **didn't sleep like great** I only got 4 hours sleep so I suppose am just carrying it over xxxxxxxxxxxxx
H So what's the tension in terms of not sleeping?
28/28 P Well I suppose **when I'm not sleeping I'm thinking you know** (laugh)
H So this happened last night?
P Ya
H so what was happening last night? did you go to bed after a couple of pints, you couldn't sleep
P Ya not until about half two
H What was happening?
6/6 P Ah I suppose I **was thinking about the exams and what I'd do when I finished college** and am thinking about coming in here you know.
H So what was causing the tension for you? the exams, what are you going to do after school, coming in here?
P Ya **the whole unpredictability** you know.
38/38 H and what's that like for you?
P I suppose **I like to be able to control my environment** or whatever
H Have you been in any situation where you've controlled the environment?
P I suppose I do like you know ah xxxxxx
H How's that? how did you do that?
P xxxxxx exams am I suppose it gives me security
H Ya and what you're out of control?
P Ya I suppose everything seems to go bad you know I just feel that like anything could happen like I get a bit worried
H So that's worrying? anything can happen
P Ya
H and what's that like going around with this anything could happen?
P as I say I don't like it at all you know
H Mmm
P I'd prefer to have it under control.
H and what's not liking or what's that like?
P Am ya you see I suppose **I feel insecure** like totally as if you know
38/38 things like you know I loose my temper anytime I suppose **when I have everything set out I know what's happening then I can relax**
H and when things are out of control you might go out of control?
P Ya
H What's that like walking around with that?
P Ah ya it's a bit of a pain alright.
H and what's the pain
ND/38 P I don't know just a bad feeling like you know am **be angry like the tension** and stuff
H So what kind of anger do you think it was?

P I suppose it's just the fear like xxxxxxxxxxxxxxxx
H xxxxxx
P I suppose xxxxxxxxx am **I suppose paranoia**
38/38 H What's the paranoia?
P Ah, am I suppose paranoia that **somebody could set me off you know,** I mean like xxxxxxxxxx somebody could say xxxxxxxxxxxxxxxxx
H xxx
P yes like xxxxxxxxx or something like that you know ya xxxxxxxxxx
H So I'm just trying to keep staying with this now, so you're of control, somebody else's control
P Ah no I wouldn't say somebody else's control
H Well what do you mean when you say paranoia are you nervous that somebody else is going to, like you say somebody else is going to set you off.
P Ya, Ya
H So their in control of you?
P I suppose ya
H and does that make any sense to you?
38/38 P No but it's just my reaction **I find it hard to control my reaction,** like I'm in control but am in some ways they are, I find it hard to control my reaction you know, so it all depends on which way you look at it.
H and which way do you look at it?
P I look at it, I used to look at as if they were in control but am xxxxxx times I look at it as if I'm in control but ah I suppose **a lot of the time I still have trouble** ah **controlling**
H Aha
P am I mean I suppose sometimes people do like pass comments you know I'd like laugh at it then about five minutes later then it hit me you know
H Aha
P I'd be going mad altogether, it happened yesterday you know
H What happened?
P Ah it all like this guy in the class he used to you know I'd regard him as a friend sort of and I used you give him if I did an essay now
38/38 I'd give it him you know and he'd cog it or whatever but him **he asked me for an essay** like yesterday and **I said no** I don't have it, and he said oh he said your too mean to give to me you know, and I just laughed at it there and a few minutes later I was out in the corridor and it suddenly it me the bastard!
you know (laugh)
H so what was that like?
P Ah ya I mean I was feeling bad for about 5 or 10 minutes it was really driving me mad I felt like you know telling him fuck off (laugh)
H Was that, did that cause any tension or any anxiety?
P Oh ya
H Have you seen him?
P No, no ah it's a bit late now
H Well I mean I'll see if we can see anything on the person xxxxx, anything at home that your anxious about?
P Ah ya like you know I suppose my Dad was very old like, I suppose my youngest brother even though he's 16 now he's very

shy and very quiet, like he's still not really able to xxxxxx himself and the

ND/ND father is so old then that I mean the **house is gone to rack and ruin** ah the food is bad (laugh) I suppose their poor enough as well so am I suppose that sort of pisses me off.

H So that causes tension, stress?

P Ya when I think of it

H and what's that stress like for you?

P I don't like it anyway you know

H alright, what don't you like about it?

43/43 P Am you know I suppose xxxx pity I don't **we don't have the easy life,** but you **have to accept that ah the hard life, well there's anger as well like fuck it you know** (laugh)

H and you laugh, are you angry at him? xxxxxxxxx

P Ya I am ya, I thought so

H Do you still think so?

P Ha?

H Do you still think so?

P Ya, I suppose it's a pity in some ways

H Ha?

P It's a pity xxxxxxxxxxxx

H What's the pity?

ND/38 P I suppose it's **self pity** like

H Aha

P you know

H Are you stuck in that?

P Ya I think so ya

H Have you brother and sisters?

P Ya I have

H Are they stuck in it?

P I'd say the youngest is alright, I feel sorry for him

H Do you think you'll do that forever?

ND/33 P I don't know really, I don't know like **I still don't take care of myself properly** you know like I was never taught how to you know to take care of myself properly.

H Mmm

ND/38 P so even xxxxxxxxxxxxxxx **I mean I don't organize things like really**

H just let them happen?

P Ya and get upset about that

H Ha?

P and get upset about something

H So what's that like in terms of stress that you're not very well organized you don't have things together?

P Ya, am ah xxxxxxxxxx unpredictability every day I suppose, am I'd say if it would take sort of ah I'm in the mood for studying or anything like you know things , I went looking for notes here here lecture notes or something, exam papers xxxxxxxxx it's just a lot of hassle

H and what's that like the hassle of not having everything together?

P Ya, ya I don't like that ah I don't know what it is I suppose **it's**
having to ask people for help, ya I suppose ya

11/11 H asking people for help

P Ya, like **we're not self-sufficient**

H your not self-sufficient

P Ya xxxxxxxxx
H and how's that for you?
P Well I'd prefer to have all my stuff together xxxxxxxx to do it
H does that cause you stress having to go and ask people?
P Ya, ya it does a bit
H what's that like that kind of stress? that stress of having to ask people?
P I suppose it makes xxxxxxxxxxxx running around he you! you now I suppose it's sort of
H what's that you that's hyper running around? is that you?
P Oh ya, xxxxxxxxxxxxxxx(laugh) giving you notes with a smile
H and what you're really doing is?
P is I don't know just giving them xxx like (laugh)
H I heard you say earlier that you felt a bit hyper when you also felt a bit anxious that you had to be asking other people?
P Ya, Ya
H So your putting on a front in one sense of here I am happy,
P Ya
H nice and that and I'm still anxious and nervous and
P Ya
H nervous that I have to be asking
P Ya, ya that's sounds right
H Well is there anything you want to bring up?
38/38 P Am ya I suppose just about the **unpredictability** about like when I finish you know
H Aha
38/38 P like **I don't know where I'll stay or anything** you know
H you got any work lined up? do you want any?
P Ah I want one ya
H have you tried looking?
P Ya I've tried a good few places alright
H in this country?
P ya
H any luck?
P no not so far, I got a few interviews alright
H did you do them
P mm?
H did you the interviews?
P Ya
H and how did you do?
30/30 P alright I suppose **I don't like doing interviews you know**

H And how do you feel now in terms of stress?
A Fine, pretty fine
H Do you have any stress at all with you right now?
1/1 A Well in terms of study, **last term** now **went pretty badly for me** ... I mean it was building up all term, I knew, I felt it I
7/7 mean, **I couldn't motivate myself to study** and I was ..... just and kind of it, unfortunately **it reached a climax sitting in an**
7/ND **exam** and I just got totally, **I left the exam** and that's what happened last term, that was week 11, so I feel maybe under pressure to do well this term, I mean as it turned out I got one F, but I did well in the other three, so I thought it was going to be, my results were going to be an awful lot worse, I mean I'm going to be repeating the F grade anyway ..... so that's fine I'm not worried about that
H Is that the one you walked out on?
7/7 A That's the one I walked out on yeah, but at the same time **I don't want a repeat of what happened,** I don't want to feel under such pressure in week 10 or 11 when I feel I can't do the exams, so I'll have to study this term so maybe .....
H So you're having a bit of stress now ...?
A Yeah
H And what's that like?
7/7 A Its just a bit, **I get a little bit nervous** that I .... I'm putting in a little bit, I mean its nothing major like, putting a bit of pressure on myself maybe to do, I mean I'm the type of
7/7 person, **I usually cram** for exams..... I'd do nothing for the first 5 weeks, the first 4 weeks anyway .... I'd start to worry a bit in week 5, do a little bit in week 6 and then I'd probably work the last 4 weeks, but its week 2 now and I've put in a couple of hours work so far
H So you're feeling a little bit under pressure already ..... and how is that in terms of how you are? Do you feel different with this pressure than you say you would have felt the last time?
A You mean this time last term, week 2 last term ..... well, compared to what I said ....
H Well I hear you saying that up until now week 2 you did nothing, and now you're feeling a bit of pressure and I'm just wondering how it is for you? Are you patting yourself on the back, saying I'm making a good start?
A No, I'd prefer if I did a little bit more than what I'm doing even ...
H So you're feeling a bit of pressure to do a bit more? And what's that like ...
A How do you mean?
H Is it something you want?
A Well its something I need, not something I want ....
H Something you need ...
A To make myself work ....
H And how do you feel about working extra now.?
A I don't mind I prefer to have it this way

D What stands out for you at the moment,

2/ND J **At the moment I'm fine, 'cause its only week 1.** Trying to get my M grade done. I haven't even started yet.

D do you feel any particular stress right now?

J No

D Is there anything that stands out in other areas?

J No, nothing at the moment, after our talk the other day I forgot about last term and once I got that out of the way, and once I decided that I could come back everything, its grand.

39/39 D What do you think is the **difficulty** for you?

J **Deciding what I was going to do with my life,** and whether I would stay here and what was going to happen with my exams, there's always a thing with the future I'm trying to forget about that and just concentrate on now.

D In terms of coming back here what's that like for you at the moment?

J Its OK, sometimes I can feel down about it and other times I can go out and I feel grand, I was out last night and it was fine **I think it**

29/29 **was the two weeks off and I had nothing to do the whole time and I was feeling down** the whole time, so once I'm back. At the moment, my life its fine, I'm busy, I've got my job back, my mother said they would give me the money but I don't like taking money so I got my job back - so I have pocket money.

D What it is that makes things go well for you?

7/ND J **There's no exams for ages** we're just only starting off with new subjects you don't even have to understand them straight off just take down the notes.

D The social stuff?

29/29 J The other day I was **kind of feeling down, I think its after the two weeks of having** no one around and just sitting there and **nothing to do.**

D Family?

43/43 J **The family is always fine, the least of my worries.**

D They're a support?

J Yeah

D They're very understanding?

J Yeah,

D Were you home during the two weeks?

J Yeah, I was, but I was just sitting around doing nothing,

D What is it about now that makes you feel the way you feel?

J When there are people around me, I'm fine like when I know that I have something to do and go out with other people, I'm fine when I'm on my own then that's when I start thinking about being on my own I'm always fine when I'm in the college and there's people around.

D What's a stress,is when you have something to worry about?

J Yeah, I get mad at myself for worrying, and I get uptight and I worry about worrying and that kind of thing, and at the moment I'm not worried and its fine

Interview 2

D Where you are at the moment?

J Well I'll tell you now what's happening at the moment, Monday I came

39/39 in and I just sat inside in a lecture and I was just **deciding whether I was going to stay or not,** I was thinking a lot about

it. Yesterday
39/39 and the day before I decided more or less in my head that I **was going to leave this place again, but now I've decided I'm not,** so I'm not going to leave. I don't know I just, Monday I was in a lecture and I was just sitting there thinking right I'm going to decide once and for all what you're going to do and I went out and got a piece of paper and wrote why I'm going to say and why I don't want to stay and the main thing that kind of came up is that, I don't see why, right
6/6 **why I want to stay is to get my degree and to get a job** and to get work and then I kind of said what kind of a job do I want anyway, and I don't mind how much money I'm making as long as I'm making enough
4/5 to get by and it **doesn't matter what I'm working in as long as I have people around me** and **I like** who I'm working with and as long as I'm doing something it doesn't matter what I'm doing .... the last 5 weeks I've been trying to work, because we have an awful lot of work on an M grade and a reading assignment .... and everytime I sit down **I just can't motivate myself** at all to do it and its ..... so that
7/7 was what brought that on like, so then and **why I want to stay is mainly because I'm afraid to go yet**

D Afraid of what?

39/39 J Afraid of **what will I do** ..... everything is always set, that is what I was going to do ... if I don't go on what would I do

D So the pressure for you now is that if I stop doing this what am I going to do?

J Yeah, then this morning, what could I do .... I've done a secretarial course, and I'd say I'd like that, but I'm not sure you see, I'd always like it for a while, but how long would I stick doing that, but I think I would like it ********** I liked it when I was doing the course

D So who has everything set out for you?

4/38 J Its always been my plan, **my life is laid out in my own head, that this is what I'd like,** like I got a good leaving right and automatically it was always like where was I going to go to college and what was I going to do.

D Have you any sense of how come it was always going to be that you were always going to come to college?

39/39 J **Because I always got good results, if I had been less able to get good results, it wouldn't have been so difficult** because I wouldn't have so many choices automatically inclined if you get good results then you go on and do the hardest thing, that might not necessarily be what I always wanted to do, but it isn't that, like when I was in first year and second year it was grand, you know there was no question mark over my life, and then when I went out to the Co-Op and when I came back and then I left and now its always you know you
7/7 still have this option to leave, **before there was never this option to leave,** it was just the way it was laid out ********** and it makes
39/39 everything more confusing, **if I had no option to leave then I'd get down and do it.**

D The option to leave?

J Before, it never entered my head, but it wasn't until after Co-Op that I realized that.

D So the stress in that for you right now is that you're here and you don't want to be here?

39/39 J Yeah, you see **I'm always changing my mind,** like this morning I woke up and said I'm going to go in and do ******** the last few days like I've been doing nothing like I was going to leave, and probably next week, I'll probably want to leave again. Right now I'm going to stay that's until maybe I'll go up to the library and try and read something.

D What's the worst thing that could happen to you if you left?

J Trying to set up something, I'd say I'd end up going to London to do secretarial work but its very hard to go off to London on your own, if I had somebody to go with I'd say I'd go tomorrow, but its very hard to go over there, I'd have no one to actually stay with there no

39/ND worst thing like, **I know I'd get on OK if I did leave. Its just the initial thing of trying to start all over again,** this way its kind of

7/7 safer, then **I'm afraid can I cope** with the exams.

D Can you describe what it feels for you now?

39/39 J Major confusion because I have to make the decision, and **I hate making decisions because I'm always changing my mind,** I never know what I want myself. I'm afraid to regret afterwards having given it

4/4 up with only one more year to go, **I haven't any interest** in the what we're doing and that makes it hard as well to study. Just hate not knowing what to do. If I was only in first year, it would be much easier to make the decision. Its very hard to get out of something, its awful trying to decide what you are going to do.

D If you got to cry you got to cry.

J 4 years like is wasted, if I leave now, if I go and do something else its a lot of nothing you know.

D And what do you want for yourself?

J I want a job where I'm working, which I like working with, something that interests me, **say I got a job, with responsibility I hate that I prefer to have somebody to tell me what to do and then** for me to

37/14 have to do it myself for them that's grand, but if I have to tell other **people what to do, well I don't think, I would be able to do it,** but I'd have to be sure of myself before I could tell anyone else what to do. Its already so difficult to do the exams, if it wasn't

44/44 so hard, maybe I'd stay, **it doesn't matter at home what I do, they'll stick by me,** its only a year to go, then I might stay for that year, and that would be another year wasted, I'm afraid as well, even if I decide now I'll stay on coming up to the exam, and kind of cop out to doing another year 'cause that's there as well you know because its,

ND/2 because I'm only on the border line, **I come up to the exams and they're too hard,** I'll just **********

D To succeed here you really have to be on the ball?

J Well I think I've probably made up my own mind you know what I want to do, instead of being kind of sometimes there ..... **********

D And if you were in a secretarial job right now?

J Yeah I know that

D You'd be stuck inside .....

J I know that, but I know I'd have my weekends off, but it isn't to do that, its just like any job, I'm going to have to get a job anyway, its better to be stuck inside working ..... you know that's not, it isn't even that, if I have a job you have to go, whereas in here you know I skip a lecture ********** whereas if you have to go to a job, you go anyway, its just ...

D You don't have to make a decision?

J Yeah, exactly

D Its not easy for you to make decisions?

39/39 J No I don't think so ..... **even what I want to wear, I always change.**

D I wonder what that's about, how come you find it hard to make a decision, are you afraid you'll make a wrong decision?

J Yes, I suppose

D About the clothes you wear, about the job you take or whatever .....
And what happens if you make a wrong decision, whats the worst thing that can happen?

J I********** what I could have done

D Does that apply to here, I mean are you regretting now that you ever came here in a sense, do you feel that this is the longest ******* to come to college?

4/ND J No **I'm regretting having gone out on Co-Op** in the first place, because if I hadn't gone out on Co-Op and taken the year out, then I

4/38 wouldn't be **so confused I** think, because it was always mapped out like that.

D Right you wouldn't have had to think?

J Yeah

D But when you went out on Co-Op, how do you mean you took time off, extra time on Co-Op, or?

J No I took a year out after I'd been out on Co-Op

D So if you didn't take the year off?

J No if I hadn't gone out on Co-Op in the first place, I'd never have taken the year off, I think Co-Op really confuses everybody, because from the age of 4 like you're at school the whole time and its kind of normal to have 3 months off in the summer, but then you've 9

ND/ND months after you're working and you have money and **it just shows the other side of life** that you don't know about and I think its very hard then to come back and work for nothing ..... if you did the Co-Op at the end of the year, and you had to do it ..... at the end of the 4 years say, it would be much better.

D I'm just focusing on your inability, your difficulty to make decisions and I'm just wondering do you feel you've made the wrong decisions in the past? That's all

4/ND J No, I don't think so, because I think **if I had it all over again I'd** make that, I'd **come to college again,** maybe I'd do something different, but

D So that's what I'm wondering, do you regret doing what you're doing here? If you were starting out again would you have chosen something else?

J Yeah, I would have chosen something else

D So what I'm saying is it may have been one wrong decision was actually in choosing to do Chemistry in coming in here, so you know you don't want to confound that by making another decision that may also be another wrong one, after making a wrong one already, is that kind of, does that make sense to you?

J Yeah, but then it might be the wrong decision to stay here.

D Yeah, what I want to ask you is what could be wrong about it?

39/39 J Because I'm not totally **committed** to staying here.

D And what's wrong about that, what could be wrong about staying here?

J Because I feel I'm doing something that I haven't got a total interest in, that I've lost interest in.

D OK is there something wrong with that?

J Yeah, because it doesn't make me happy if I don't have an interest in it.

D So if it doesn't make you happy being here, then it could be wrong?

4/4 J Yeah, I think so .... **I should be interested** in what I'm doing, I don't know why suddenly I've not any interest. Like last term I didn't mind I did a lot of stuff ..... never actually all totally interesting, but I had some interest in it, at the moment I just ******* I know its stupid but **********

D So that's what its like for you now, and that's your confusion? My own thing is that I don't think we can make wrong decisions, I think the difficulty is when we make decisions and then start doubting them, I mean I do it all the time, you know I buy a jumper and I wonder Oh God maybe I shouldn't have got a better one ..... what's the worst, look I bought the jumper, its not the end of the world ..... and staying here for another year is not the end of the world for you, its not going to destroy you in anyway ..... if you're unhappy with it, if you're so miserable and so unhappy about it, either look at how you can make yourself more happy here, maybe by not pressurizing yourself so much, but ultimately I'd say if you're really unhappy and miserable here, maybe the best thing would be to leave, if you're that unhappy, I'm sure that's what they're saying at home as well, how can you make yourself, how can you enjoy it as best you can while you're here, even though you don't like it the fact that you're doing the course, to make the most of it while you're here, you know just for the sake of getting a degree.

J Yeah, that's just it the thought of getting the degree

D So lets be honest about it, that's what it is about.

J Yeah, I understand

D There's no harm in that ..... no harm in staying to get the degree at this stage. Will we move on, I'd like to feel that we've kind of covered that for you .... I don't is there other stuff that stands out for you at the moment, other kind of pressures right now. Lack of ability to make decisions ..... we've covered a lot of that in what we've been talking about, haven't we really?

J Yeah

D What do you see, can you identify other particular pressures and demands right now that are there for you?

1/1 J **If I fail them with all the work I have to do**

D Right now is that a pressure for you or is it all tied up with your decision with staying on?

J No, well if I do decide to stay, then I have an awful lot of work to do.

D OK so right now, what kind of pressure is there right now in terms of the work you have to do?

J Trying to do it for the first 5 weeks ...I'd sit down and I'll try later, you know I'm afraid to kind of go, look at it half the time,

3/3 **I'm afraid you know if I can't do it** that it puts me in a bad mood ... so half the time **I'm afraid to go and look at it** ...

D Because there's so much to be done?

7/7 J **Because I'm not able to do it,** if I could sit down when I go up there and read it and it would go in, and if I had the interest that I could keep on **reading,** I'd be OK, but when I go up, **I try and read something and I just can't** .... thinking about other things, you know **my mind just wanders because I have no interest in it** and I just

7/7 close it and say forget it and I go for a walk or something .... and it puts me in a **bad mood because its on my conscious,** that I should be up there .... and now that I've wasted so much time I have an awful lot of catching up to do as well ..... its there all the time

D And its not so much that its too difficult for you, as much as you just

J Just have no interest in it.... I try, there is a lot of work, an awful lot of reading ..... then everybody else has to get through it as well so I suppose I'll get through it as well.

D So how does that make you feel at the moment, the fact that there's so much work to be done and you have no interest in doing it, how does that make you feel?

7/7 J I just, **I feel I have to motivate myself** and try and get down, you know if I get some done, I'll be happier, it makes me mad at myself

7/7 when I don't do it. **I just feel guilty** the whole time that **I'm not up there doing something** ..... I just have to go up and get it done.

D Because ....

J Because if I don't, I suppose I have to work for a living as well, you have to get work done before you can do anything, you have to have a ***** so you have to do the work, that's it

D So its like, even though you're saying I'm choosing to be here right now, you're still not choosing you know in your work, you're not choosing to be here .... you're still kind of using the excuse that I don't really want to be here and so therefore you can still get up and walk out? So whether its right or wrong, good or bad, you're better off at least deciding, well look I'll give everything ....

J I know, that's what I tried to do the other day, but you know I feel

39/39 ..... ****** **I feel sorry** one way or the other, because if I **decided to stay** then I'll really decide, and then get down to work

D I don't know, it sounds to me that you haven't really decided

J No I haven't

D Right now is that a pressure for you or is it all tied up with your decision with staying on?

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D I don't know, it sounds to me that you haven't really decided

J No I haven't

D So I don't think you've made a wrong decision, I think the only thing you're doing at the moment is not deciding, I think either decision with be fine, it'll work out for you as you said, its just to pick one, pick a card and stick with that then, do you know what I mean? Its not the fact that you're making the wrong decision, I don't think either decision could be wrong for you, I think maybe one might be better, maybe I put three years in here, well maybe I'm better off giving it the other year, or I'm so unhappy here that I just want to get out and I don't want to see it anymore ..... either way, one is as good as the other, the worst position is to be in the middle, not deciding, so I mean if you remove the possibility of you making a wrong decision, lets say they're both right, now take whichever one you want .....

J I think I'd prefer to leave it alone, I'm too afraid, it gets to me,

39/39 **I'm too afraid to leave,** because of the three years and everyone is saying **I've only one more year,** but it's still a year of doing exams, which I hate doing anyway..... and the fact that I'm not sure **that I**

39/39 **want to do it then like,** if I was really sure, I wouldn't mind doing the exams, I'd put the work in and I'd really make an effort to try and do them, but its such an effort to do them in the first place and

7/4 the fact that **I don't give a sugar anyway....**

D It makes it more difficult .....

J The fact that I took the year out, it was grand because I never felt under any of the stress that I feel when I'm here.

D How about not looking at the year ahead, how about just looking at finishing out the term?

J Yeah I know, I was thinking of that, just staying for the 5 weeks and see how I get on and then go and work in London for the summer and see if I like that and then I'll be able to kind of judge on both.

D You might be in a better position then, you can take your time in London. It will give you three, even four months to kind of settle into a job and see if you'd like to stay there and you don't have to come back and maybe in 3 or 4 years time you can come back and finish off your year, if you felt like doing it ...

J I wouldn't like to do that ....

D Well you could take two years anyway, take a leave of absence for two years, finish out this term. At least have that under your belt, rather than walking out in the middle of the term. Have that under your belt and just go and have a crack off it and see how it works out.

J I know, I was thinking about that .....

D So I don't think you have to look at this year and next year yet, just look at the next 5 weeks ..... I don't know how you feel about that.

J I thought about that myself as well, when I was making up my mind this morning about it. I'll try it anyway like

****

I'll do the 5 weeks at the moment ....

D You can take as much time as you want then, you can take a year, two years .... and come back if you want to come back

J Doing 5 weeks study, its different when you have to .....

D Well in what we've covered there, do you feel we've covered what's going on for you at the moment, we have some understanding of what its like? And maybe some options for you to think about?

J Yeah

D Anything else going on for you at the moment?

J No that's all, that's the only thing I've been thinking about.

D OK, that's enough to keep you occupied. How have you found Lifestyles?

J It was grand.

D I mean yesterday's session is mainly about ...

J Positive thinking...

D It makes you sit down and worry about being here, I mean that's not going to get you anywhere, I mean you're here, so you better make the most of it, I mean the worst scenario is to be here and to really feel miserable about being here and giving out to yourself all the time. When you're here accepting that it's not going to be ideal, its not .... but you make the most of it. Will we leave it there Joyce?

J Yeah

D Are you sure you're OK to leave it at that?

J Yeah

H Have you had any stress at all?

J A small bit ... I suppose, because **coming up to exams** .... the
2/2 **pressure to get a day's work.**

H And what's the stress like?

J Well its just pressure **trying to get everything covered** and at the moment I have to read through everything and ********** but its OK its just work, work, work .... I don't feel too bad about it.

H Do you feel a bit upset?

J No I don't feel upset, I just feel I have to get through the work.

H So is it a bit anxious?

J Yeah, anxious that I'll get it all done on time.

H And what's that like, whether you'll get it all done on time?

J Its OK, because I think I will, I'm hoping I will. Its OK at the
7/7 moment, I'd say next week I'll be worse, but **this week I can kind of put it off and say OK I can do it next week.** And next week, but I won't ....

H So what's that like, that you're saying next week's the real problem?

J Yeah I think that's relieving the stress of next week, putting it all on to next week.

H And what's that like for you?

J Just try not to think about next week, try to take every day as it comes. I don't know, I'm much more relaxed than I was last term, because this time I thought a lot more and when I start getting panicky I say to myself, why are you getting panicky? You know, **it**
7/7 **doesn't matter if I haven't everything done, so** I keep asking myself questions so its easier.

H And how did that come about, that its easier this term than it was last term?

J Its not that its easier, its just that I'm kind of, I'm thinking through, before I used to get upset and I used to get

upset that I was getting upset and I'd go out and just crack altogether, but this time I seem to kind of, once I feel myself sort of getting stressed

7/7 or anything, **I just sort of stop and I say look why are you getting stressed ... and I kind of relax myself more?**

H And where did you learn that from?

J From the **********

H So that's made a serious difference?

J Yeah

H So you don't just scare yourself?

J Yeah, I think about why I'm getting scared.

H Right, so you start asking yourself questions? OK, so that's been a lus for you? OK, just on this one you have for the academic, you have a 5 here for studying for a test, is that?

J Kind of normal stress, I think everyone is under stress coming up to exams.

H So you feel that's a normal..... a difficulty involving relating yourself with class work?

J Yeah, well for study for exams.

H And what's that like?

J That I think is most frustrating .... its grand when you're sitting down and you're actually reading things and its going in, but sometimes you just don't feel like doing anything, you feel like going home and going to bed and you just push yourself and its much harder. Its very hard to sit down and you know you're reading

7/7 something and nothing is going in and **you feel you're wasting your time** and then you're trying to push yourself harder to make yourself concentrate and its not working, and that's stressful.

7/7 H So **what's that like, when that happens?**

J **I start getting mad with myself.**

H And what's getting mad with yourself like?

J I don't know. Its hard, it isn't solving anything, but you can't, you're trying to force yourself to be able to concentrate.

H It doesn't solve anything, and yet you get mad with yourself?

J Yeah, but you have to kind of do something to make yourself concentrate

H So by getting angry with yourself, you feel you're going to force yourself .....

J Yeah, trying to concentrate, that's the way I'd be going now just battling in my head, trying to get myself to concentrate.

H And what does that do for you?

J Sometimes it helps .... sometimes it works, or I really sometimes I have to just make myself stay in there and do it, or stay sitting down and once I kind of get over a certain barrier I feel myself getting there. Its when you sit down when you're starting to read something new, something different, and its all a muddle at the beginning and there's no, its all jumble and then you kind of, you really have to force yourself at that stage not to give up and after a while then it starts to make sense and you go back over it and you say, its grand.

H So you talk about a barrier?

J Yeah, its just trying to get into the subject in the first place, when you start studying

H And what's that like?

J Its hard to try and get myself to stay, that's what I find really hard just to get into the subject, once I'm in there I realize what's going on, its OK, I can learn more quickly

H So is there frustration there?

J **Yeah, definitely**

H And what's that frustration like for you?

7/7 J **My mind is boggled,** I don't know how to put it any other way.

H And does it cause any other reaction?

J I don't know, I'd say I get **more uptight,** and feel like giving up. I don't know what ..... its just my mind, I can feel it all getting tight and sometimes I get headaches, it just feels like its all screwing up inside.

H And what happens then, in terms of if you stay with it or if you give up?

J Well if I give up and I don't do any more, then its twice as hard to go back to it the next time and as well as that, when I do give up I

9/ND can't relax or do anything else, because I feel **guilty** over having given up, so that doesn't work, I've learnt that, there's no point in giving up.

H So what do you do?

J So I try to stick with it and I just keep reading on and then I go back over it and instead of just reading through it, I kind of write it down and see if its clear after I've written it down.

H And what's the result of that, in terms of the tense head?

J No I forget about the tense head, I forget about thinking about things like that then, because I'm thinking about the subject more.

H So it sounds like you go away from yourself with your subject.

J Once I've kind of, I think when I'm getting all confused like that in the beginning I sort of think, maybe I just feel that way because I'm thinking more about it, but once I get to understand the subject I don't think about how its affecting me anymore.

H So in a sense, once you feel you have some understanding, then its not effecting you in the same way. OK, there's just one more thing here and that's of all the others, you have just one more that has a little bit on it..... and that's fear of failure. Does that put pressure on you or cause you stress?

J Yeah, I suppose it does, because nobody likes to fail an exam, that's human.

H You don't like to fail?

1/1 J I don't. Well, I've never failed an exam, but **I wouldn't like to ever fail an exam, because I think that would be one failure in me.**

H So failure in an exam, would be a failure in you.

J Yeah

H Alright

J Its just, why do people swot for exams only because they want to pass.

H OK, lets just say that you're saying that you don't want to fail and you never have, but you don't want to, because that would be a failure in yourself. And what would that be like?

1/1 J I don't know because **I never failed.** I don't know what it would be like if I did fail .... I think I would be mad, I

don't think I would be happy with myself, I suppose I'd forget about it very soon afterwards anyway.

H OK well lets just stay, you're saying No 1 is if you fail an exam, you feel you are a failure in yourself, and you're saying you don't know that, but that's what you think and then you're also saying that it could be something that perhaps wouldn't last.

J Yeah. I don't know I suppose I just want to pass the exams, I would say what's the point in me doing an exam, if I think I'm going to fail it, you do an exam so that you can pass it. So I want to pass the exam, but I don't think it would cause me major stress if I failed it.

H What kind of major stress might it cause you?

J If I do fail? .... I don't think it would, I can't see myself overly upset about the fact, I'd be upset, I would think oh I've wasted all that time on doing that .....

H OK, well is there anything else that might be a stress for you?

J At the moment, no, the exams are the main thing.

H Your social life, everything is OK.

J I don't have that much time at the moment, just these two weeks.

H And everything at home is OK?

J Yeah, no problems at all.

H Any questions you want to ask?

J I wanted to ask Declan Aherne about Dr. ******** was saying that I should do my exams in the C to A5, but I don't know how to register for that, or what do I do?

D What stands out for you at the moment,

2/ND J **At the moment I'm fine, 'cause its only week 1.** Trying to get my M grade done. I haven't even started yet.

D do you feel any particular stress right now?

J No

D Is there anything that stands out in other areas?

J No, nothing at the moment, after our talk the other day I forgot about last term and once I got that out of the way, and once I decided that I could come back everything, its grand.

39/39 D What do you think is the **difficulty** for you?

J **Deciding what I was going to do with my life,** and whether I would stay here and what was going to happen with my exams, there's always a thing with the future I'm trying to forget about that and just concentrate on now.

D In terms of coming back here what's that like for you at the moment?

J Its OK, sometimes I can feel down about it and other times I can go out and I feel grand, I was out last night and it was fine **I think it**

29/29 **was the two weeks off and I had nothing to do the whole time and I was feeling down** the whole time, so once I'm back. At the moment, my life its fine, I'm busy, I've got my job back, my mother said they would give me the money but I don't like taking money so I got my job back - so I have pocket money.

D What it is that makes things go well for you?

7/ND J **There's no exams for ages** we're just only starting off with new subjects you don't even have to understand them straight off just take down the notes.

D The social stuff?

29/29 J The other day I was **kind of feeling down, I think its after the two weeks of having** no one around and just sitting there and **nothing to do.**

D Family?

43/43 J **The family is always fine, the least of my worries.**

D They're a support?

J Yeah

D They're very understanding?

J Yeah,

D Were you home during the two weeks?

J Yeah, I was, but I was just sitting around doing nothing,

D What is it about now that makes you feel the way you feel?

J When there are people around me, I'm fine like when I know that I have something to do and go out with other people, I'm fine when I'm on my own then that's when I start thinking about being on my own I'm always fine when I'm in the college and there's people around.

D What's a stress,is when you have something to worry about?

J Yeah, I get mad at myself for worrying, and I get uptight and I worry about worrying and that kind of thing, and at the moment I'm not worried and its fine

Interview 2

D Where you are at the moment?

J Well I'll tell you now what's happening at the moment, Monday I came

39/39 in and I just sat inside in a lecture and I was just **deciding whether I was going to stay or not,** I was thinking a lot about

it. Yesterday
39/39 and the day before I decided more or less in my head that I **was going to leave this place again, but now I've decided I'm not,** so I'm not going to leave. I don't know I just, Monday I was in a lecture and I was just sitting there thinking right I'm going to decide once and for all what you're going to do and I went out and got a piece of paper and wrote why I'm going to say and why I don't want to stay and the main thing that kind of came up is that, I don't see why, right
6/6 **why I want to stay is to get my degree and to get a job** and to get work and then I kind of said what kind of a job do I want anyway, and I don't mind how much money I'm making as long as I'm making enough
4/5 to get by and it **doesn't matter what I'm working in as long as I have people around me** and **I like** who I'm working with and as long as I'm doing something it doesn't matter what I'm doing .... the last 5 weeks I've been trying to work, because we have an awful lot of work on an M grade and a reading assignment .... and everytime I sit down **I just can't motivate myself** at all to do it and its ..... so that
7/7 was what brought that on like, so then and **why I want to stay is mainly because I'm afraid to go yet**

D Afraid of what?

39/39 J Afraid of **what will I do** ..... everything is always set, that is what I was going to do ... if I don't go on what would I do

D So the pressure for you now **is that if I stop doing this what** am I going to do?

J Yeah, then this morning, what could I do .... I've done a secretarial course, and I'd say I'd like that, but I'm not sure you see, I'd always like it for a while, but how long would I stick doing that, but I think I would like it ********** I liked it when I was doing the course

D So who has everything set out for you?

4/38 J Its always been my plan, **my life is laid out in my own head, that this is what I'd like,** like I got a good leaving right and automatically it was always like where was I going to go to college and what was I going to do.

D Have you any sense of how come it was always going to be that you were always going to come to college?

39/39 J Because **I always got good results, if I had been less able to get good results, it wouldn't have been so difficult** because I wouldn't have so many choices automatically inclined if you get good results then you go on and do the hardest thing, that might not necessarily be what I always wanted to do, but it isn't that, like when I was in first year and second year it was grand, you know there was no question mark over my life, and then when I went out to the Co-Op and when I came back and then I left and now its always you know you
7/7 still have this option to leave, **before there was never this option to leave,** it was just the way it was laid out ********** and it makes
39/39 everything more confusing, **if I had no option to leave then I'd get down and do it.**

D The option to leave?

J Before, it never entered my head, but it wasn't until after Co-Op that I realized that.

D So the stress in that for you right now is that you're here and you don't want to be here?

39/39 J Yeah, you see **I'm always changing my mind,** like this morning I woke up and said I'm going to go in and do ******** the last few days like I've been doing nothing like I was going to leave, and probably next week, I'll probably want to leave again. Right now I'm going to stay that's until maybe I'll go up to the library and try and read something.

D What's the worst thing that could happen to you if you left?

J Trying to set up something, I'd say I'd end up going to London to do secretarial work but its very hard to go off to London on your own, if I had somebody to go with I'd say I'd go tomorrow, but its very hard to go over there, I'd have no one to actually stay with there no

39/ND worst thing like, **I know I'd get on OK if I did leave. Its just the initial thing of trying to start all over again,** this way its kind of

7/7 safer, then **I'm afraid can I cope** with the exams.

D Can you describe what it feels for you now?

39/39 J Major confusion because I have to make the decision, and **I hate making decisions because I'm always changing my mind,** I never know what I want myself. I'm afraid to regret afterwards having given it

4/4 up with only one more year to go, **I haven't any interest** in the what we're doing and that makes it hard as well to study. Just hate not knowing what to do. If I was only in first year, it would be much easier to make the decision. Its very hard to get out of something, its awful trying to decide what you are going to do.

D If you got to cry you got to cry.

J 4 years like is wasted, if I leave now, if I go and do something else its a lot of nothing you know.

D And what do you want for yourself?

J I want a job where I'm working, which I like working with, something that interests me, **say I got a job, with responsibility I hate that I prefer to have somebody to tell me what to do and then** for me to

37/14 have to do it myself for them that's grand, but if I have to tell other **people what to do, well I don't think, I would be able to do it,** but I'd have to be sure of myself before I could tell anyone else what to do. Its already so difficult to do the exams, if it wasn't

44/44 so hard, maybe I'd stay, **it doesn't matter at home what I do, they'll stick by me,** its only a year to go, then I might stay for that year, and that would be another year wasted, I'm afraid as well, even if I decide now I'll stay on coming up to the exam, and kind of cop out to doing another year 'cause that's there as well you know because its,

ND/2 because I'm only on the border line, **I come up to the exams and they're too hard,** I'll just **********

D To succeed here you really have to be on the ball?

J Well I think I've probably made up my own mind you know what I want to do, instead of being kind of sometimes there ..... **********

D And if you were in a secretarial job right now?

J Yeah I know that

D You'd be stuck inside .....

J I know that, but I know I'd have my weekends off, but it isn't to do that, its just like any job, I'm going to have to get a job anyway, its better to be stuck inside working ..... you know that's not, it isn't even that, if I have a job you have to go, whereas in here you know I skip a lecture ********** whereas if you have to go to a job, you go anyway, its just ...

D You don't have to make a decision?

J Yeah, exactly

D Its not easy for you to make decisions?

39/39 J No I don't think so ..... **even what I want to wear, I always change.**

D I wonder what that's about, how come you find it hard to make a decision, are you afraid you'll make a wrong decision?

J Yes, I suppose

D About the clothes you wear, about the job you take or whatever ..... And what happens if you make a wrong decision, whats the worst thing that can happen?

J I********** what I could have done

D Does that apply to here, I mean are you regretting now that you ever came here in a sense, do you feel that this is the longest ******* to come to college?

4/ND J No **I'm regretting having gone out on Co-Op** in the first place, because if I hadn't gone out on Co-Op and taken the year out, then I

4/38 wouldn't be **so confused I** think, because it was always mapped out like that.

D Right you wouldn't have had to think?

J Yeah

D But when you went out on Co-Op, how do you mean you took time off, extra time on Co-Op, or?

J No I took a year out after I'd been out on Co-Op

D So if you didn't take the year off?

J No if I hadn't gone out on Co-Op in the first place, I'd never have taken the year off, I think Co-Op really confuses everybody, because from the age of 4 like you're at school the whole time and its kind of normal to have 3 months off in the summer, but then you've 9

ND/ND months after you're working and you have money and **it just shows the other side of life** that you don't know about and I think its very hard then to come back and work for nothing ..... if you did the Co-Op at the end of the year, and you had to do it ..... at the end of the 4 years say, it would be much better.

D I'm just focusing on your inability, your difficulty to make decisions and I'm just wondering do you feel you've made the wrong decisions in the past? That's all

4/ND J No, I don't think so, because I think **if I had it all over again I'd** make that, I'd **come to college again,** maybe I'd do something different, but

D So that's what I'm wondering, do you regret doing what you're doing here? If you were starting out again would you have chosen something else?

J Yeah, I would have chosen something else

D So what I'm saying is it may have been one wrong decision was actually in choosing to do Chemistry in coming in here, so you know you don't want to confound that by making another decision that may also be another wrong one, after making a wrong one already, is that kind of, does that make sense to you?

J Yeah, but then it might be the wrong decision to stay here.

D Yeah, what I want to ask you is what could be wrong about it?

39/39 J Because I'm not totally **committed** to staying here.

D And what's wrong about that, what could be wrong about staying here?

J Because I feel I'm doing something that I haven't got a total interest in, that I've lost interest in.

D OK is there something wrong with that?

J Yeah, because it doesn't make me happy if I don't have an interest in it.

D So if it doesn't make you happy being here, then it could be wrong?

4/4 J Yeah, I think so .... **I should be interested** in what I'm doing, I don't know why suddenly I've not any interest. Like last term I didn't mind I did a lot of stuff ..... never actually all totally interesting, but I had some interest in it, at the moment I just ******* I know its stupid but **********

D So that's what its like for you now, and that's your confusion? My own thing is that I don't think we can make wrong decisions, I think the difficulty is when we make decisions and then start doubting them, I mean I do it all the time, you know I buy a jumper and I wonder Oh God maybe I shouldn't have got a better one ..... what's the worst, look I bought the jumper, its not the end of the world ..... and staying here for another year is not the end of the world for you, its not going to destroy you in anyway ..... if you're unhappy with it, if you're so miserable and so unhappy about it, either look at how you can make yourself more happy here, maybe by not pressurizing yourself so much, but ultimately I'd say if you're really unhappy and miserable here, maybe the best thing would be to leave, if you're that unhappy, I'm sure that's what they're saying at home as well, how can you make yourself, how can you enjoy it as best you can while you're here, even though you don't like it the fact that you're doing the course, to make the most of it while you're here, you know just for the sake of getting a degree.

J Yeah, that's just it the thought of getting the degree

D So lets be honest about it, that's what it is about.

J Yeah, I understand

D There's no harm in that ..... no harm in staying to get the degree at this stage. Will we move on, I'd like to feel that we've kind of covered that for you .... I don't is there other stuff that stands out for you at the moment, other kind of pressures right now. Lack of ability to make decisions ..... we've covered a lot of that in what we've been talking about, haven't we really?

J Yeah

D What do you see, can you identify other particular pressures and demands right now that are there for you?

1/1 J **If I fail them with all the work I have to do**

D Right now is that a pressure for you or is it all tied up with your decision with staying on?

J No, well if I do decide to stay, then I have an awful lot of work to do.

D OK so right now, what kind of pressure is there right now in terms of the work you have to do?

J Trying to do it for the first 5 weeks ...I'd sit down and I'll try later, you know I'm afraid to kind of go, look at it half the time,

3/3 **I'm afraid you know if I can't do it** that it puts me in a bad mood ... so half the time **I'm afraid to go and look at it** ...

D Because there's so much to be done?

7/7 J **Because I'm not able to do it,** if I could sit down when I go up there and read it and it would go in, and if I had the interest that I could keep on **reading,** I'd be OK, but when I go up, **I try and read something and I just can't** .... thinking about other things, you know **my mind just wanders because I have no interest in it** and I just

7/7 close it and say forget it and I go for a walk or something .... and it puts me in a **bad mood because its on my conscious,** that I should be up there .... and now that I've wasted so much time I have an awful lot of catching up to do as well ..... its there all the time

D And its not so much that its too difficult for you, as much as you just

J Just have no interest in it.... I try, there is a lot of work, an awful lot of reading ..... then everybody else has to get through it as well so I suppose I'll get through it as well.

D So how does that make you feel at the moment, the fact that there's so much work to be done and you have no interest in doing it, how does that make you feel?

7/7 J I just, **I feel I have to motivate myself** and try and get down, you know if I get some done, I'll be happier, it makes me mad at myself

7/7 when I don't do it. **I just feel guilty** the whole time that **I'm not up there doing something** ..... I just have to go up and get it done.

D Because ....

J Because if I don't, I suppose I have to work for a living as well, you have to get work done before you can do anything, you have to have a ***** so you have to do the work, that's it

D So its like, even though you're saying I'm choosing to be here right now, you're still not choosing you know in your work, you're not choosing to be here .... you're still kind of using the excuse that I don't really want to be here and so therefore you can still get up and walk out? So whether its right or wrong, good or bad, you're better off at least deciding, well look I'll give everything ....

J I know, that's what I tried to do the other day, but you know I feel

39/39 ..... ****** **I feel sorry** one way or the other, because if I **decided to stay** then I'll really decide, and then get down to work

D I don't know, it sounds to me that you haven't really decided

J No I haven't

D So I don't think you've made a wrong decision, I think the only thing you're doing at the moment is not deciding, I think either decision with be fine, it'll work out for you as you said, its just to pick one, pick a card and stick with that then, do you know what I mean? Its not the fact that you're making the wrong decision, I don't think either decision could be wrong for you, I think maybe one might be better, maybe I put three years in here, well maybe I'm better off giving it the other year, or I'm so unhappy here that I just want to get out and I don't want to see it anymore ..... either way, one is as good as the other, the worst position is to be in the middle, not deciding, so I mean if you remove the possibility of you making a wrong decision, lets say they're both right, now take whichever one you want .....

J I think I'd prefer to leave it alone, I'm too afraid, it gets to me,

39/39 **I'm too afraid to leave,** because of the three years and everyone is saying **I've only one more year,** but it's still a year of doing exams, which I hate doing anyway..... and the fact that I'm not sure **that I**

39/39 **want to do it then like,** if I was really sure, I wouldn't mind doing the exams, I'd put the work in and I'd really make an effort to try and do them, but its such an effort to do them in the first place and

7/4 the fact that **I don't give a sugar anyway....**

D It makes it more difficult .....

J The fact that I took the year out, it was grand because I never felt under any of the stress that I feel when I'm here.

D How about not looking at the year ahead, how about just looking at finishing out the term?

J Yeah I know, I was thinking of that, just staying for the 5 weeks and see how I get on and then go and work in London for the summer and see if I like that and then I'll be able to kind of judge on both.

D You might be in a better position then, you can take your time in London. It will give you three, even four months to kind of settle into a job and see if you'd like to stay there and you don't have to come back and maybe in 3 or 4 years time you can come back and finish off your year, if you felt like doing it ...

J I wouldn't like to do that ....

D Well you could take two years anyway, take a leave of absence for two years, finish out this term. At least have that under your belt, rather than walking out in the middle of the term. Have that under your belt and just go and have a crack off it and see how it works out.

J I know, I was thinking about that .....

D So I don't think you have to look at this year and next year yet, just look at the next 5 weeks ..... I don't know how you feel about that.

J I thought about that myself as well, when I was making up my mind this morning about it. I'll try it anyway like
****
I'll do the 5 weeks at the moment ....

D You can take as much time as you want then, you can take a year, two years .... and come back if you want to come back

J Doing 5 weeks study, its different when you have to .....

D Well in what we've covered there, do you feel we've covered what's going on for you at the moment, we have some understanding of what its like? And maybe some options for you to think about?

J Yeah

D Anything else going on for you at the moment?

J No that's all, that's the only thing I've been thinking about.

D OK, that's enough to keep you occupied. How have you found Lifestyles?

J It was grand.

D I mean yesterday's session is mainly about ...

J Positive thinking...

D It makes you sit down and worry about being here, I mean that's not going to get you anywhere, I mean you're here, so you better make the most of it, I mean the worst scenario is to be here and to really feel miserable about being here and giving out to yourself all the time. When you're here accepting that it's not going to be ideal, its not .... but you make the most of it. Will we leave it there Joyce?

J Yeah

D Are you sure you're OK to leave it at that?

J Yeah

H Have you had any stress at all?

J A small bit ... I suppose, because **coming up to exams** .... the
2/2 **pressure to get a day's work.**

H And what's the stress like?

J Well its just pressure **trying to get everything covered** and at the moment I have to read through everything and ********** but its OK its just work, work, work .... I don't feel too bad about it.

H Do you feel a bit upset?

J No I don't feel upset, I just feel I have to get through the work.

H So is it a bit anxious?

J Yeah, anxious that I'll get it all done on time.

H And what's that like, whether you'll get it all done on time?

J Its OK, because I think I will, I'm hoping I will. Its OK at the
7/7 moment, I'd say next week I'll be worse, but **this week I can kind of put it off and say OK I can do it next week.** And next week, but I won't ....

H So what's that like, that you're saying next week's the real problem?

J Yeah I think that's relieving the stress of next week, putting it all on to next week.

H And what's that like for you?

J Just try not to think about next week, try to take every day as it comes. I don't know, I'm much more relaxed than I was last term, because this time I thought a lot more and when I start getting panicky I say to myself, why are you getting panicky? You know, it
7/7 **doesn't matter if I haven't everything done, so** I keep asking myself questions so its easier.

H And how did that come about, that its easier this term than it was last term?

J Its not that its easier, its just that I'm kind of, I'm thinking through, before I used to get upset and I used to get

upset that I was getting upset and I'd go out and just crack altogether, but this time I seem to kind of, once I feel myself sort of getting stressed

7/7 or anything, **I just sort of stop and I say look why are you getting stressed ... and I kind of relax myself more?**

H And where did you learn that from?

J From the **********

H So that's made a serious difference?

J Yeah

H So you don't just scare yourself?

J Yeah, I think about why I'm getting scared.

H Right, so you start asking yourself questions? OK, so that's been a lus for you? OK, just on this one you have for the academic, you have a 5 here for studying for a test, is that?

J Kind of normal stress, I think everyone is under stress coming up to exams.

H So you feel that's a normal..... a difficulty involving relating yourself with class work?

J Yeah, well for study for exams.

H And what's that like?

J That I think is most frustrating .... its grand when you're sitting down and you're actually reading things and its going in, but sometimes you just don't feel like doing anything, you feel like going home and going to bed and you just push yourself and its much harder. Its very hard to sit down and you know you're reading

7/7 something and nothing is going in and **you feel you're wasting your time** and then you're trying to push yourself harder to make yourself concentrate and its not working, and that's stressful.

7/7 H So **what's that like, when that happens?**

J **I start getting mad with myself.**

H And what's getting mad with yourself like?

J I don't know. Its hard, it isn't solving anything, but you can't, you're trying to force yourself to be able to concentrate.

H It doesn't solve anything, and yet you get mad with yourself?

J Yeah, but you have to kind of do something to make yourself concentrate

H So by getting angry with yourself, you feel you're going to force yourself .....

J Yeah, trying to concentrate, that's the way I'd be going now just battling in my head, trying to get myself to concentrate.

H And what does that do for you?

J Sometimes it helps .... sometimes it works, or I really sometimes I have to just make myself stay in there and do it, or stay sitting down and once I kind of get over a certain barrier I feel myself getting there. Its when you sit down when you're starting to read something new, something different, and its all a muddle at the beginning and there's no, its all jumble and then you kind of, you really have to force yourself at that stage not to give up and after a while then it starts to make sense and you go back over it and you say, its grand.

H So you talk about a barrier?

J Yeah, its just trying to get into the subject in the first place, when you start studying

H And what's that like?

J Its hard to try and get myself to stay, that's what I find really hard just to get into the subject, once I'm in there I realize what's going on, its OK, I can learn more quickly

H So is there frustration there?

J **Yeah, definitely**

H And what's that frustration like for you?

7/7 J **My mind is boggled,** I don't know how to put it any other way.

H And does it cause any other reaction?

J I don't know, I'd say I get **more uptight,** and feel like giving up. I don't know what ..... its just my mind, I can feel it all getting tight and sometimes I get headaches, it just feels like its all screwing up inside.

H And what happens then, in terms of if you stay with it or if you give up?

J Well if I give up and I don't do any more, then its twice as hard to go back to it the next time and as well as that, when I do give up I

9/ND can't relax or do anything else, because I feel **guilty** over having given up, so that doesn't work, I've learnt that, there's no point in giving up.

H So what do you do?

J So I try to stick with it and I just keep reading on and then I go back over it and instead of just reading through it, I kind of write it down and see if its clear after I've written it down.

H And what's the result of that, in terms of the tense head?

J No I forget about the tense head, I forget about thinking about things like that then, because I'm thinking about the subject more.

H So it sounds like you go away from yourself with your subject.

J Once I've kind of, I think when I'm getting all confused like that in the beginning I sort of think, maybe I just feel that way because I'm thinking more about it, but once I get to understand the subject I don't think about how its affecting me anymore.

H So in a sense, once you feel you have some understanding, then its not effecting you in the same way. OK, there's just one more thing here and that's of all the others, you have just one more that has a little bit on it..... and that's fear of failure. Does that put pressure on you or cause you stress?

J Yeah, I suppose it does, because nobody likes to fail an exam, that's human.

H You don't like to fail?

1/1 J I don't. Well, I've never failed an exam, but **I wouldn't like to ever fail an exam, because I think that would be one failure in me.**

H So failure in an exam, would be a failure in you.

J Yeah

H Alright

J Its just, why do people swot for exams only because they want to pass.

H OK, lets just say that you're saying that you don't want to fail and you never have, but you don't want to, because that would be a failure in yourself. And what would that be like?

1/1 J I don't know because **I never failed.** I don't know what it would be like if I did fail .... I think I would be mad, I

don't think I would be happy with myself, I suppose I'd forget about it very soon afterwards anyway.

H OK well lets just stay, you're saying No 1 is if you fail an exam, you feel you are a failure in yourself, and you're saying you don't know that, but that's what you think and then you're also saying that it could be something that perhaps wouldn't last.

J Yeah. I don't know I suppose I just want to pass the exams, I would say what's the point in me doing an exam, if I think I'm going to fail it, you do an exam so that you can pass it. So I want to pass the exam, but I don't think it would cause me major stress if I failed it.

H What kind of major stress might it cause you?

J If I do fail? .... I don't think it would, I can't see myself overly upset about the fact, I'd be upset, I would think oh I've wasted all that time on doing that .....

H OK, well is there anything else that might be a stress for you?

J At the moment, no, the exams are the main thing.

H Your social life, everything is OK.

J I don't have that much time at the moment, just these two weeks.

H And everything at home is OK?

J Yeah, no problems at all.

H Any questions you want to ask?

J I wanted to ask Declan Aherne about Dr. ******** was saying that I should do my exams in the C to A5, but I don't know how to register for that, or what do I do?

H Now is there any, do you have any anxiety, or stress?

2/7 D Well I have **an economics exam that I have to repeat,** I have that **next**

2/2 **Wednesday and I have nothing done for it** so I have to start over the long weekend now, so I'm thinking about that all the time.

H And how's that, thinking about that?

D Well I have an awful lot to do, I mean, I didn't do much last term so

2/2 I have to basically **start from scratch** and do 10 week's lectures in four days, which is a lot, so I'm not looking forward to it.

H How did that happen?

7/7 D I just, **I didn't work** last term, I didn't do much, just let it all go like.

H So did you get an I grade or?

D I got an F.

H You got an F.

D Someone else got an I grade, that's why she's repeating it.

H So you get to repeat it?

D Ya. I did grand in the other exams, so it would be good if I could bring that up.

H Well how is it in terms of worrying about it?

D Well I know I'm not going to have that much of a good weekend like you know what I mean, that's sort of, I'm not that stressed about it like. I like, I think I will be OK in the end, so. The big thing that's on my mind is that today at 12 o'clock we have to hand in, we have to do this project thing and we had to have four people in a group and we had to have this firm that we had to do this marketing

13/13 project on and there's only three of us, **and the other two boys like I don't really get on with,** I never really talk to them. I just ended up, like, they came after me for this, to do this with them and there was supposed to be this other guy that I would talk to, so I'd be in the group with him and I'd stick with him doing it, but now he's dropped out because he doesn't want to be with the other two either, so I'm stuck with them now. So I don't know, if there's only three of us, I don't know what your man is going to say, so, and they don't know what to do for the project like so, that's probably annoying me more at the moment, more than the exam itself.

H So how are you going to handle that?

D I just have to sort of bear it. They say they are going to try and get someone else now to bring it to four, and then we just have to think of something to do and just grin and bear it you know. I won't enjoy being with them while we're doing it.

H And how is that going to be, not enjoying it?

D It will probably annoy me, I mean, I won't sort of get angry with them or scream at them or anything, but I'll just sort of sit there and say nothing.

H So what are you going to do with all your annoyance?

D Just keep it in and just, go out with guys that I do get on with and sort of slag them, slag those guys that are doing the project with me and sort of get rid of it that way.

H How did the other guy get out of it and you didn't?



D See they didn't even ask him, he was away, and he just came back today, so they just assumed that seeing as he wasn't with anyone else that he would come in with us, but they never said that to me, they just said that he said he would be in it. So then he came around and I said, I hear you're in our group, and he just said no way, I'm not

ND/ND going in with ye, and he just went off. So it was **too late then for me to sort of pull out** too, **because then they'd be really stuck**, so I stayed there.

H So you're staying there because they're really stuck?

D Well I mean, he said at least four people in the group, he wants maybe six, six would be better he thought. I mean there's only three of us now.

H What if you all find other groups?

D Well I mean they have to at 12 o'clock, to know, and like there's only us and then there's all first years and we don't know the first years.

H So you've got to grin

D Grin and bear it like for the seven weeks.

H So how is that going to be?

D Like I'll only worry about it when I have to actually go off and do

ND/ND the project with them. **When I'm not with them I won't worry about it,** I'll just try and do what I can myself in the project and just make sure that that gets into it. I don't know if they're going to work on it at all. I don't know what they're like working, so I'll just make sure that I do my part good and just put it in and just pray that they do theirs.

H How is this going to affect you?

D I don't know. It doesn't, I heard that the projects aren't marked that hard anyway and like its only 30% of the whole exam, so it

ND/ND **doesn't really bother me** like that much really, it isn't really a major one really .....greatly affect the QCA in the end. Its just something, its just the biggest worry on my mind right now like, but it isn't really that much.

H Well would you feel that its going to be with you for the next 7 weeks.

D Ya I mean it will be hanging over me that I have to go off with them every now and then, because they do really annoy me. They annoy everyone in the class, well one guy he just came back, he's repeating second year, from third year, so no one knows him, but what we've seen of him, things weren't too ..... and then the other guy is just a pain like totally. So I definitely won't get on with them like and we won't be much of a team sort of thing.

H And how did you end up with these guys?

D They came after me because the two of them were stuck, because the two of them had noone else and I hadn't really bothered about getting into groups, you know I thought I'd get in just like on the Thursday because its only like an outline that we had to bring in today and nothing much. They just kept on chasing me and saying join the group, so in the end I said OK, because they said the other guy was in it, so.

H So that's causing you stress?

D Ya

H And that causes you stress?

D Ya. Not that much like, in this case like, but in other cases it would.

H So I'll just have a look through here to see if there's anything in here. OK the only thing you really rated high was taking a test in class, is there something in the test that's come up?

D Ya,

H So that's bothering you now?

D Ya

H And then you have the whole bunch which like studying for a test,

7/7 completing written assignments, **motivating myself for class.**

D Just all this stuff we've just been talking about.

H Well what's that like, having difficulty motivating yourself?

D **I used to** be able to do it back **in first year,** I had no problem

7/7 working and that but since second year started like, I think its from after I started work **I just couldn't get going anymore,** and I still can't.

H So you feel the actual pressure, the stress of work?

D The stress of work ya and **I** just **got so tired** like you know. I also

7/7 used to always feel tired, wrecked. **I used to** just be able to **punish myself** before, like you have to do this, and I'd do it. But **now** like half the time **I just don't care,** I don't know. Like back in first year too it was all new here and I thought the course was great and that and I really wanted to do this and now the more I get into it, I don't sort of like bits of what we're doing and I just don't care.

H What's the subject?

D Production Management. There are times like I just don't care anymore, I mean you really have to do something, you have to study this and everyone else is studying it and I'm just sitting there like because I didn't really want to, and I usen't be like that before, I used do it.

H And is that related to the work, tiredness or do you feel there is something else there?

D Maybe the work did have some effect but it wasn't the whole thing, I think. What the rest of it was I'm not sure. I think a lot of it

4/4 was **just getting disillusioned at the course.** I wasn't happy here and its OK now, a bit, its a bit better than it was the last term.

H What is it you weren't happy with?

D Just being here, I didn't want to be here, I wanted to go away and do something else, I didn't think this was right for me.

H This place or the subject you're doing?

D Everything, I just wanted to go to the Art College or something.

H Did you feel you were running away or is it something you really wanted to do?

D Well I knew there was something about it, I wanted to go to the Art College before I came here, but then **everyone told me that I'd have**

41/41 **to go here you know,** because **I** did **get good results** in exams

and stuff **and people said that I'm too clever to go there like,** go to the college like so what can you do?

H And how are you feeling now?

4/4 D **I wish I had gone to the Art College.**

H Still?

D Ya. Like my brother is in the Art College and like just last term like I got to know a lot of people there, I just met them one night and I got friends with some of them and they really have a good time compared to what we have up here.

H And what's the difference?

D Well, here like its all study and you know you're just sitting around the canteen for half the day doing nothing, and its **just terribly**

4/4 **boring** and any work you have to do is **just all reading things that mean nothing to you anyway,** whereas if you're in the Art College I mean you do things you really want to do you know, you draw, you sculptor some fashion you could really be into. I mean all these people were really into what they were doing, they were really enjoying it like.

H So you feel they're always enjoying it or?

D Well they seem to be ya, a lot more than people out here. I mean **I**

4/4 **don't know anyone who actually enjoys what they do out here,** actually finds it really interesting. Well the guys, there might be some guys into cars, so I think like *****tech, working down in the labs with all the machines, I think that's great, but I mean most of us, its all boring, its just something that we do to get a degree at the end, its not.

H So that's what you're saying you do?

D Ya basically, I'm just here to get out at the end.

H And how many more years do you have?

D Two

H So how are you about that, is that causing you stress? that you don't really want to be here?

D Ya, like I got good enough results last term at the exam so that sort of cheered me up a bit you know, maybe it is OK out here a bit, because it was really coming up to the exams like that I thought you know I'm not going to do well in these and you know you just turn against everything, but now I started coming around, but I still am not mad about being here.

H So is that causing you stress, that you feel you could be better somewhere else?

D Ya it is. I mean I don't get really down about it like, really depressed, but it is ya. I would be much better somewhere else.

H So how is that for you, not so happy?

4/4 D **Well it annoys me.** Its sort of like what I said before about **not doing something and being angry at yourself afterwards** like, its the same like I could have gone to the Art College but no, **I'm here and**

4/4 **I'm thinking I should have gone there so.**

H OK

D Like with the parents too, they, I mean I couldn't sort of drop out of here now and go off to the Art College because they'd just freak like.

H And how is that for you?

D Well I mean they wouldn't get, they'd just tell me I'm wasting my life like and **I don't want to do that to them because I was** really

41/41 like **the only one in the family** that was really sort of **thought to be really clever.** All the rest of them like, the older brother he's just into Art and he didn't do anything academic like, so I mean.

H He's not clever?

D He is clever, they're all clever, except that they didn't do the work. Like the older brother was mad at the drawing so he just left everything else, but I mean if he had to do it and he would have done good at it, its just he kept to the drawing and now I have a younger brother who's in a band and he just plays with the band all the time and he is intelligent like, I mean all the teachers say he's intelligent, but he just stays with the band and is sort of ignoring it. Whereas I just kept studying all the time, I hadn't really anything else of interest. So they think its great, me being out here, I mean, they tell people that I was out here before they tell them that I had an older brother in the Art College, so they think

41/41 this is sort of better. So I think **it would really kill them if I left here,** they'd really think I was wasting my life. Like this to them is brilliant, to be in a college and to get a good job afterwards, that's what life is all about like. And they go on to my brother then like, he's not going to get a living out of Art College.

H And how is that for you?

D I mean I disagree with them, I think going to the Art College, I think it will be good afterwards at least he'll be happy.

H So is that putting pressure on you, that you're still kind of here because you're the one that stayed with the books?

D Ya. It all sort of just adds up. There not major pressures, they're just small ones and they just add up to a big one. When you just put them together they all add up.

H One big pressure. So what's the biggest hassle? Is it that you don't want to be here?

D Ya I suppose ya.

H And you're not doing anything about it?

D True I suppose. That's probably the one that's really sort of

4/39 annoying me is that **I'm not doing anything about it.** I think I should be, but I don't know, I don't think I'm up to it.

H You're not up to it?

D Actually taking the step of actually leaving here.

H And what's that like not being up to it?

D Well like I don't know many guys who would, if they were in this college, I don't know many guys who would like leave it, they'd think its a waste. Like I am afraid too that if I did leave it and if I went off and did something else then I might do bad there like you know and you know I might actually make a mistake in leaving, so that

39/39 keeps me here. I'm sort of half in between, **sort of wanting to go but pulling myself back too.**

H So you stay with the pressure?

D Ya. Basically live with it.

H And how is that like?

D Its OK. Its not great like, I'm not enjoying it like.

H And how is it OK?

4/4 D I don't know, **I just bear it** like you know and its just something I have to do.

H Is that what life is all about for you? Get out of it?

D Its silly really in a way, like you wish it wasn't. That's just with the college, like outside its OK. Its grand. Most of the time.

H Most of the time, when you're not working? OK for the social you have 9 here for maintaining friendships?

D Oh ya. That's girls. Like there's two girls and there's one and I

ND/22 see her all the time but we don't, like **I really like her you know.** Like we sort of went out on dates a few times and then like I had exams and I don't know and we had holidays or something and it was just ages before we met again, so now like I see her any night I go out now she's out and we just sort of pass and just say hi and that and like nothing happens, we don't really chat and I'd really like to get back to the way it was before, like you know, but I don't know. She's gone away now, she's on holidays, so I won't see her.

H Is she in the University here?

D She's in the Art College, so I don't know, I think that's gone, but I would like to still, just get on a level of just talking to her you

ND/22 know, **just being friends with her.** When it was just ********** I feel that the week end before that it was because I mean I'd see her out at a pub and you'd be sitting down and she's just sitting over there and like a few weeks before that we'd be having mad chats and like she was talking with her friends and she was talking with her friends and we weren't really talking and there was no real reason why we weren't.

H So how do you stop yourself from going over to her?

D I don't know you see that's what's annoying me, I don't know I didn't feel right.

H What doesn't feel right.

D I don't know, everynight I say her too it was just me and this other friend I have you know and I didn't want to sort of leave him you know and have to go over to her, because he'd be sitting down, because we go to a pub where we don't really know many of the people there and so he'd be sitting on his own while I'd be talking to her, so I kept on sitting with him, so its chickening out in a way sitting with him. There's this other girl too that I like and like I never see her at all but when I do you know we sort of talk for an hour you know and have a great chat and she's always there now we'll have to go out, you know, call down to the house and all this, but I never see her then. I mean the last time I saw her was about three weeks ago.

H How come?

D I don't know, I mean she's in the college somewhere, she works or she's on Co-Op.

H But where's her house?

D I don't know, she gave me some address but I'd never heard of it, but she said she'd show me or something.

H So how could you get her address? I mean it sounds like you don't want her to get away. You make sure you don't do

something, and then you kick yourself in the ass for not doing it.

D Exactly

H I mean is there a noticeboard up there, up stairs

D Ya but what am I suppose to do, leave a note for her?

H I don't know. What would happen if you left a note for her?

D I don't know, that would be stupid. I don't know.

H You want to try, whyever not?

D Ya but I mean, putting a note up on a notice board, you're making a really big deal out of it, I mean that's sort of like putting a note like, it means I really have to see you sort of thing, I mean as far as she's concerned we could be just friends, I mean.

H Is that all you want?

D Well I suppose not no.

H What do you want?

D No I don't I suppose. I suppose a bit more. I think we do get along well when we're talking.

H What do you want?

D I don't know.

H It sounds like you do know, it sounds like you just don't want to do it.

D Maybe.

H What's the fear? I mean it sounds like anxiety, if you put a note up?

D I'm not the sort of person that goes around putting notes up on boards anyway - I wouldn't do it anyway.

H The type of person who goes around kicking yourself in the ass if you didn't put a notice up on the board.

D Ya I suppose.

H Your kicking yourself in the ass if you didn't study for the exam. Your kicking yourself in the ass for not making the move that you'd like.

D True. I'll just wait until the next time I see her and then talk to her, I'd say the next time we see each other we will say something. We were talking about it the last time, like she doesn't know I'm in here and all my friends are going away on Co-Op, so I'll be here on my own here too, so we said we'd meet like.

H So hopefully maybe something will happen.

D Something when I see her ya.

H And not seeing her I suppose is an anxiety too?

D Ya

H Well a little bit.

D Ya I would like to see her

H And, so what's that like, not seeing her?

D I don't know, like the girl before that, the girl that I was, really I would prefer to be with her than with this other girl, but I mean I think its sort of I can't see anything more happening with that girl.

H And you're going to just sit with your friend and not say a word?

D Ya, but I think anyway its just all died anyway so.

H You feel its dead?

D Ya, I suppose. I don't want it to be, but I think it is.

H And what would happen if you checked it out?

14/14 D I don't know, nothing much. I suppose I'm just afraid that she'd sort of say, no I don't want to sort of get involved or

be your friend or anything like you know, rejection.

H Would it be any worse than what you're thinking now?

D No, I know that too, but its just its sort of better to be just as I am now than to go through with it and then be the same as I am now.

H Right. So you'll live with the anxiety of not knowing.

D Ya, as always.

H As always? So its like always?

D Ya.

H The biggest one you have here is lack of assertiveness ******** from what I believe?

D Its just I sort of thought that was tied in with that sort of thing.

H So it basically is the same thing that eh?

37/14 D **I don't sort of talk when I think I should you know.**

H What's that like for yourself? What stops you?

14/14 D What stops me? I don't know, **no confidence or something.**

H And what's the no confidence about?

D I don't know its just me.

H And what's me?

D I don't know

H Well what do you think?

D Its just something that's just there, its always been there.

H Well what's the thing that's always been there?

D I don't know just the fear of just going out and just doing something or saying something that you really want to do but then you think, ya

14/14 I suppose. It is a fear I suppose, **a fear that you just go out and you get thrown back, so you just stay where you are.**

H You stay there? And what's the fear? What are you afraid of?

8/8 D Being hurt I suppose, **being rejected** or looking stupid or being lost and you're thinking I'm just sitting here and noone's bothering me so I'll just stay here you know, just bother myself like.

H So what's the fear of being laughed at?

D Its not very enjoyable being laughed at like. I mean I know like 10 minutes after ********** I mean its not something I try and avoid, its not that.

H So is it something that keeps you anxious that you're being laughed at or look foolish?

D Ya I suppose ya. It stops you from doing things.

H Like?

D Like going over to the girl and talking to her or something.

H I think you have lack of self-motivation and self-confidence and

D Ya the same thing.

H Another thing you have here, which is not very high, is conflict between parents views and my own. Is that to do with the wrong college or?

D What number is it?

H You have a 6 on it - its conflict between parents, rows, barriers and my own? Are you having problems with that?

D Just sort of fierce sort of religious. Like they're in a choir and that you know and they spend half their time down in the church, especially like now at Easter, they're always down at practice and masses over the weekend and stuff and like I don't even go to mass like and

****

D No. I just like, half seven on a Sunday evening, you know, I know they're going to come in in a minute and tell me like why aren't I down at mass or ask me like sometimes, I think they're kind of used to it now.

H So what do they do? What happens when you know?

D I don't know. Like they used to say it like a few months ago. Like I only stopped a few months and at the start they'd come in and say why weren't you at the mass and I'd say I forgot. They'd just sort of let it there, like or make sure you go next week. But I mean then they sort of realized that I wasn't going at all like, so they just let it, but just last week my ma brought it up again with Easter and she said like you have to start going to mass now, its a mortal sin and it doesn't bother me. It just bothers me for the one minute she says it you know like you just tell her go away and you must be joking me.

H So that doesn't cause you any anxiety?

D Not really no, I mean I don't really think of it religiously, I'm not really worried about what God's going to think or anything.

H So there's no pressure on you?

D No, its just on a Sunday evening you know when they think you're going to mass and you have no intention of going.

H So you stay with your belief and say back off?

D Ah well I don't like

H OK and its no hassle?

D No.

H So what's the difference between that and going over and telling the girl what you feel?

D Because I suppose that's with my parents and I suppose I'm not really bothered what they think like, because eh, with the girl its different.

H What's the difference?

D I don't know. I don't think I could get her, like the parents wouldn't say anything like hurting you, but she might, like she mightn't mean to say it but she might just say listen I don't want to talk to you or I don't want to be with you like and that might hurt you, because you might want to be with her.

H So that might be hurtful?

D Ya, but with the parents it just doesn't bother you at all, it doesn't mean anything.

H So in the one instance you feel OK and what they say isn't going to bother you or hurt you.

D Ya it doesn't affect me what they think.

H And the fact that that doesn't affect you, so you can carry on and do what you like?

D Ya. They don't give as much hassle anyway the parents like, they're grand like.

H And you were saying earlier though on the other side of that with parents was that if you went to the Art College?

D Ya. That's the only thing like, the education. They just think its such a waste like, to have gone so far and then to turn back like, they wouldn't like it, but with everything else besides that they're grand.

H OK, well I think I'll finish with that. Do you have any questions of your own?

D No

H Anything you want to say to me or?

D No

H Any new insights for yourself

D I suppose I knew it all already, I just hadn't said it out loud.

H Well I mean, you seem to have gotten yourself into a hollow state in the sense that (and maybe its no big deal), but you constantly think well decide well this is what I'd like to do and never do it and then you kick yourself in the ass and get angry with yourself for not doing it. I mean what comes to me is how can you just try to do little things for yourself and see what maybe, it might not turn out quite as bad. I mean it can't turn out any worse?

1/1	V	**Its disappointing** really, because like even **in** secondary **school I was always trying to push myself to be on** top and to be in the top part of the class or whatever.
	D	What's that about?
	V	I don't know ..... its just a part of myself like I've always been like that like, even from primary school ..... always wanted to be up there like you know
	D	And do you ever get up there?
	V	Well I used to ya, but since I came into this place I don't seem to
1/41		have, I seem to be **disappointed in myself** as well, disappointed that
41/41		I'm **disappointing my parents** kind of thing, you know that kind of way, because when I came into college I kind of said you know I'll get my honours degree like or whatever and ...
	D	Its not working out as easy?
	V	.. and its not working out as easy, ya exactly
	D	And you feel you're disappointing yourself and you're letting down your parents?
	V	Ya probably
	D	What's that like for you, what's the stress in that for you?
1/1	V	I don't know, I suppose **just wanting to please myself**
	D	And to please them?
	V	And to please them ya .. that would be about it
	D	And right now do you feel that you're pleasing yourself?
	V	No
	D	You're not happy with the way things are at the moment
1/1	V	No, **I'd like to see my QCA going up a bit like**
	D	And if it doesn't?
1/1	V	If it doesn't, I'll just have to leave it and **settle for a pass degree**
	D	Right, and what's that like? Right now I mean, having a pass degree, how does that strike you?
6/6	V	The first thing I think of is **kind of jobs** like because you see jobs and they all want honours degrees, you know, you kind of think **will I get a job** and kind of thing, you see people with pass degrees getting really really good jobs and then you kind of say to yourself like will you get it or whatever, you know.
	D	So you wonder if you'll get a job if you only have a pass degree
	V	Ya
	D	That would be your worry, right now that would be a stress for you at the moment, if I only get a pass degree?
	V	Ya I suppose, its lurking behind there somewhere, you know
	D	Do you feel under pressure right now?
	V	At the moment, no, not really
	D	You don't feel there's huge demands being put on you right now
	V	Not really, maybe next week when I start working, but at the moment
ND/ND		no, I'm kind of **taking things fairly easy,** just going to lectures and tutorials and doing my notes and maybe doing one or two readings or whatever during the day, you know
	D	So as regards to stress at the moment, what would you see as being stressful for you at the moment - anything else in terms of academic or outside academic stuff that are stressful for you at the moment?

V At the moment trying to figure out how I would tell my father I want

ND/ND to go to **America for my Co-Op,** because I have an offer of a job in New York for 6 months and I'm just kind of wondering how am I going to tell him, its a thing that is in the front of my mind at the moment, besides everything else, besides study and everything else.

D Right now, OK.. so what's the stress in that, what's the difficulty in that?

V Actually telling him

D I'm just wondering you know in terms of facing him or, what's the difficulty there for you?

43/43 V **I don't really get on with him.**

D Don't You?

43/43 V **He's a very hard man to get on with** like, you know, he always has been and he always will be you know that kind of way like, and I don't know how he will react to it.

D How might he react?

43/43 V **He could get very angry,** he could start yelling, he could do anything, he's liable to do anything like, I wouldn't put anything past him.

D So the stress in that for you is waiting for his reaction, or wondering what his reaction would be?

V That would be it ya

D And the fear in that for you is that he could get angry..... what's the worst he could do?

ND/ND V **Get drunk,** could be ya, I don't know whether it would be that bad, I don't know whether he would take it out on everyone else at home, I don't know like I don't know how he would react. Well at the moment its easier, before I usen't get on with him at all like, you know, at the moment like, he's not the kind of person you could approach and

43/43 tell him anything, you know that kind of a way ... **I'd tell my mother anything** and I mean she's always be the first to know everything like, he'd always be the last to know things and you know, we have probably all done things that he doesn't know about you know, even going away for weekends like you know, you'd tell him you're going one place and you're going another, I mean you couldn't tell him that

44/44 because **he sees things his own way** and his way is right, that kind of a way and he doesn't see any other point of view like. I don't know whether, you know I can always point out the advantages of Co-Op in America and say it would be a great experience and it would look good on my CV and it would be good for myself to go abroad or whatever, but I mean he could think of it like well, how are you going to finance yourself and what's the accommodation like or you could get killed or murdered or kidnaped over there like, he wouldn't think of the positive benefits.

D And he wouldn't sit down and talk to you about it?

43/43 V **No you can't talk to him,** you know when he has his own ideas you just can't talk to him like.

D Can you talk to your mum?

43/43 V Can I talk to my mum? Ya, **Mum is great** like you know, **as long as she thinks your fairly safe and you keep in contact** every week or whatever like, she'll be grand like.

D And what's it like for you having a dad that you can't communicate with, does that bother you or ?

V Em... I don't know whether it bothers me a lot of the time .... it would be nice to get on with him better like

D Its bothering you now because you have to go and tell him about New York, but I mean other than that does it bother you?

43/43 V No not really, at this stage **I just don't take any heed of him anymore,** you know that kind of way, like at one stage you used kind of listen to everything he'd say and I used to presume everything was right, but then I kind of realized that you know, I shouldn't be

43/43 listening to him all the time, so **I don't listen to him much of the time,** I just let him off. I mean, its not a real stress kind of case or whatever like, before it used to be you know

D Know what's your attitude?

V I'm just not bothered by him anymore, I'm just gone past that phase like

D **He doesn't upset you?**

V **No not really**

43/43 D Except when you have to confront him?

V Except **when I have to confront him, ya,** that would be about it ya.

D So is there anything else going on for you at the moment?

V No that's it, that's the main thing at the moment, there isn't much else really going on

D Do you feel that you're coping well at the moment?

V Ya, I think so ya

D And are you optimistic about ....

V I suppose after this weekend when I kind of tell my father, it will be kind of grand then like, but em...

D Do you feel in control of the situation, do you feel in control of yourself

V Ya

D Just looking in other areas, you've talked a little bit about home and college, I mean socially ... any particular demands or pressures socially?

V No not really

D Have you friends?

11/11 V I have, **I have too many at times** I think ya, but there's nothing wrong, even when I was filling out the questionnaire there's nothing even on the social thing like, there's nothing that I could point out and say ya, that caused stress, it hasn't ..

D Just to see the different areas ..... looking back, maybe its no harm to see what happened last term, in exam week last term, looking back now what do you think was happening?

V I don't know

D What kind of things went wrong for you, if anything did

V I think the thing was after I did the first term I said well Vera you better sit down and you better study and I mean I studied like, I mean, I'd never studied that hard like in the college before, I mean I had my essays and everything done up in time and whatever and I was studying, definitely from week 7 anyhow, before that it was kind of assignments and stuff like, but I used to go and I actually sat down and I actually studied the stuff, and it came to a stage where I'd

7/2 look at stuff and **I'd really panic if I never even recognized** it or if there was readings I hadn't done and I'd say Oh flip, what will I do now that I haven't got them done and I thought I was prepared, I thought I was really well prepared for my Stats exam, which was my first exam, I was expecting at least a B from that you know

D Sorry your what

V My Stats ..... but I thought I was prepared for my Stats and I went

7/7 into my **Stats exam then and I paniced through** that and that was on the Friday and then I had Saturday and Sunday for my Economics and I mean I knew my Economics, it was stuff that we kind of covered before but this time it was a more detailed and I had all the readings done

7/ND and everything like, but I was there Sunday night and **I was really panicing** and I was saying oh flip I don't know it, how am I going to answer the questions tomorrow and I think I was just so keyed up on the Monday then for that, I think that's what affected my exams

D I mean at the moment, right now that doesn't seem to be an issue for you, there doesn't seem to be any panic there for you right now?

V No not yet

D OK fine, what I'd like to do is come back in a few weeks time and meet with you and just see how you're getting on and see what the progress is like, I mean that's all ... I mean do you feel from just talking now that we've touched on what's going on for you at the moment, that there's nothing that we've missed out on

V Ya I'd say so

D Do you feel we've got some understanding of what it's like for you?

V Ya

D What's going on for you at the moment, how are you?

V At the moment I'm fine now because em, during the week now there's a lot of things on. On Monday I had this lab presentation and Tuesday I had a Stats exam and Wednesday I had my repeat Economics and they all went fine like, I feel grand now that they're all over with.

7/7 **Last weekend I was kind of panicing like, do I know enough like,** or what will happen in the presentation, but it all went fine like, I was really surprised, especially the economics I was really surprised, because I went in and I said oh flip do I know anything like? But when I went in and starting writing it was fine like you

7/ND know, and I **came out and I just felt so relieved.** Everything like, at the moment its fine like

D Right, you're pretty relieved to have it all over

V Yes, especially the Economics, because that was kind of hanging over me since I came back, so I was delighted to have it over with, besides that everything else is fine.

D Right, any particular pressures at the moment, stresses?

V No everything is fine at the moment, everything is going so well, I'm beginning to wonder what's going to happen like you know, ah its fine even since the last time I went home and told my dad about going to

ND/ND America like **and I was totally stunned by his reaction** .... he said off you go

D That was bothering you the last time.

V Ya that was really bothering me the last time, and I mean that weekend I went home and I was all weekend there how will I tell him, when will I tell him that kind of thing. So Monday morning came and I still hadn't told him and usually I come in to college here on the 8 o'clock bus, but I hung on and I said I'd go on the 10 o'clock bus and there would be nobody else in the house and I'd get him on his own you know. So I went and I kind of told him and I was really surprised by his reaction - you know, I really really was like you know, he said fine you're a big girl now and off with you! I was totally surprised, really stunned me, he really did.

D What did you learn from that?

ND/ND V That you **can't really judge peoples reactions to things** like you know, I thought like

D Particularly your parents?

V Particularly dad like, he's very unpredictable like, but ever since like he's just asked me have I applied for my passport and my visa and he told me to go and arrange my loan and I mean you know, totally .... God I'm never going to kind of say well this person is going to react like such and such like, cause you can never really predict like ... you know you never know, I mean that was fine, I was delighted I mean, you know I was really delighted when I had that over with, but it was fine.

D OK if you were to look at it now compared to this time last term, what do you see as being the significant difference between now and last term we'll say or at the end of last term .... being not stressed now compared to then?

V I think I was much more, **I was putting myself under too much pressure**

1/1 **last term** like, whereas this term **I'm much more relaxed and much more positive attitude.** I suppose this time last term I was saying to myself, I have to pull up my grades, whereas at this stage I'm just

1/1 **saying I'm going to do the best I can in my exams** like, in that respect the body-mind is very good because even with the economics I kind of went in with a positive kind of thing - I said well anything is better than an F on my transcript you know, I have to improve like, it can't get an F like, it can't get worse like, so in that respect I'm much better this term, I'm much more relaxed and much more kind of positive thinking like.

D So what is your attitude like at the moment? What is your attitude to here at the moment?

V At the moment I'm just **relaxed,** I'm just going to say well I'm going

1/1 to get my study done and for that **I'll do as best as I can** in my exams and that will just have to be good enough and if I don't get my honours degree well you know, as long as I pass I don't mind

D Is there any specific stresses that stand out for you at the moment, anything in particular that's stressful at the moment.

V No not really. Well I have two essays now to hand up for week

nine and week ten and I suppose that's the only kind of thing that I'm aiming for to get them out of the way and start studying. But I wouldn't really say there's that much stress involved, its just having to get them done and out of the way like, so I intend to do that next week ... so hopefully I'll have week eight and week nine left to study then, you know. So that's all really like I mean there's nothing else really.

D So there's no particular problem so. I just want to see here some specific things ..... its grand, I mean the thing is you're coping, you're happy enough with how things are. Academically you said about the way things are, maybe if I had met you Monday it would have been different, I don't know

V It would have been, you know with everything coming up like you know, but it was fine. Even with the class presentation I was there oh how am I going to deal with this like and everything, but like there was three of us in the group and I was first to start off, **but once I was**

ND/38 **actually up there and talking, I knew what I was talking about, I had it prepared** and I knew that I was able to talk about what I wanted and I had my overheads and everything ready like so once I just got up there, I mean I was fine after that you know so that was grand.

D So what do you feel is contributing, what else is contributing. I mean your attitude is obviously more positive to here, is there anything else that is contributing to your general well being at the moment do you feel?

V I don't know. I suppose maybe even going to the body-mind and study skills I suppose has helped and put everything into prospective. Last term all I could think of was exams and whether I was going to do well or whatever like. Whereas this term its much better like you know, but besides, I suppose maybe just the situation that I had my Co-Op arranged and that I'm **going over** to **America** for 6 months and looking forward to that and ...

ND/ND D Very well planned

V Ya and its all **very well planned** and there are a lot of people going from the college or whatever like, so I mean I suppose I mean that is as well and I suppose seeing everything is grand at home as well like, you know.

D And socially how are things for you at the moment?

V Fine, no problem there like

D Are you out mixing and enjoying yourself with plenty friends?

V Ya exactly, that has always been fine like you know

D So you don't have any problems

V No not really

D OK Fine. Its great, I'm delighted things are going well for you. Is there anything else you'd like to add to that at the moment, in terms of good or bad or ... about what's going on for you at the moment?

V No I don't think so, that's about it.

D We've kind of covered what its like for you at the moment. So in one short statement how would you sum up how things are at the moment what would you say.

V In a short statement? There fine. Short and sweet, there grand.

D Fine

D All I want to do is go through the same process as we've done

before to see what's going on for you at the moment and if you can describe what its like at the moment.

V Well em, I have my first exam tomorrow. I have Personal and I was sort of reading it for the first time last night, but em we only have two classes so its all **just a process of just sitting down and**

7/7 **learning it,** so I had to do that today. But like I'm not panicky or anything about it like, but **my Stats exam next week will be the most problem** like.

D Why?

V **I'm not really that worried** really like, plus the fact I'm going out

7/7 on Co-Op - **I don't care anyhow,** you know as long as I pass, I don't mind at this stage you know and I'm not really panicing or anything

ND/7 like - **I'm just going to take things as they come.** I have my notes, I'm just going to sit down and learn them.

D So what's your attitude at the moment? What would you say is your attitude towards the exams is?

V I'm just going to do them as they come, you know, I mean last term I did panic, I mean all I thought about was the exams, but this time I'm just going to say **well they're only exams** and you know

ND/7 D Compare last term with this term, what would you see as being the difference in your attitude?

V **I'm much calmer,** you know I really am as much ..... kind of a better approach to it ... last term like all I worried about was the exams like - if you talked to me in week ten all I talked about was the

ND/7 exams, at this stage like **I can see other things, I can do other things, apart from just concentrating on exams you know,** because when you do that you only hype yourself up, and its others that are keeping you from the library in this place its absolutely pandemonium at the moment, going around searching for desks and people talking and **people getting all panicky** like. It does affect you after a while like. I mean I was in the library all last term in week ten

4/4 and week eleven when I was studying up to my exam, but you could actually **go into the library and you could actually feel the panic** you know that kind of a way. So I'm just studying in the house and just coming down for lectures, but I think they've all finished at this stage, so I just stay up in the house at this stage.

D Does that work for you?

V Oh ya, its much better, because the other four girls in the house, two girls are studying at the moment, they're doing exams as well in Thomond. They're swotting up in their rooms and then Maureen and Anne are swotting in the sitting room, so I stick myself into the kitchen and I'm there on my own at the table, so I have to study,

7/7 there's no other way, **I have to study. And its really quiet as well** and its really perfect studying up there, because you can get a load done. Even during the term I used to spend some time up there. I finished an essay in one day up there like at that stage, you know if I had been down here it would have been going on for two or three days, but its fine now, that's about it.

D So that's whats going on. So how would you describe the stress or if there is any stress there at the moment for you?

1/1 V I don't know that there is any real stress - **just to do the best I can,** just to study as hard as I can, and do the best I can for my exams. Other than that there's no real stress like.

D And are you fairly optimistic, or confident?

V Ya fairly optimistic like you know. I only have two 100% exams, we've done course work up all along and I've handed all them in.

1/1 **I've done the best I can with them.** I know I have actually worked since I came in this term and I haven't really dossed at all like, so in that sense I'm not really panicing, but its just the two 100% exams that would be the most worrying if there was any worry at all like, because everything depends on that exam, whereas with the Stats and the Personnel we already have 30% and 40% done on that, which counts for a lot like, I suppose just to do the best I can.

D Where are you QCA wise?

V Well I'm 2.07 but that should increase because I repeated my Economics in week 6. That should go up itself like before these exams and I don't think they've been corrected yet, which is miserable. I'd like to know how I did in that you know.

D And do you feel you're coping well at the moment, you're in control?

V Ya

D Good. Well apart from the academic stuff is there anything else at the moment that's of concern for you.

V No. There isn't anything. Just waiting for my birth cert. to come back from England and they refuse to send it to me.

D What's that about?

V Because the first time I sent away .... I sent away a few weeks ago asking for a birth cert. and of course, Vera didn't put in any money like. So they sent back an application form and I had to send that away and fill it up and I had to send away a postal order, but I sent an Irish postal order instead of a Sterling draft, so they sent that back to me yesterday, so I have to go and try and cash that now and try and get a Sterling Draft, and then send it over and then hopefully they'll send the birth cert. And then I have to get my passport.

D Were you born in England you were?

V I was, unfortunately if I had been born here it would have been a lot handier, I was born in Chester, somewhere around there. But we came back when I was about 6 months - so I'm as Irish as the rest you know.

D Anything else, that you like to say about what's going on for you at the moment?

V No I think that's it.

D You seem to be in fairly good form.

V Ya

D Just look through here, very little

V Ya, I didn't really identify with anything that much.

D Would you say that the courses have been of help to you or?

V The Study Skills has and the Body-Mind was when I actually went - it was now actually ya. I must say the Study Skills

was good, I wish I had done it in First Year, it would have been very good, especially the trial planing. That was very good and even just going to it just puts things in perspective, reading more than anything else like, you don't feel like you're isolated in a big University, everyone else is kind of studying as well like, but it was very good now like, I must say.

D You're certainly better than compared to when I met you this time last term.

V Ya, wait until next week, no I'm only joking.

D I won't be here next week so ..... I'll have someone else coming in instead to look after ye. Right anything else you'd like to add?

V No

D Will we leave it at that for the time being ?

V Ya

D Thank you very much for your cooperation. I feel you participated during the term, you got involved in the different courses, I don't know. How did you find this interviewing thing?

V It was grand

D Were you uncomfortable about it or anything?

V No, I do it up in the canteen anyway.

D Fair enough we'll leave it there. May I wish you well in the exams.

Interview 1

D Our session is to have a conversation with you
M mmm
D for whatever length of time to just try to get some understanding right now what's going on for you, what you're experiencing at the moment, it's pressure, if there's demands at present what they are and to just explore them a little bit, that's all really, just to see what's going on for you. So without even going in to that just hand it over to you and just see I mean what you see at the moment as being the current kinds of, what's going on for you at the moment?
M Am there's one thing that surprised me, I got my first D+ in a test
D Right
M Normally I'm fairly high up, my Q.C.A. is up in the high three's you know
D Right
M and it actually surprised me the amount of stress it caused me
D Right
M I was actually thinking to myself this is stupid I should'nt be feeling like this and I felt very down
D Right, okay
M you know
D What's that been like?
M I couldn't understand it myself
D Well I mean right now if you just look at it for a while
M I'm not too bad now but I felt it Wednesday, Thursday
D Okay, and right now what are you feeling?
M not too bad now I feel a tiny bit xxx
D Ya what is it about getting a D+ that's a pressure for you?
M That's it I don't know you see I think its self-expectations.
D Okay what's that about? what's your expectation?
M (laugh) I think I'm a bit of perfectionist
D Mmm right
M trying to be good at everything
D Right so what's that about I mean that you need to be perfect?
M Mmm, ya that's the kind of human aspect of it
D Sure
M it's inside and I kind of say this is stupid, (laugh) you know
D Up here it's stupid
M Ya
D whereas down here you feel fuck it you know I should have done better
M Ya exactly
D Now what's that about for you, what is it about getting a B+ that's a pressure for you
M xxxxx (laugh)
D What does it mean for you to get a B+?
M Am,
D
M B+, grades are coming down, first time I haven't got a letter (laugh)
D Right, okay, academic probation. What's that like what does that mean to you?
M Nothing really, xxxxxxxx probation I'm well up there on xxxxx subjects
D Right, well there's something about it, I mean it seems to me like that,

it's like you've fallen in your standards or something

M Yes, ya, well I don't think I was prepared

D You weren't prepared xxxxxxxxx

M When I look back on it like.

D Okay, well right now how does that leave you feeling at the moment?

M accept it, that's all

D your accepting it?

M Ya

D Okay. Now what's this perfectionist part of you, what's that about? what's makes you perfect, or maybe that's a bit harsh I mean what do you understand by your perfectionism? your high standards, where does that come from?

M Am, it's only since I came here actually

D Really?

M Mmm, in school total opposite,

D Right

M you know, I didn't do an awful lot of work really, I don't know, wish to succeed I suppose

D Right, what's your wish? what is success to you?

M To do well I suppose.

D How well would be successful for you?

M Am, I guess I have them in first class I suppose

D and is that what your expecting of yourself? is anybody else expecting that of you?

M I don't think so no, just myself

D I was basically briefing you as to what the purpose of this was and all I really want to do is talk to you for 20 minutes or half an hour or whatever, to get some sense of what's going on for you right now, at the moment. What are the demands or pressures there for you right now, OK. So I'm going to hand it over to you ..

1/1 J Well **I put myself under an awful lot of pressure** because I do, I don't do it intentionally but last term I went down very badly **********a QCA of 1.1, so I must come back up again this term.

1/1 **I'd hope to get an honours degree.**

D Right now what's that like for you?

7/7 J Well studying now I find that **I find it very hard to remember things,** I suppose **I'm trying too hard** or I'm expecting too much from myself and I'm trying to make sure that I get a B in every subject this

1/1 term, so **I'm expecting** an awful **high standard** from myself, plus I

7/7 **know I'm capable of** getting it **but I** just **can't get organized** or whatever.

D OK so right now, what's the stress?

ND/1 J Its hard to define. I'm **under pressure all the time.**

D What's the pressure you're feeling at the moment?

1/1 J **Hard to get up in the morning, is it worth it,** another day?

D Is it worth it to work at all, or?

J Its really at times you **think I'll never pull up** again, a negative attitude and other times then I say, well I did very well today

D So at the moment what's it like?

J ********** I found it better to get up this morning

D OK and what's your attitude at the moment?

J Well see, I used to last year I used to come in, you see I'm living out in Loretto and I used to come in with a friend whose *******, he's moved in now so

D So that's a pressure to you, just having to get up to face

J Well its the getting on the bus and two or three people smoking and the smoke coming back.

D So that's a particular stress at the moment, what else is stressful for you at the moment?

2/2 J Well we have different **projects to finish,** and even though they're my strong subjects, compared to the others, trying to get the work done ********** and kind of get out of my study then. When I try to work on a project and do study at the same time, I can't do it - after I have the project done I try and do study

D So right now, what 's the pressure in that for you, having these projects?

2/2 J **Trying to force myself not to put too much time into them.** I love kind of working at a figure and to try to work on it and I keep telling myself, trying to convince myself that I don't have to put too much time into it, that I'm going to get it anyway.

D Right and what's your difficulty there in trying to stop yourself from putting too much time into it?

J If I stop myself too much, I'm afraid I'll go down, because everytime

1/1 I do a project **I do very well in it,** its the exams I've been

dropping. These are computer exams, exams in computers, even though

1/1 I always have computers with the programming and that, I **usually go down in the exam.**

D So the stress at the moment, in terms of your projects, is not so much that you do badly with them, but you do too much on them?

J Ya, OK you do so much and get full marks and do way above it and you can only still get the full grade.

D Sure I understand. And the stress or the difficulty in doing too much at it is what, what's the consequence of spending too much time?

7/7 J **Its a waste of time** really like, because you're going to go above a certain level and if you go beyond a certain level, its **just a waste of time,** because you have reached ..

D And what's your difficulty in wasting time, do you feel you could spend the time better?

J Ya that's the reality.

D Ya. I just want to go back to what the pressure for you at the moment is. Like you say you've done badly in your last term. Right now what kind of pressure do you feel under because of that?

J Well, I still want to get an honours degree and to, I was trying to kind of, asking other people who I heard of people coming up from 1.1 to go to 3.8.

D And what's your QCA? Overall its 1.1 at the moment?

J Ya

D OK and what year are you?

J Third year.

D And what did you finish up in part one on?

J 2.6, but I wasn't really, I'd been busy, working very hard for the first********, but getting back into study after Co-Op I didn't think would be so hard.

D Ya that's a common difficulty with people. The difficulty now for you though, or the stress is that you have a 1.1 and you want to get an honours degree. What is it about that that's stressful?

1/1 J First I **must get a B in everything**
********** and in computer subjects, I must get a B and B+ at least in them. *******
First of all I started learning the stuff, and when I go back on the stuff and I find I can't remember it and I suppose I'd like to remember it. So if I can't remember it over a week, I'm afraid that if it was nine, I'll have forgotten it and I have to keep to going over it every so often.

D So that to you is there's a gap there for you between what you are at and what you want to get. It may seem kind of obvious, but what is it about that, that's difficult, what is it about that that's stress for you?

J I ... it seems so difficult in my mind - the refuse that

D Like its almost like, I mightn't achieve it?

J Ya

D And would that be the stress then. Are you afraid that you mightn't get it?

J Ya

D And what would that mean to you if you didn't get the honours?

1/1 J Well, **I feel the course wouldn't be worthwhile if I didn't get honours.** I would be totally unpickable, **a pass would just be a waste of time.** Because when I was doing Leaving Cert. and the Inter Cert. in school, they were doing pass subjects in those exams and I went away thinking that if you don't do the honours.

D So you're no good or the degree is no good if you don't get honours?

1/1 J I'm no good, well **I'm no good.**

D That's an awful lot of pressure to be under, to be under the impression if you don't get to the honours, I'm no good?

J But at the moment it is and at least if I work away hard for the last term, I think I'll get it finished.

D Do you feel optimistic at the moment, do you feel, what's your attitude at the moment?

J I'm optimistic every second day, but

D Do you feel you're coping well at the moment?

J Ya, fairly well. Just that it comes out in such **********

D Do you see yourself getting honours?

J Well I definitely won't be on honours at the end of this term **********

D By the end of next year?

J I might be able to manage better than this term **********

Because last time I knew the stuff, just for exams I just couldn't

D And right now do you believe you'll get an honours?

J I don't know.

D OK we can come back to this, but I mean other areas, other particular demands or pressures on you right now, academically or else other particular concerns right now?

J Nothing else really, Its all concentration on difficult subjects and getting my work through at least this term. **********

D I'm just checking other areas, other particular pressures that are there for you at the moment?

J I don't really have other pressures there at the moment. ********** getting in and out every day.

D Well maybe here, just looking through here, what are your concerns. Socially, how would you describe your social life?

18/18 J **I don't really have a social life.**

D Really?

J Well I go out to the pub now and then, that's all/

D What's that like for you?

18/18 J **Well I would prefer to have a better social life,** I would ya, but I can't do anything about it this term, **if I had a social life I**

7/18 **wouldn't have concentration on my studies. I can't concentrate on two things at the same time.**

D Right, and in your first two years here would you have had a good social life?

J Not really.

D And what's that like, I'm wondering is that a stress for you? Is that a pressure for you?

J I don't know, my other friends seem to have, really into social life and they do really well in their exams, just their social would be mainly going out to the pub once a week or

something.

D Your plans would be mainly **********

J Not really what I'd like but there's sports then as well.

D Do you play any sports?

J I used to but the year before I came into college, I injured this knee, I used to cycle an awful lot and I haven't been able to get back into yet, so I was fairly fit before I entered college and ....

36/36 I still haven't recovered fully from the ligament. **I'd love to get back into it,** I suppose I like **cycling.**

D Right, so what you're saying is, you don't have a social life, do you have many friends?

11/11 J Oh ya, **I have loads of friends.** I nearly know every single person in the college, I'm a class instructor.

D OK and are they, do you get on well with them?

J Ya. ********** and I talk to people in the canteen and that.

D So you mix well with people and you get on well with them?

J Ya.

D So apart from that, when you go home

10/10 J Ya, **its kind of lonely at home,** because there's **no one to talk to.**

D And what's that like for you?

10/ND J Well over the **weekends I kind of hate it,** because its either study or just mooch around the house because the sisters, they're all only youngsters.

D And what stops you from meeting friends, or going out and doing something?

11/11 J Oh ya, **I've friends out there** as well, **but they all dropped out from school** and you'd be able to talk to them about things that you wouldn't talk to friends about here.

D So what's that like for you? Being caught in between two?

J I get by like. Don't, I'm not too worried about it.

D It doesn't bother you too much?

J No

D OK. I mean I'm interested that you leave blank on your social sheet, so I'm just wondering is it that you don't seem to have a social life, doesn't seem to bother you?

21/21 J Well **I'd love to have a girlfriend** or something like that, but like most people are ********** daughters or girlfriends and its very

18/18 **difficult to have a decent relationship and study at the same time as far as I can see.**

D OK, is that a pressure for you at the moment?

J It is ya.

D What is the pressure in that for you?

J Well I'd like to have one

D OK so you'd like to have one, so the stress is that you'd like to have ..

J Ya, somebody you could talk to in a different way like. When you talk to your friends like its just a slag or joke or whatever, but to

19/19 **talk your feelings with** a girlfriend so.

D And what stops you, I hear you saying **********, how come you just don't, you're not going dancing or?

J I do, I do, the last time I met a girl in a dance it only lasted three nights because after the first couple of dates we

had exhausted the conversation, but you couldn't meet a girl .... I've come to the

21/21 conclusion that you can't meet anybody in a disco, **if you want a girlfriend you should join a club or something.**

D Would you consider joining any club?

J I would ya, but I don't **see anyone that interests me** in the college anyway. I used to be into art and drawing and all that kind of thing.

D And you're not anymore?

J I don't have time for it.

D Its seems to be like that you're college life boils down to all consumer ********** and that relationships are out and hobbies are out and sport is out, and does that bother you or is that, and at the same time you're under a lot of pressure as well?

7/7 J **I can't seem to concentrate on two things.** Drawing involves a lot of time, I spend four or five hours at one picture or more. ********** Well if I could join a sport, well I'm going to try and do something this term because I know that the term I did best in the college was the term I was doing a lot of studying, was first year and second year, its just I found that a great relief, reduce the pressure.

D Under academic stuff here you've got 7 for giving a class presentation, is that something you're currently experiencing?

J Well I've got to do one today, but I don't know if I'll do it.

D Oh really.

J Ya because the group **********

D And are you experiencing particular pressure because of that?

J No I **********

D So you might just do it again, I'll give you that back so you might, is that just the only one, would a lot of these be based on stuff that happened in the past?

J Problems like the ones I couldn't think of what the situation was today

D Right you thought about them and maybe they didn't affect you. Well I mean they probably happened in the past, but if they're currently affecting you then you mark things like, whereas giving a class presentation, you may have given one last term, and it may still be a source of stress to you, I don't know. Looking at other areas, family and home, what's .... do you have support from home?

J They kind of said to me .... I can only ******* and its not the end of the world .... they don't put me under any kind of pressure at all at the moment.

D What's that like for you?

J I'd nearly prefer if they put me under pressure because it would give me motivation then, but ...

D Do you get on well at home?

J Oh ya. Not too bad.

D Do you have a big family?

J I have three sisters and myself.

D Are you the eldest?

J I'm the second eldest, I have a sister, she's doing English also, she's a year older than me.

D Do you feel there's anything there that you feel we haven't touched on what its like for you at the moment, or is there stuff there that we haven't dealt with?

J No I think that's about it. I can't think about anything else.
D You don't see any other particular pressure at the moment.
J No
D Well my suggestion is that we come back in about 5 weeks from now and have another discussion to see how you're getting on.
D So how are you John?
J OK. Its the ******* always in a good mood on Friday.
D You're always in a good mood on Friday?
J Ya its the weekend. During the week now I was atrocious, that's why its not a very good reflection of what I'm doing at the moment. What I've written is bordering just for today like, sort of
D Its different?
J Ya
D So what's going on for you today?
J I only have one lecture, so its very quite.
D And is there any stress there at the moment for you?
J Well there are two M grades I have to try to get out, that's working weeks I have to try, I've nothing done and .... so I have to get them out of the way.
D Is that a pressure for you right now?
J Ya
D Why is it a pressure?
J Trying to get them done without letting the other subjects fall down, because I really worry. Because I'm up to date in every other subject, fairly up to date anyway.
D And do you feel confident that you will get it without letting the other subjects drop?
J No
D Would you be worried about that?
J Ya
D And what's the worry, what's the difficulty about that? That you feel there is so much work to be done in the M grades that your other stuff that you have to work with is going to suffer.
J Ya but theoretically like I seem to be running into problems like and sort of I can't figure out what I don't have to do and if I do, I'll get stuck on that and it will take me ages to try and figure it out. Whereas if I don't get too involved I should be OK, but I feel I probably will.
D Right, so the stress at the moment is that you're going to be running into problems and you're going to get stuck with them and it could be days ..?
J Ya a couple of hours anyway
D And if that happen?
J I should try and ask somebody but instead I try to do it myself
D OK so the M Grade is obviously a pressure, do you feel you're coping with it at the moment?
J Ya pretty well I think.
D Any other pressures there with the academics
J In an academic sense, well with F hanging over me, and how I'm going to get rid of that, well it will be next ..... if I get through third and fourth year like it will be last term, the term after Christmas, I'll have to think about it a fair bit, so the only thing is there's four of my class that did it and

some got Fs in it and two of them managed to clear it by doing a repeat in a subject that wasn't the subject they failed in, like its a bit dodgy but they took the chance.

D Right so how does that leave you with your F, you still have an F to clear?
What's stressful about having an F for you right now?

J You can't graduate with an F like and it takes up time to separate it and clear it like, if you want to get the projects done etc., now at the projects stage.

D Right now is that a concern for you right now?

J Ya it will be over the whole summer as well.

D Really. And when will you get a chance to clear it?

J After Christmas.

D When it comes round again?

J Ya, as well as that I have three Ds

D What's your QCA at the moment?

2/7 J 1.1 - **I don't think I'm stupid** or anything, **its just I didn't work hard enough last term,** its such a fine line between getting 2.8 or getting a University College Degree and like ********** if you miss an hour maybe every second day, its hours over the term.

D So what's your attitude at the moment, what are you feeling at the moment about your academic work?

7/1 J **Not very confident. Even though I know the stuff, I'm afraid that I won't** be able to **keep calm** during the exams.

D You're afraid of the exams?

7/ND J Ya, **I usually go through hell in the exams.**

D Do you?

J Well **if the first exam is bad, you can forget about the rest** of the exams, even though I know the rest of them, I study during the evenings with ***** especially if this, last term now the first subject I had, it was a subject that I just couldn't apply myself to in the exam and I had put fairly little work ********** and then

D So at the moment are you doing much, are you organizing your study at the moment?

J Oh I'm fairly organized alright, I'm fairly up to date on everything, but I don't know if I've done them properly like or should I do more detail, but I've just kind of covered them, just to be up to date like.

D So I'm just wondering from an academic point of view, you say you're not that confident?

J Well looking to the future like from the point of view of exams and even I looked at two exam papers there yesterday and they didn't look like they related to my subjects at all.

D And how stressful is that for you at the moment?

J Well at the start of the week I was nervous like.

D You were worrying about it?

J Ya

D And today, what's it like today?

J Well the weekend, sometimes feels a long time and you can just get loads done in it and ....

D What's your attitude to this place, to the college?

J I like the college.

D To the exams, to the whole pressure here, what's your attitude to that?

J I think its just there's people it suits and there are people it doesn't suit.
D Do you feel it suits you?
J No
D What is it about here that doesn't suit you?
J Its not here, its my personality.
D And what is it about your personality that doesn't suit here?
7/7 J **I just don't like the idea of having to study the whole time.** Its my attitude, its my own fault like, if I studied very hard consistently I wouldn't be a 1, I'd be OK, I know that like, because I see others and I wouldn't consider very bright and they're getting 3.3 and 3.4, so I just have to hand it to them like,

Phone

D I'm after loosing my train of thought now, where were we
J I don't know
D Well you pick it up, where do you want to pick it up? We were dealing with academic stuff and pressures.
7/7 J Normally **I take the easy way out like.**
D Right.
J I prefer to be doing, I'm really into computers, graphics and that sort of thing and that takes an awful lot of time. If I'm trying to work out something and its very difficult and work away at the computer at some graphics programme it can take ..
D So its like you almost recognize what you should be doing or what would be the best thing to do, but you don't do it anyway.
J Well I am this term, I'm doing all I should be doing.
D So right now are you happy enough at the moment that you are doing the best you can, do you feel you are doing as much as you can?
J I am until I see other people's notes.
D And that puts you off?
J Ya when I see the people who are getting the grades that I'd like to get and I see the way they going into it sort of, how they do it. Like over the last two or three years like they've been working constantly, so they've got to a standard where they've been high
D So where does that leave you?
7/7 J **I feel kind of I wasted a lot, I'm feeling sorry for myself really** that I, or guilty or what word.
D Regretting?
7/7 J **Regretting** it, **not having worked,** because they're going to have their University Degree.
D That's not you, you're saying?
J Ya
D Maybe, you can make it be you? You're not just a fixed thing there like that has to be, your personality isn't a fixed thing that can never change.
J Well I reckon that if you're working very hard, you're personality is going to change, because I know a fella now and he was working very hard last term like he's now really really extrovert, like, very very great to crack a joke altogether and he was working very hard last term, he didn't get all his

honours and this term he's working very hard again like and he'd hardly have time to talk to you and so he's changed completely. But I'd have to be, I have to talk to my friends or sit and relax, and the bottom line is that if you're really intelligent you don't have to work all that much, whereas if you're

9/9 just kind of average like myself, **you have to work over yourself** just **to kind of keep up with the really intelligent person.**

D Right do you want to say anymore about the academic stuff, or how is it for you right now, is there anymore you can say about it?
Taking notes during a lecture, or busy in the library or? I'm just looking there at the stresses, they're actually minimal. Taking notes during a lecture, is that a pressure for you at the moment?

J Ya if there's somebody right beside me.

D What's the stress?

J When you can see how fast they can take down notes like.

D OK you'd be watching them to see how they're doing.

J Ya they're usually a way faster writer than me and it really annoys me, that they're able to take down all the notes, and I'd be taking down something that was said and I'd miss another point.

D OK and how about going to the library?

J People that are doing very very well and they're studying very hard still.

D So you're watching a lot of other people and when you see other people?

J Ya, they're going to **push up the standard** on us.

9/9 D And how does that make you feel, what's the stress in that for you?

J **Jealous** in one way and frightened in another way that they're going to push up the standard. Jealous like that I'm not able to stay there.

D That you're not able to, or you just don't?

J I just don't seem to have conditioned myself to, maybe if I do well this term and then study hard next term I probably after a few, like during the summer kind of train my brain to just kind of .....

D I mean that's the kind of thing you need to do, its a pity you didn't do it this term, you haven't done it in the Class and Skills Study Programe.

J I did.

D Did you do it, which term, last term?

J No just this term.

D At the moment you're doing it?

J Ya

D Oh OK. Oh ya you're on the Friday session are you?

J Ya

D So do you **********

J I don't think it matters. All the stuff that's coming up I know already but, I'm not particularly looking at ******** I used to probably in school but in college it just isn't ******* Its all kind of common sense when you think of it.

D It is.

J Just to get down to actually doing it, to condition yourself its all conditioning, to train your mind and to kind of switch on for the study and to drop and relax and ....

D But one aspect of that conditioning would actually be to go to these sessions every Friday, is a conditioning in itself, that's actually a part of it you see.

J **********

D OK I didn't realize that, I'm sorry

J Oh I could have changed it

D And that's maybe typical of you you see, something else comes up and you say you'll do it, that maybe you you see?

J Well I don't think I'd bother either like ********

D Well oK, well you could look at that and see you know, you could check that out maybe rather than just let it go, let it slip and say ya well sure ya, again that's part of the training you need to do for yourself, be a bit more disciplined for yourself I suppose, and also a bit more you know, decisive and say this is what I want to do and this is how I'm going to go about doing it. And then things will work, there's no reason why you can't do that like?

J Well if I write it down I'll do it, if I don't, I start writing things down like, what I'm going to do in a day like, if I don't get it done like.

D OK. Socially, I mean how are you getting on socially and how do you find it, mixing with people or?

J Well its no problem.

D Do you have a lot of friends here, or do you have good friends here?

11/11 J Well I **wouldn't call them really close friends, just people to talk to.**

D And are you comfortable about mixing with people and are you involved in clubs or sports or?

J I'm not no.

D Nothing. So what do you do with your free time?

J I don't have any spare time. But if I find any spare time, I usually sit down and watch television or go at the computer.

D Right.

J ********** see this term's projects, you see our project is based on our QCA and if you're interested in a project and you go up to a lecturer and he asks what your QCA is right away and you man's saying how is this guy going to be capable of doing this project and you can't convince him that you're bright enough at computers or whatever and like we had no computers up to last term and I'm fairly good at the computers, I've been interested in them for the last four years and you go to a lecture like and they'd be coming in and like once he sees you can stay like, they're gone straight away.

D And what's that like for you?

ND/ND J Its **annoying,** I feel cheated.

D Right. What year are you in now?

J Third Year. **********

D Ya I suppose that's a bit of a set back ..

J Don't know whether we make our choice before ******* ********** but it really took me down to the ground, but the only way I'd get them would be to go up on an individual basis and talk to the lecturer but ... because he

wouldn't back me up at all.

D And how about, how did you finish up the end of part one? QCA wise?

J I got 2.6, but I didn't really work at all in the last term.

D And you're 1.1 now and

J I worked a fair amount last term and more I'm worried now about now that I'm going to do whatever

D And how you do?

J Ya.

D So personal stuff so, in terms of personal stresses? One of the things there, I mean, your own lack of self-confidence. What's that like or is that a stress for you? How does that affect you?

J Well somebody who's very confident. I'm sure nobody is very

13/13 confident, I mean I think I **exceptionally lack confidence,** especially like with the getting busy, like its not very good for your ego like.

D OK, so how does it make you feel?

J Well its, confidence is gone down like.

D So when you say confidence is gone down, what do you mean?

J I don't feel that sure of myself like.

D In terms of what?

9/9 J **Of I feel a little stupid. Less bright.**

D And how does that make you feel, that that's going on for you?

J There's no other way of saying it like.

D OK, is it bothering you?

J Oh ya. Its part of, sort of at the beginning of this week, I

28/28 **couldn't sleep** and I couldn't study like, because things were going over in my mind, was it worth it like, because I was after seeing a friend's notes like and he was after getting good term results, like he said he wasn't doing a tap like and I worked from term one and I had nothing compared to what he had done.

D You're influenced quite a lot by what other people are doing, I think are you?

J I watch them, and sit back a bit.

D Maybe if you just stuck to your own thing?

J Maybe I'd be better.

D Do you see yourself as being a shy person?

J More quite than shy I'd say. Some people can talk all the time,

13/13 **there are times when I can't talk at all like I just don't feel like talking.**

D And what's stressful about that for you?

J Annoying, its usually when you're feeling quite you usually meet a person that you want to talk to, but you don't have anything to say like.

D And what's annoying about it?

J Because you can't get yourself to talk, you just can't overcome your ...

D So you want to talk but you can't?

J Ya

D And where does that leave you?

J You loose out like, you met a person who you wouldn't meet very often

16/16 and you go away afterwards and you think, **they must think of me as an idiot, they must think I'm an awful dope or something?**

D And that's kind of reinforcing, I mean if it happens and your QCA then goes down, you're really beginning to doubt yourself I guess all round. Do you find yourself alone a lot or do you worry about being left alone?

J At the weekends. There's nobody out my way like, all my friends are inside here or in Limerick and ********** because I have no transport like except a bicycle like and its not actually encouraging like sort of cycling 14 miles to see a person and cycling 14 miles back out.

D So and out where you are, you don't have friends?

J Well I've a few there. There's one fella I know there, but he's like he's not going to college or anything like that.

D So what's your fear of being alone about? How come you're afraid of being alone?

10/10 J **I hate going places where you're on your own, or I hate doing sports on my own. I prefer to have somebody to talk to the whole time.**

D What is it about going alone that you don't like?

J Its like talking to people the whole time, passing strangers, its ....

D What do you get from talking to people, what is it about talking to people that you like?

J I like company like.

D OK, how does the company make you feel?

J I can forget about my worries and concentrate on them, and forget about myself.

D Whereas if you're on your own?

J I start thinking about myself and introvert

D And what's it like at home for you? Any particular pressures there for you at home?

J Not really.

D Are you living at home you are?

J Ya. I'd prefer to be inside the college but its very expensive to stay inside here.

D Right.

J The only thing is I have a load of stuff to do and I'd never have time to have it done, and they're always kind of saying but you never do anything for us, you're always locked up in your room, which I am at the moment.

D And how does that make you feel?

48/48 J See if they're not thinking what I am, **so they consider me selfish** at the moment, and **I don't consider myself a selfish person.**

D So how does it make you feel that they would consider you selfish?

J ********** you have to be selfish to kind of get on well

D But do you reckon maybe you feel they don't understand that.

J Ya

D OK. Who's at home? Your brothers and sisters or?

J I'm the only boy and I have four sisters.

D Are they younger than you?

ND/ND J There's three younger and one older. **The one older is a genius.**

D Is she? Has she been to college?

J Ya

D Here?

J No no, she went to Galway, she got nearly all As in her leaving and she got a First Class Honours Degree in Arts.

D So what's that like for you?

J Top of her class in English, top of her class in Irish, like out of 300 people that's ..... its just she's talented at English and languages as well.

D And what's that like for you?

47/47 J **I don't like it.** There's two kind of traits in our family, there's the real outgoing, like she is and she's very good at talking, and then quite ... like I can't ********** I just kind of accept that.

D So what's it like for you having a sister like that?

47/47 J Well I'm ahead of her with Maths, so **I've worked at the Maths side of things,** so **its the only way I can beat her.**

D And is it like that, do you have a sense of competition between you?

J No she wouldn't.

D Would you?

47/47 J I would ya, because **I'm trying to prove that I'm bright as well.**

D OK and maybe that she gets all the limelight because she's doing so well. And where does that leave you?

J Well the family, the mother doesn't seem to care about how you do.

D And your dad?

J He doesn't have any interest in anything, in the slightest, he doesn't look at books or anything like that at all.

D Really?

J Not really no. He's a farmer like.

D And how do you get on with them? How do you get on with your parents?

43/43 J **I talk grand to my mother,** but **I never really talk to my father,** he

43/43 doesn't have any interest in, **there's a communication block.**

D And what's that like for you?

43/43 J **I'd prefer to be** sort of **better with my father, but I can't really do anything about it.**

D And does that upset you, does that bother you?

J It does.You can imagine the person that you like, but you don't have anything to say or at meals like I would sit at the table, and my father wouldn't say a word and I wouldn't say a word.

D Right. Do you feel a strain?

ND/ND J **You get used to it.**

D It seems to me, one thing that's coming across in the talking, is that you seem to think that there's nothing you can do about any of this. You know there's nothing I can do about it and you use your personality about being the way I am and there's nothing I can do to change it. If you're unhappy about certain things about yourself, of course you can change, you can be whatever way you want to be.

J Ya but you're only acting it, you're just taking on ...

D Maybe you're acting now, maybe what you're doing now is only acting?

J Trying to be as natural as possible.

D Right but I mean, for example if what's natural for you, what you naturally do is not pinning yourself down to working, and that's not working for you, then you call this fear of a change instead of ..... I mean you used the word genetic, that always frightens me like, you feel its genetic, maybe I was born with this. Ya, you weren't born in a certain way that you have to stay that way for the rest of your life, there are things that you can do to improve or to develop yourself if you wish for yourself.

J I don't know, I'm fairly convinced if you're born a quiet person, you can't really become a complete extrovert.

D OK this introvert/extrovert thing is interesting and there are certain kind of indications that you know there are certain characteristics that we do hold from very young, but more so you've learnt to be this way, its not that you were born. Like in your house, I mean you come from a house where you know your dad for example is quite, OK he doesn't talk. So its interesting that you're following that type of pattern, maybe its not the done thing for men to talk in your house, you know?

J ** we probably make up for them ******

D My experience has been that you can change, that's all I'm saying. I'm just saying there's a possibility there for you, not to write it off, it would be a shame to see that like well this is the way I was born, I have to live with this now for the next 50 years.

J Well you try like, but the same things that are making you this way are stopping you from changing and how do you go about doing that.

D Well that's something you might feel like discussing here, or discussing with somebody. There are ways ....

J Well its like with a few friends, if they have a few drinks in their personality changes completely.

D And again its not so much the personality is changing, its that you're leaving your inhibitions behind and you're letting out stuff that's in there you know. Its actually there, its not any person, its there all the time.
Do you feel that we've touched on what's going on for you at the moment.

J Ya, we've very well covered it today ya.

D OK

D As before, I'm just interested in finding out how things are for you at the moment.

J Could be worse.

D Could be worse?

3/3 J Its hard to work, ********** changing, **one minute I'm feeling really confident and the next minute I'm not a bit confident at all.**

D And right now?

J I don't feel confident, because we just had a lecture and I hadn't a clue what was going on because I hadn't touched that stuff for weeks like, I had been working on other stuff and I didn't know what he was on about. I knew what he was on about but I didn't really understand **********
because this close to the exams you're not following lectures and its not a good sign.

D OK. So what's the pressure like at the moment for you?

J I'm so busy working I don't have time to think about pressure at all. If I was at the normal day I wouldn't **********

D Your saying you're so busy you don't have time to worry?

J Its strange, but if you're concentrating on something, your mind blocks other things.

D Can you tell me how does it feel for you at the moment, how are you feeling?

J Well there's three or four subjects I'm fairly happy with and there's one or two which could drag me down like and the most important are the M grades, and that's one of the ones that we had the lecture in this morning.

D And what's the worry like for you at the moment? Can you say what its like for you at the moment?

J On a scale of about 10?

D Whatever way you like to describe it.

J Average like, I'm not over assured but I'm not ...

D So what's your attitude like at the moment, considering exams and that?

J To do the best I can and get it over with. Like should I have to do them or what?

D No in terms of your worries and stuff, is your attitude one of, I don't know what way would you describe it?

J Just take it as it comes like.

D And are you optimistic?

J I hate that word. Well I was optimistic last year and it didn't work, I didn't, I don't know, I'll have to see when the exams are on. After the first exam I'll know whether I'm going to do badly or not,

1/1 if I do badly in the first exam I'll do badly in them all, its always the way. Especially the first term exam because the first term exam is fairly easy, its was one of my best last term.

D If you do well in that you should do well in the rest, and if you do bad in that ...?

J Its like if you get off to the wrong stride ... you drive yourself worse.

D Are you getting much work done at the moment, are you getting study done?

J Ya

D Are you getting through it?

J Ya but I'm trying to do it a lot better than I did it last term. Last term I just trashed the stuff and that was it, this term I'm going all out like the whole weekend without a break. It was supposed to be a break and I was the whole time inside my room studying.

D So can you say, whatelse can you say about how things are for you at the moment?

J I don't know how to explain it.

D Do you feel you can cope. Do you feel you're coping well?

J Ya I'm coping OK.

D Its not affecting you in any way as such?

J Not really. It annoys me a bit

D Are there other pressures at the moment apart from the exams? Are there other things that you can think of right now as being a stress?

J I don't have a job lined up for the summer.

6/6 D Right.
J Well **I normally have at home for the summer,** and I'm hoping that he'll give me it still, I normally work for and he gives me the cheque in the end, that's my way of thinking.
D And anything else that's significant that stands out for you as a pressure right now?
J No.
D So can you tell me. Let's just look at this. Is that yours, you just marked the one, is that the only thing, study for an exam.
J Well that's today like.
D But nothing else concerns you right now? Everything else is blank.
Personal pressure to get good grades, is that it?
J I have a report to get in ********** Its not that I won't have it in on time but the time it will take to do it.
D OK well I mean on the basis of that therefore you don't, its like there's nothing else really bothering you at the moment. You're under pressure to do well in the exam and that's it.
J And its a pressure exam.
D Well how would you describe the pressure in this place? What I'm interested in at the moment is looking at the kind of pressures that are on students right. And you're a student, its week 10 of term and what's it like. What do you see as being pressure in this college, in this University? What is it about the University that is a pressure for you?
J Having to do exams on their own is a pressure, like I don't hold any, I don't repeat exams if I do badly. If I do badly **********
Even people that do very very well should insist that they don't just
4/4 associate them with what their titles are going to be. **Its all just geared towards exams,** I don't think I'm here just for exams at all, and trying to work against my attitude **********. I think I know a lot of stuff better than the normal person would and the person does as well in the exam, I don't know **********
D To compensate?
J Ya
D Maybe you're not suited to this type of system?
4/4 J **I'm not suited to college at all.**
D Really?
J **********
D And what makes you feel that you're not suitable to college?
J Things don't come naturally to me, **exams don't come naturally to me.**
D What do you think would be more suited?
J Well like I'm into computers, like everything, most things I know about computers I thought myself. I could have done that without
1/6 going to college at all, but its not, its that **you have to have a major degree to get a decent job, that's really the only reason I came to college.** So there's nothing to see, nothing to back you up that you up that you can get any interest on. Whereas to get your degree you have to kind of be on the right tracks.

D But if you had your own way you wouldn't have come to college, you would have went straight into working computers?

J Ya, if I had my way. ********** I just follow the clock ********

D And how do you feel about that now, having done that?

J Well I'll finish it off now, I just feel a bit stupid

D You feel a bit stupid about it?

4/4 J No its just - **I feel its a waste of three years,** four years. **I could be out in the real world** now in one sense and not really be locked up **********

D So that makes you feel stupid?

J Ya, its a mistake like.

D Do you regret it?

J Ya.

D Did you make the decision yourself to go to college, or do you feel you were encouraged?

J I don't think I ever really thought about it as such. Oh I finished school now, I suppose I go to college now! Its a kind of decision that **********
Most of my friends are going to college like, so you go to college. Most people I reckon have their, unless they're very good at their exams, would prefer not going to college I'm sure.

D Is there anything else John you'd like to add to that or?

J No

D Anything else that you feel is going on for you at the moment?

J Not really.

D Everything else takes a back seat.

J It does ya.

D And you're coping?

7/7 J Probably today ********** I usually **don't panic until the night before** the exam and then you .... if things take me too long in the exam, I reckon I won't get it done like. That's enough to cause one to start coping with that sort of thing.

D So what can you do to ensure that that sort of thing doesn't happen, because if you panic, you're certainly going to make a balls of it. Do you have it planned out at this stage, how much work you're going to get done?

J I still write a timetable every single day and I never follow it, never.

D But does it help you to get some work done?

J Oh it does ya. I kind of have it, I want to get this done and this done and I usually get about half it done so its not too bad.

D OK its that it John, is there anything else you want to add?

J No

D Do you feel what we've talked about now has given an idea of what its like for you at the moment?

J I think so. I'm not very good at expressing myself anyway so, I could have got it better across.

D I'm just trying to see if there's anything else that I want here. Any thing else that I need to say to you? I suppose ya, the only thing, it seems to me that things aren't really desperate at the moment and I'm wondering if you were to complain now to times when you are really panicky or desperate, what's the difference?

J Well now I'm making sure I don't get panicky.

D OK, how are you doing that?

J If I can't study, I just sit down and sort of escape like, and then when I'm studying I sort of block out everything, whereas last term - I reckon if you study consistently over the term, you don't have time to worry about all the work piling up like you normally do, keep putting it off, keep putting it off, so much to do, I'll leave it until tomorrow, and that puts more pressure on you in that way than if you do actually work consistently.

D And is that what you're doing at the moment?

J Ya.

D So is there pressure building up there somewhere?

J No no no, its just what would have been, what so much work to do is - how well would I do with the work I've done.

D So you're actually slowly into it.

J Ya

D Right, so you're actually putting into operation some sort of a coping strategy that's stopping you from getting too panicky.

J Well I'm not really doing, I'm not doing it consciously, it just seems to be working to a great degree.

D So what's the main difference between now and last term?

J I didn't apply myself last term, I realized how wrong I was. I realized how long... over the Co-Op I'd forgotten how long it takes to realize that, so when I came to the first set of exams last term, I realized that I had too much left to revise and I wasn't able to revise properly.

D OK I'm happy enough with that, we can leave it there for now. How did you find these interviews, did you enjoy them or did you feel sort of any good to you?

J I didn't find them any *********

D OK, and they didn't bother you or did you find it difficult?

J Well I'm not a person that really likes being asked questions and questions.

D So what was that like for you?

J I was trying to come up with an answer everytime I was asked a question.

D So now that you've done it, was it OK?

J I'm glad to have been of any help, if I was of any help at all.

D Great well I'm sure it will be and if you feel like following up any of it, I mean now that you've made contact here, make sure you come back and all I would be saying to you, just because you paniced before, doesn't mean you have to panic again and the one way of ensuring you don't panic is by getting your attitude, which is that you can only do so much and the other part is that your only starting to get your work done and there won't be a back log of stuff to catch up on. Alright will we leave it there?

Interview 1

	J	has he talked to you about the interviews?
	N	am not that much no
	J	not that much okay, well the idea is to try to understand what stresses are bothering you at the moment and what is it about those events that is stressful, am so just looking at the current situation am do you feel that you are under any particular stress at the moment?
2/2	N	**I feel I'm under a bit of stress academically but at the moment xxxxxxxxxxxxxxxx**
	J	Sorry
	N	It's just xxx anxious to work xxxxxxxx
	J	making you anxious to work, so can you tell me a little bit about the academic stress that your under, just develop that a little bit for me
2/2	N	I just **feel that I have a lot to do that I want to get down and do it and at the moment** at the back of my mind I suppose there's a bit of a
2/2		**worry that I'm not going to do a good job that I'm not going to get it covered or** that **I'm going to give up at some stage**
	J	Right, so that's what, there's a fear that your going to.fail in some way?
	N	Ya
	J	What is it about that that you found stressful?
1/1	N	I'd be **worried about failing**
	J	Worried about failing?
	N	ya
	J	and what is it about failure that you find difficult?
1/1	N	I feel I'm **letting myself down and letting other people down,** people xxxxxxxxxxxxxxxxxxxxx
	J	so letting yourself down, letting other people down and am feeling diminished in the eyes of other people in some way,
	N	and ah in my own eyes as well
	J	and in your own eyes as well, so of those four things which of those is the most stressful?
1/1	N	**diminished in my own eyes**
	J	diminished in your own eyes?
	N	ya
	J	so lets see if we can xxxxxxxxx a little bit more, what is it about that that is difficult to handle?
1/1	N	Well I suppose I feel **I have to prove to myself that I'm capable, if I fail I'm going to take it that I'm not capable** xxxxxxxxxx
	J	so prove to yourself that your capable of study
	N	that's the basic
	J	prove to yourself that your capable in what way, capable of what? are you xxxxxxxxxxxxxxxx
49/49	N	xxxxx not capable academically, **capable of standing on my own** as well
	J	capable of standing on your own two feet and capable of proving yourself academically xxxxx, well of those two things now which of them would you xxxxxxxx the most?
49/49	N	capable of **standing on my own two feet get by** sort of
	J	Right, so proving that you can xxxxx add stand on your own is that the same as saying that been independent is important for you?

N xxxxxxxxxxxxxx
J Just looking at some of the things on this questionnaire that you filled out, on the academic front here you've marked in 6 here for seeking assistance from one of my instructors, isn't that right?
N ya
J can you tell me why is that such a stress?
17/17 N I feel at the moment I suppose, **I feel I should be going to lecturers inquiring about options for next year** xxxxxxxxx
J yes
N **I just feel that I can't do it**
J You just feel that you can't bring yourself to go to them is it?
17/17 N Ya **I just don't want to, fear of authority figures,**
J fear of authority figures is that what your saying?
N ya
J and what is it about that that stressful about facing authority figures?
15/15 N **It's something that I want to avoid**
J it's something that you want to avoid?
N ya, I feel also that ah if your going into a lecturer about the
17/17 project for next year **I have to try and sell myself**
J you have to try and sell yourself?
N I have that feeling in some way that I don't have the confidence to do that
16/16 J okay, so you go to a lecturer ah, **runs the risk of exposing yourself** in a certain way, is that what your saying?
N ya or I don't know I feel that sort of asserting myself in some way
J asserting yourself in some way, okay that's xxxxxxxx, and what is it about asserting yourself that's stressful?
16/16 N I suppose **I'm afraid that I won't live up to people's expectations** of me
J that you won't live up to peoples expectations of you?
N ya
J right, can you say a bit more about that what is it about that that's upsetting or stressful?
N xxxxxxxxxxxxxxxx **if I go to somebody and look for work** of them next
16/16 year **they'll expect me to be capable of doing that and I'm worried that I won't be able to do it**
J sorry?
N sorry I'm worried that I won't be capable of doing it.
J So does that come down to again a lot of doubting of your own abilities?
N Ya.
J Is that a fairly important aspect of the xxxxxxxx in general?
N xxxxxxxx
J Anything else going on at the moment that you find stressful?
N Am, I suppose socially and the social kind of thing
J ya
18/18 N **Socially I'm not getting out much recently, as much as I did last year** so I suppose there would be xxxxxxxxxx about that.
J So your not getting out as much as you were last year
N mmm
J and your worried about that, so what is the stress there? is

it the worry about not getting out or is it the worry about not being able to get out if you know what I mean

N Not being able to get out I'd say.

J not being able to get out, so tell me a bit more about that

10/10 N **I worry about just been on my own a lot I don't want that, it seems to be happening a lot recently**

J been on your own a lot

15/15 N and then **I worry about trying to meet new people** I suppose

J so what is it about that that's a stress for you?

10/10 N **if I did try to make new friends fear of rejection,**

J so if you try to make new friends fear of rejection right

15/15 N **lack of self confidence** would come into in to it

J right so it sort of tends to come back again to performing in some sense does it? you know putting yourself forward to a new place ah having xxxx approved

N ya I have been in some way

J xxxxxxxxxxxxx the lecturer should have to make a case for yourself xxxxxxxxx decided to do it , **fear of failure** xxxxxxxxxxxx is it similar to that in the social side of things as well?

N It is ya

J Anything else going on at the moment in terms of stress you mentioned the academic sort of side of type of things, you mentioned social, is there anything else outside of those areas?

N no, I don't think there is that much at the moment really

J You've marked in here also a 6 on personal pressure to get good grades, can you say a little more about that? what's the stress there?

1/1 N **I think I put pressure on myself,** it's again I want to prove myself, **I want to prove it to myself that I can do it** and am **I put myself under stress.**

J Anything else that you can identify at the moment as a stress?

N Not at the moment no.

J No. Okay that's fine, we'll leave it at that so, Declan will be listening back on the tape and trying to pick out some of the issues that are relevant for you as part of his studies.

N Mmm

J Is there anything you wanted to say that I haven't asked you about, or that hasn't come up in the questionnaire that might be important in terms of understanding the stresses your under at the moment or how you perceive the stresses your under?

N I don't think so really no.

J Okay that's fine.

Interview 2

P I haven't seen you for quite a while, it's a couple of years isn't it?

N Ya

P What year are you in college now?

N Third year

P Third year and ah how have you been doing in terms of academic stuff, exams?

N Up and down of

P What do you mean up and down?

N I sort of had one term where I'd work and I'd do fairly well
P Ya, how did you do in your final first year exams?
N and then it sort of varied along 2.30
P overall
N overall I came out with 2.40 I think, with 3 F's at the same time
P 2.40 and what did you say 3 what?
N 3 F's at the same time
P what does all that mean in terms of grades and things
N well overall it's okay but it sort of means I failed one term basically, xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx
P xxxxxxxxx
N ya

phone ringing

P Sorry about that, right in the second year then you ah
N same thing again sort of more or less failed one term and picked up again
next term
P and so now your in your third year, what are you doing?
N Mechanical Engineering
P Mechanical, okay that's fine so
N okay so
P right thanks for coming in
N Okay thanks

Interview 3

H So are you experiencing any stress now?
N A small bit
H aha, what's the small bit
1/1 N well mostly **academic, exam results** xxxxxxxx
H what's that, I mean is it specific about some exam or just a kind of 6 week general
N probably the six week general
H what's that, ha?
1/1 N **fear of failure** I suppose
H aha, and what's that like fear of failure? what's the particular stress in that?
1/7 N It's worrying sort of I'm wondering xxxxxxxxx **so big I'm not going to bother studying**
H and in terms of it getting so big what's the worry in that?
7/7 N That **I don't want to face up to it** I suppose
H and I guess what's the stress, the anxiety of not wanting to face up to it?
N I think just, I think it is xxxxxxxxxxxxxxx the hassle of studying and xxxxxxxxx
H and what's that like in terms of, anything physical or anxiousness?
1/7 N just **a bit anxious**
H does it to anything to your sleep or give you headaches?
N no
H so it's just that anxiety
N ya
H that you might not xxxxxxxxx

N ya
H okay, has this happened before?
N it has yes
H you always did it
N not always no
H no?
N no
H what have you done?
7/7 N **I just didn't bother really doing anything just convinced myself I didn't want it to happen**
H And what was that like when you didn't study?
7/7 N **It seemed to be easy I just didn't care at the time** you know
H aha
N xxxxxxxxxx after it xxxxxxxxx
H and what was that like getting the results back?
1/1 N sort of **worrying what was going to happen**
H aha, about?
N about **whether or not I'd get through the core modules**
H aha, and what happened then for you?
N xxxxxxxx
H aha, and was that really anxious that period?
N ya
H Just what I'm going to try and get you to look at is, a lot of times whether you face the pain or you don't face the pain, the pain is the same you just put it off, do you know what I mean
N ya
H so I'm just wondering in terms of your own experience is that true? that okay when you didn't study for the exams you didn't have to worry you just put if off and then when your exams were finished and you got bad results then you really had to worry. And I'm just wondering in your experience is there any difference between the worrying your doing now, about will I won't I, and the worrying you did after you didn't do it?
7/7 N **I think I'm so lazy about getting my work done when I am studying**
H aha, more anxious when your studying
N ya it affects me more physically
H aha, and what's that like, when it affects you how?
7/7 N It's seemed to be **the adrenalin started flowing and I'm worked up all the time.**
H and what's that like?
7/7 N I don't know it's sort of, **it's okay at the time** sort of but **it's hard to down off it when the exams are over.**
H So you find yourself on a high?
N Ya.
H Anything else?
7/7 N xxxxxxxxxx **pains in my stomach** xxxxxxxx
H Okay well lets have a look at this, well nothings seems to be making you anxious right now, in terms of the academic stuff is that true? I mean the most you have here is a 3, you left that at two, one is completing a research paper, do you have one now that your working on?
N A few small things I'm working on.
H So that doesn't seem to be much anxiety?
N Not that much at the moment.

H Well I mean the only one that registers even average is fear of failure, does that bother you?
N It does ya.
H And what's that like, what's the fear of failure for you?
1/1 N Just like cause **I wonder am I going to get through or am I going to have to repeat.**
H and have you repeated?
N no
H no, and your anxious that you might?
N ya
H Okay, and what's that anxiety like for you?
1/1 N It just seems to be **in the back of my mind all the time**xxxxxxxxxxxxxxxxxxx xxxxxxxxxxxxxxxxxxxxxxxx
H and if you failed?
1/1 N **I wouldn't be too happy**
H and so you wouldn't be too happy with yourself, and would you not be happy with yourself?
1/1 N I suppose **if I failed** that sort of means **I am a failure**
H so what would happen if you were a failure?
N I think **I'd lose self-confidence** really
H so you'd loose self-confidence, and what would that be like not having any confidence?
N I don't want to do anything with regard to confidence that I could do
H so you wouldn't want to xxxx, you'd do nothing
N ya
H how would that be like not doing anything?
ND/ND N probably **a vicious circle** if I want to do anything I have to xxxxxxxxx confidence
H So it would be a vicious circle, you'd get caught up, if I wasn't doing anything then I wouldn't have the confidence, and on the other side when your doing something, do you get all excited?
N Ya I suppose I do.
H and what's that like?
N I don't know I'm not sure whether I like it or whether to expect the feeling
H aha, what do you like about it and what do you dislike about it?
N I like the feeling that I can get it done and I'm capable of doing it I'm going to be able to get it done.
H right
N it's like sort of the high again
H and what's the high on?
N I suppose it's the fact that I'm going all the time.
H what's that like going all the time?
N xxxxxxxx
H and is there physical symptoms or physical things that happen to you?
N xxxxxxxxx going to the toilet xxxxxxxxxxx
H your going all the time?
N ya
H (laugh) you don't like that? so your system is really going?
N xxxxxxxxxx
H are you doing anything differently in Week 10 in terms of eating or drinking then your doing in Week 6 or 5

N no
H your not drinking more coffee or?
N no
H no, just your system is in overdrive?
N ya xxxxxxx
H ya, and what about afterwards?
29/29 N **I never feel too good a few days after there over**
H **psychologically? physically?**
N No xxxxxxx coming down and **having nothing to do** xxxxx
H and what's that like coming down and having nothing to do?
N It's a bit hard to get used to.
H Well what's it like? is it depressing? is it am kind of, is it, what kind of feeling is it when your up here and the systems all going like you know and then exams are over and then you've got nothing to do, what's that like?
29/29 N It's okay if it's a thing that you want to **relax** but am **it's difficult to do it.**
H Okay so your finding it a bit difficult to relax?
N ya
H and does that cause you any stress?
N Not an awful lot xxxxxxxxxxx
H Well is there anything you want to add?
N I don't really think so at the moment.
H Okay.

Interview 4

D Okay, so who did you meet the last two sessions, did you meet me, did talk to you?
N no
D Hank and Peter was it?
N ya, I think so
D xxxxxxxxxx
N xxxxxxxxxxx
D As your aware the purpose of these sessions has been to just discuss with students am the kind of pressures and stuff that's there for you so am I'll just let you begin and just see what it's like for you at the moment, the kinds of demands and strains that are there for you now.
7/7 N **The strain at the moment is study** xxxxxxxxxxxxxxxxxx
D right, the pressure for you is, what's the stress about that for you? what's stressful about that for you? or what's your concern?
1/1 N **Concerned** just **whether I'll get through or not.**
D right, or that you mighn't get through
N ya
D Am at the moment what's the like? are you feeling at the moment that your going to get through?
7/7 N I don't know really about study, **I don't know that I'm doing an awful lot.**
D What's your attitude at the moment to the exams?
N Am, it's fairly good at the moment I guess xxxxxxxxxxxxxxxxxxxxxxxxx
D And how are you feeling in yourself?
ND/ND N **I'm feeling okay.**
D Anything in particular going on for you at the moment?

N xxxxxxxxxxxxx

D Can you tell me a little bit about what it's like for a student, for you we'll say as a student, you know I'm sure you've heard people talk about the college here as being a pretty stressful place, do you see it as a stressful place to be? or what is it about the University that's stressful do you think?

4/4 N **I find it stressful to be here.**

D And what do you find stressful about it yourself?

N xxxxxxxxxxxxxx

D right

N xxxxxxxxxxxxxxxxxxxxxx stop and say I got a C here xxxxxxxx

D right

N xxxxxxxxxxxxxxxxxxxxxxxxxx

D what's the problem there, that comes up time and again for you

N ya

D like you don't seem to have any bearings or whatever

N I don't know what it is

D really, is that so

N xxxxxxxxxxxxxxxxxx

D right and were they very high or something?

N No I got an xxxxxxxxx

D oh right right

N keep the others up xxxxxxxxxxx

D ya, is there anything, what your saying to me you don't really know you've no markers you don't know when you've done enough so what you do is you overcompensate I guess you end up doing really pretty well at the end of it but you don't know any time your facing an exam it's like you've never done an exam before

N ya

D so you get a whole new thing each time, starting all over again.

N xxxxxxxxxx I'd really love to know whether or not xxxxxxxxxxxxxxxxx

D lets stay with that for a while I mean to know that xxxxxxxx get through, I mean does anybody know that I wonder does anybody, talk to your friends?

N Sure I think some people have an idea

D ya

N they wouldn't no the exact details xxxxxxxx some people breeze through they say coming up to one exam and say I'm going to get a B+ in this

D right

N and xxxxxxxxxxxxxx

D Do you ever sit back though and feel comfortable with a subject and feel yes I feel I have a grasp of that subject?

N **Not until I've over compensated** you know xxxxxxxxxxxxx

7/7 D Right because you know it inside out. Is that the only way you'll know it?

N **It's the only way I see to it.**

D and when your studying, do you study, do you feel you really understand the stuff when you study it? would you say you take a deep approach to understanding your work or do you just kind of go over everything on a kind of a surface level?

N I'd say xxxxxxxx level

D Alright. Have you done our study skills programme?

N xxxxxxxxxxx

D remember the differences between the surface and the deep approach?

N I don't no

D Maybe that's the big problem we find here is that a lot of people take a surface approach to this, and the skim over it because there is so much work to be done, but they could never feel confident that they know the stuff, they have to keep on going overcompensating, they never really understand it. The only way of understanding it is by getting into it in a much deeper level and ah the whole study skills programme is geared around getting out that understanding, to try and get you to use a lot of questioning and study groups and stuff like that to get you to discuss the stuff in detail that's the only way you'll really understand that if your confident about it. Do you ever work in a study group?

N No.

D If you studied with other people in your class and you discussed it okay you'd find that you were actually well on top of the stuff distinct from the kind of level that they were at

N ya

D you've nothing to check it out, you've nothing to check your stuff out against, now I think this is a learning that you've got to do for yourself is learn how to feel satisfied that you've done enough because you've come from a background where maybe you feel you never do enough you know, and that people are always expecting you to have no problems, to sail through. That's anyway, so just in regard to the college, that's an old theme for you isn't it? it's been there for a while you know, it's still there, outside of that are there other issues there at the moment for you?

N xxxxxxxxxx the same things are always there

D what are they at the moment?

N xxxxxxxxxx and going out

D right, so has that got any easier for you over the year?

N I don't know

D do you feel more confident?

N a small bit ya

D so what's the stress now for you in terms of socializing and xxxxxxxxx what is it about that that's a pressure for you?

N people are all xxxxxxxxxxxxxxxxxxxxxx

D is that still an issue for you now?

N it is ya

D what happens? what's your worry?

N Am I going to be really uncomfortable or xxxxxxxxxxxxxxxxxxxxxx xxxxxxxxxx

D so what have you ended up doing not going out?

N ya I suppose so

D cause if I go out I have to go to the xxxxxxx and I won't be able to go in public

N no

D so I stay at home, xxxxxxxxxxxxx, and do you still do that is that still what's happening?

N at certain times ya I know I'll be going out all evening, xxxxxxxxxxxxxxxx

D So you've made some headway in that, maybe not total, not totally comfortable?

N no

D mmm, I mean I would see that as been a kind of a cop out at the moment and that's outside the student forum and that's a grand way of avoiding having to go out is to xxxxxxxxxxxxxxxxxxxx. Are there other issues there with regard to the social stuff or? with regard to going out and things?

N xxxxxxxxxxxxxxxxx

D Mmm?

N xxxxxxx

D right, and does the social stuff then link up with this fear of being alone, is your difficulty in going out socializing relate to that in some way?

N xxxxxxxxxx from not going out xxxx

D do you feel alone?

N ya sometimes

D mm, what's it like for you?

N pissed of with myself

D and what do you do I wonder?

N sleep

D right, okay so again it's the stuff that I guess we've dealt with in the past, these are ongoing social difficulties for you, they are really somewhat but slightly different, are there other things going on for you at the moment, other pressure or stress?

N xxxxxxxxxxxxxxxxxxxx at the moment

D okay the exams at the moment

N xxxxxxxxxxxxxxxx

D mmmm, or check on the doors

N ya

D I guess you can if you want to, if you want to do that. Would you stop yourself from doing it?

N I don't know

D I wonder what's your doubt? what's stopping you? from stopping yourself

N it's easier to do it

D okay and if you don't do it? build up of tension I guess

N ya

D what's another way of dealing, that's one way of releasing the tension going around checking the place what's another way of releasing the tension?
perhaps listen to music, watch a film, have a bath, xxxxxxxxxxxx it is up to you whether you choose, which way you choose to release tension you know. So that's at the back of your mind when the exams are over.

N ya

D So right now

knock on door

D So I'm just checking right now what's going on for you what are you aware of at the moment?

N You mean here or in general?

D here

N xxxxxxx going backward xxxxxxxx

D right
N about 2 years
D how does that make you feel?
N xxxxxxxxx
D right, do you feel you shouldn't have to go back over, do you feel it should be all gone I wonder?
N xxxxxxxxx something wrong
D I mean I sense that you have done something about it and you have moved somewhat in terms of been more confident about yourself now it's up to you to transfer that onto the obsessions that you risk now take experiments like you've been doing the group work push that now onto the symptoms, they may not go away as quickly as that but even though you've some basic confidence in yourself in developing.

Interview 5

D It's the 19th February, this is Neil Casserly. Well Neil I've been just saying to you that I'm interested in

knock on door

D so we might get some idea of the kind of stress, demands, pressures whatever that are on you at the moment, so how would you describe the stress that's there for you right now?
N xxxxxxxx
D Well whatever way just to describe what you see as been the pressures for you right now, identify the kind of pressure your under
N academic mostly
D I don't know what's the stress for you right now? it encompasses all kinds of things I would imagine
1/1, N am mostly **trying to reach deadlines, getting reports in, trying to**
7/7 **study**
D right
7/7 N am the **stress from lack of self motivation and self confidence**
D right, do you want to say a little bit about that? what's that about?
7/7 N that if **I feel I haven't the confidence to get through the course I'm going to get worked up over that and I mighn't study** which is just
41/41 going to **add to the sense of getting stress**
D and do you have the confidence that you an get it done? what is actually happening for you at the moment?
3/3 N **I'm** just **in and out** of **having the confidence one minute** I do and the **next I don't**
D right, so I hear you saying you've lots of deadlines lots of reports and things to get done, okay, now is that the stress? is that what you see as being the stress or do you see it as being your confidence as being the important factor for you?
N probably the confidence for not doing it
D Mmm so what's that about for you? I mean what do you believe about yourself?
2/2 N that **I mighn't believe that I would be able to cover the work**
D and do you believe?

N at the moment yes but I don't know how long that will last
D xxxxxxx
N ya
D and what's the issue there for you, are you aware of what's behind that for you? lack of confidence
N I'm not really aware of what's behind it
D What's it about I mean what's your lack of confidence about?
3/3 N I'm not sure **I'm** just **able to convince myself that** I'm not able to do something or that **I'm not able to do it as well as I'd like to be able to** do it.
D Mmm, how well would you like to be able to do it?
1/1 N I suppose **I'm trying to aim for too high a target, I want to do it too well**
D Mmm, too well, what's that about how come you want to do it too well?
N I'm not sure I expect it from myself.
D Mmm and do your **parents** expect it from you? do people expect you to do well?
41/41 N **They expect me to get through** I don't think they have any sense in how well I'm going to do you know doing that, **people expect me to graduate alright.**
D Mmm, but you don't know how well they expect you to graduate?
N No not really
D You've no sense of what they expect of you, and what's that like for you? is that a pressure to you that people expect you to do well? people expect you to graduate?
N It is ya
D and do you feel that you can meet that **expectation or that demand?**
41/41 N no **a good bit of the time I don't**
D mmm, so it's like there's an expectation there and you don't feel that you'll be able to **meet that expectation.** Any other demands or expectations that you feel you can't match up to?
N Only for myself really I suppose.
D Okay, so I mean I see there's the demand or the expectation to do well, that's a stress now I also see that there's a work load there and there's deadlines etc., I mean is that adding to your, how does that relate with the expectation stuff do you see? is that an added kind of a stress or what, how do you see it?
N It just adds on to it
D in what way? does it just **make the expectation more reached** or how does it add onto it?
2/2 N **Well if I see I have a deadline to get it and I don't think I can get it in other people expect me to get that through no bother**
D mmm
N but it does add on more pressure to it
D It's that same old script, everytime you have to do an exam or a project or anything it's the same old tape that comes up for you, which is I'm not going to be able to do it or people expect me to be able to do it but I don't think I can
N more or less ya
D okay, so each little deadline or project of itself contains what for you is the ongoing kind of dilemma which is that you don't feel you're going to be able to match up to what people expect of you, is that how it appears to you?

N Ya as far as any major projects are concerned ya.
D Right. So are there other stresses there for you, are there other demands there in your life right now?
N Outside of college or?
D Ya I mean just for Neil Casserly I mean whoever, you know

phone

D so other stresses? other issues that are going on for you
10/10 N maybe from **being isolated or lonely at times**
D mmm, can you describe what that's like for you
11/11 N am, just a sense that **I don't seem to know enough people, I don't seem to have enough friends**
D right, and that's lonely for you?
N some of the time ya
D mmm, and would you like to have friends?
11/11 N **I'd like to have a broader circle of friends than I have**
D mmm, you have difficulty in making friends?
15/15 N in **making friends** myself would **I consider stressful**
D mmm, okay, what's stressful in that for you?
15/15 N **having to introduce myself, to start a new friendship**
D having to introduce yourself, what's the stress in that for you, what's the difficulty in that for you?
8/8 N **Fear of rejection** I suppose
D okay, they mightn't like me?
N ya
D xxxxxxx okay, that's a pretty difficult one ha, right, okay so you'd like to have more friends but it'd difficult for you to make friends because your afraid how they might react or how they might
N Ya accept or reject
D right, anything else that's xxxx for you?
10/10 N **Any situation where I'm on my own and there's a lot of people around,**
D mmm
N **in the canteen** or anything like that
D right, you find that very demanding ya
N **if I'm on my own** I tend to get
D what's it like, can you describe what it's like for you? the experience of being on your own in the canteen maybe with a crowd there
10/10 N **I get the feeling that I'd be the only one on my own there**
D right
16/16 N **so I get a feeling everyone is looking at me and I just want to get out of it.**
D Okay, their all looking at me okay, and what's, that's stressful for you, that's uncomfortable like
N ya
D what's your discomfort?
N how do you mean?
D Well is it, what might people see when they look at you for example?
16/16 N **They may just notice the fact that I'm on my own**
D Okay, so that's the stress for you is that other people might notice the fact that your on your own
N they can

D and you'd be afraid of that, you'd be afraid that maybe people might think your on your own?
N ya

knock on door

D Okay Neil any other identifiable things, any other issues for you that you find are a stress right now for you?
49/49 N At home I suppose there would be a sense that **my attitude to my parents would be changing**
D okay, and how do you find that at the moment, that would be pretty stressful maybe for you? are you able to cope with that?
N Ya to some extent
D Right, how is your attitude changing?
49/49 N **I don't want to depend on them, I'm not happy depending on them to the same extent.**
D Okay, so maybe up to now maybe you have depended on them a lot and
N ya
D okay and now your not depending or you don't want to depend as much, what's your difficulty with that? what do you find difficult there, or just what's it like, what's that like for you that changing?
41/41 N Like **I'd be afraid that I'd upset people**
D you'd be afraid that you'd upset your parents?
N Ya
D okay, how would you upset them?
49/49 N **by giving them the sense that I didn't need them as much as I used to.**
D Okay, and what's you **fear** there? I mean what's your difficulty with that?
N **that they won't be able to accept that**
D okay, and if they don't what's that going to be like for you? do you think you can handle that?
41/41 N I don't know I say **I would feel pretty guilty about it**
D mmm, well do you feel guilty now?
N xxxxxxxxxxx
D mmm, so you have difficulty with this change of attitude with regards to that you don't want to hurt them, okay, so right now it must be a bit of a dilemma for you stuck there kind of wanting to be independent yet now wanting to hurt your parents, what's that like for you? can you describe what it's like for you right now, at the moment?
49/43 N I suppose **it means I tend to get irritable about it**
D right
N irritable **with my parents**
D okay you feel irritable
N rather than xxxxxx to them I tend to just leave it there
D true
N I'm going to keep on being irritable
D true, okay, and what do you feel like saying to your parents?
49/49 N **maybe spelling it out to them that they don't have to look after as much as they did 5 or 10 years ago we'll say**
D Well, okay lets move on from that Neil, is there other issues there for you at the moment that you find stressful?
N I don't know I'd say we've covered the main ones anyway

D okay, anything personally for you, I'm wondering how are the obsession for example, is that a difficulty for you now or?
N Ya it is, it created a good bit of stress alright
D ya, what's that like can you explain?
38/38 N It's sort of, **something I'm going to get really worked up over but only for a short space of time I don't** actually **do any compulsive behaviour**
D right, and do you feel it's contained at the moment, within that period of time or is it something that's very all encompassing?
N all encompassing ya, I feel danger become more kind of consuming alright
D and what's that like for you at the moment do you feel you can cope with it?
N ya I'd say so
D your fairly, you don't see it as being as major an issue maybe as some of the others because you feel maybe you can control it or you can cope at least, I mean you still do the compulsions but at least you feel you can cope with that
N ya at the moment anyway
D at the moment that's the way it is okay, I mean it mightn't have been like that before but right now that's the way it is
38/38 N Ya **I might be afraid at the moment that it's getting worse**
D okay, you might be or are you?
N ya to an extent I suppose ya
D so is it getting worse right now?
N ya I think so
D I mean I would see that as a symptom of your anxiety the more anxious you get I guess the worse the symptom gets and if your worked up about other things I would imagine the obsession would escalate, would you see it that way do you see that kind of a parallel?
N Ya
D and is there things that you an do to help yourself I wonder at the moment to control that?
38/38 N **Well I can if I try and control it rigidly I think**
D okay, and are you going to do that? if you have to do it will you do that, will you be able to do that?
N **I'm not sure** I couldn't say for definite
D anything else going on for you at the moment that your aware of? anything else that comes to mind
N Not really at the moment no.
D Right, I see things like concern with a family member and feeling homesick, that homesick one is interesting
N that was when I was away I suppose the first few weeks
D okay but does it apply to you now?
N no, I don't think so
D right, so I wonder will I kinda cross that out would it be, it's not actually causing you stress now feeling homesick?
38/38 N no **I'm fine** xxxxxxxx
D xxxxxxxxxx. Is there anything else from this you'd like to bring up? yourself?
N I don't really think so no
D Okay, well do you feel that from just talking to you now that I've been able to get some glimmer, or that you've been able

to share with me and provide me with some understanding of what it's like for you right now just from the basis of what we've talked about?

N Ya well as much as I can understand it

D okay, in terms of the stress your under now we've more or kind of explored it

N I'd say so ya

D okay, good, that's good enough for me

Interview 1

	D	so as i was saying the purpose of this is just to have a conversation with you and so i might understand with your help whats going on for you, what kind of pressure and stress you feel you are under at the moment. so the best place to start right now
	DR	am i was under a lot of pressure am last night and this morning
	D	okay
	DR	with an exam
	D	okay
1/1	DR	am i don't know how the exam went i think it went okay but i'm a bit apprehensive about it
	D	so right now your main concern is how the exam went?
	DR	ya.
	D	right, and you don't know how well you did?
	DR	no, i was okay on some questions but others, you know the usual exam, tension and that
	D	so can you describe what that's like for you now the kind of apprehension and having done the exam, can you describe that type of pressure?
	DR	yes, am usually after an exam you expect to feel you know sort of great after it but
	D	ya
1/nd	DR	you know it's like impending doom
	D	that's the way you
	DR	that's what it's like at the moment
	D	what's the impending doom deirdre?
1/1	DR	I suppose that am I'll fail the module
	D	okay, right and if you fail the module?
	DR	it's nothing much to worry about just as long as i keep my qca on 2.00 before i go out on co-op
	D	mmm
1/1	DR	it's just like a fear of failure
	D	I'm interested in hearing about the fear of failure thing what that's like for you, or what do you mean by the fear of failure?
41/41	DR	Fear of failure for me is because am I'm afraid of what my parents will say, I also put a lot of pressure on myself to
	D	right
41/41	DR	to live up to my expectations and my parents.
	D	what could your parents say to you?
41/41	DR	oh the usual, could you not have done better, you know we're paying for you through college and like we expect you to do well and
	D	and how does that make you feel?
41/41	DR	awful (laugh), it makes me feel really guilty, you know it's like blackmail
	D	right, emotional blackmail, you didn't meet up to their expectations
	DR	exactly.
	D	ya
	DR	you know cause every time i do an exam it's always the same on

41/41 the phone, did you study?, every time I ring home its study
D right
1/1 DR so it's am, I put myself under a lot stress in exams I never do as well as i should do
D right, how well should you do?
7/7 DR well I know I should do better than i do in exams because I know my material but when I go in and sit in exams I just totally blank and it takes me ages to am remember what I have learnt and what I know
D mmm
7/7 DR and then I can't write it down and I just you know your really shaky and you know I'd say it's a bit fear of sitting inside in exam not being able to remember anything
D mmm
DR which was partly what I did this morning
D you weren't able to remember that?
7/7 DR I wasn't able to remember 'till about 20 minutes into the exam and the exam was only 50 minutes long
d mmm
dr so I finally in the end I just got around it and told myself calm down and went ahead with it
d and now does a sense of impending doom?
dr ya i always have it after exams I always feel that i've failed and i always you know its immediately afterwards what my parents are going to think
d mmm, mmm and what's the worst they can do? what's the worst that can happen
44/44 dr if they stop paying for me going through college
d mm
1/1 dr and that would be the worst because am i want to complete my degree
d ya
dr and i don't know what i would do if they did stop
d right, and is that a fear of yours that maybe they might do that?
44/44 dr ya it is because he's always going on about how much money he's spending on me and I feel really guilty over that and
d mmm
41/41 dr well like I'm letting them down if I get bad grades or that
d mmm
dr it puts a lot of pressure on me, but I put a lot of pressure on myself
d right, and right now your feeling some of that pressure?
dr ya it feel like I've xxxxxxxxxx muscles
d really
dr ya (laugh)
d right now?
dr down the back of one of my shoulders so ya very tense doing exams and that
d mmm. Okay we'll just stay with now again, just staying with whats going on for you now? what are you aware of right now? I hear you saying that your muscles are tense

ND/ND	DR	ya very tense down along the back of my neck and shoulders
	D	what are those tense muscles saying?
	DR	they're not saying anything well I suppose am I'd want to relax a bit and
	d	right
	dr	I tried to last night and it was virtually impossible
	d	mmm
	dr	I tried to work it out and I couldn't
	d	right now their tense i wonder what do they need to do or what's that tension about? right now?
ND/ND	DR	I suppose I need to relax but ah their all in little knots
	d	mmm, so that's how the whole fear of failure comes, your saying you put expectations on yourself as well what are they deirdre?
1/1	dr	well i always love to get a good grade and am i know myself i'm capable of doing it but am i say deirdre you have to get this, you have to for yourself because everyone else around is getting
9/9		good grades and your, sometimes i do as much work as everyone else but i come out with awful grades so i say to myself well cop on like
	d	mmm
7/7	dr	there has to be someway or sort of converting the work i've done onto paper
	d	and you feel you haven't been able to do that?
	dr	no never, I think the only time i was able to do that was for my inter cert.
	d	okay, so now what's it like you've just come out of an exam you feel you haven't done yourself justice what's that like for you?
7/2	dr	for me I hate myself for you know
	d	right now?
	dr	ya
	d	you hate yourself because?
1/1	dr	cause I know I could xxx do better
	d	right, so right now your giving yourself a hard time?
	dr	ya, every time I can do better than what I've done but just
7/7		forget, everything just goes, i get on brilliantly in practicals and everything like that i get 9, 9.5 out of 10 and when it comes to written theory should i say i suppose panic when I see the paper or whatever
	d	and what's your difficulty with written?
	dr	I don't know, I don't think I can convert my thoughts or whatever down to paper you know, I find it very difficult to do that
	d	right, so written exams are difficult compared to practicals
	dr	ya, comparing my practicals to my exams I get D's and F's on exams i think the only thing that keeps me on c's are my practicals, cause i was asking stuart hampshire, course leader about one particular module that i thought I would get a B in because I had a B in my practical and I did a pretty good exam I thought, and it ended up that I had an F in the paper so I don't know how I do it

d it's always been like that has it, always unwritten stuff xxxxx

7/7 dr ya, always you know I think I always find it difficult all the way up through school and everything, cause everyone kept saying I had the capability of doing you know, of having good grades and all that but when I sat down inside in a exam and tried to write something I couldn't do it, my thoughts were totally haywire and I just couldn't collect them together and put them down on paper, xxxx exams don't suit me (laugh)

d okay anything else that's going on for you at the moment that your aware of, in terms of the exams or the fear of failure?

ND/ND DR ya I'm going to go home this evening and I'm going to be asked how the exam went

D right, so right now that's going on for you as well

DR ya

d what's going on about that for you at the moment?

41/41 dr well it will probably be the spanish inquisition when i go home, he came in last night my dad and ah he said well what are you doing tonight? and i said what do you think? study, you know, he says why? i mean he asked me why (laugh) i was studying you know in week 7 which was pretty ridiculous for dad and am I said I have an exam and he goes oh are you ready for it do you know it?

41/42 a sort of a grilling you know couldn't answer him or anything. I had done the stuff I mean I have spend the past week really working my gut off for the thing and just I was in total dissatisfaction, so when I go home I'll probably get, how did you get on? what was like? did you answer all the questions?

d mmm, how do you feel about that right now? how does that make you feel?

43/43 dr makes me feel like just throw him out the window you know, cause I know I'm starting to fill up with anger and that before i go

43/43 home this evening, whenever I go home the mood totally drastically changes. I'd be grand up to 5 o'clock, 4 o'clock after a lecture and then i realize oh my god i've got to go home, and then just a drastic mood swing from grand to total depression. No one can talk to me for the weekend sort of don't come near me don't even touch me.

d mmm

46/46 dr which I try not to do cause i don't think it's fair on my brother and sister because they haven't seen me for 3 weeks now and you know they're missing me, i can tell that cause you know on the phone you can, they sent me 2 valentine cards and everything because they miss me an awful lot.

d and what's that like for you?

49/49 dr well i don't find myself missing them anymore, i used to, like they won't tell me what's been going on during the week at home

d right

dr so I don't know what to say to them or anything

d mmm

43/43 dr they won't say if mum and dad have been fighting, so I feel like
49/49 I've grown away from them that I'm not part of the family anymore that I just come in at weekends and that's it.
d and what's that like for you?
45/45 dr well I don't mind it when it comes to dad but when it comes my sister and brother am like I'd like to get to know them better now that they are getting older
d sure
43/43 dr and they won't let me in, it's like they have their own little circle now at home
d right
43/43 dr and I'm the outsider. so they won't tell me anything, sometimes I get the impression that he's after saying to them if anything went wrong don't tell deirdre, I often find if he's in Limerick
43/43 early with me it's because he was after being fighting with mother.
d mmm
dr so I always know that and I know last night he was too because he came in at 6 o'clock he started coming in at 6 and there's
no need because all he need do is drive in at 7 because xxxx and 7.45 and I rang mother around 6 o'clock and she said yes he's
43/43 gone into limerick you know you can tell from the tone of voice that she was after fighting with him.
d right, do they fight a lot do they?
dr ya an awful lot.
d okay so I'm just wondering what's that like i mean we've talked
a fair bit about the exams, pressures and stuff it's like there's a lot of pressure from home it seems, you feel under a lot of pressure or do you?
dr ya when it comes to, under a lot of pressure at the moment
49/49 because my father wants my mother to go with me to Germany for the first month
it's one of his hair raising ideas you know and am
d what's that about? he wants her to mind you?
dr baby-sit you know (laugh), baby-sit me you know when i go to
49/49 Germany and then he wants to come over during the summer for about a month, the whole family to stay in germany with me and I don't want that but I can't tell him I don't want that
d because?
43/nd dr because he'll come and do it anyway
d so you've nothing to loose by telling him
43/43 dr he'll probably end up hitting me
d he could hit you?
dr yep.
d and where does that leave you?
44/44 dr I suppose it makes me feel unwanted like he never exactly praised me or anything like that i mean I always came off the worse end of anything that happened, i don't know how

my sister does it but she's got him wrapped around her little finger.

d right.

dr so if we did anything she'd get away with it but i wouldn't, that was when we were younger and now that i'm 19 and sometimes

43/43 I do answer him back he can't accept it so he starts raising his hand to me and he goes to hit he's about an inch from my face and then he realizes like what he's doing and he stops and usually when he's like that he's after being fighting with mum anyway.

d and how does that make you feel you know if that's the way your dad is towards you, I hear you saying you feel unwanted? what else?

43/43 dr ya, resentful

d you resent your dad now?

dr mmm, and I hate him

d and you hate him, okay, and your mum?

48/48 dr I don't know mixed emotions about my mother, really depends, she's like a little baby when it comes to it, I feel like i'm the mother and she's the child

d right

dr i suppose it's sort of

d a lot of responsibility ya, to deal with?

48/48 dr ya there was always a lot of responsibility from when i was younger.

d does she find difficulty in coping she does?

dr ya, she finds it difficult at the moment she's got very high blood pressure and it's been going on for the past year and she's being taking tablets and that and it's not bringing it down, she's trying to loose weight but she's finding that very

48/48 difficult and she's finding it hard you know to cope with all that

d mmmm

dr and to cope with my dad and my brother and sister as well. I

48/48 sort of take over at weekends when i go home.

d so while your up here now i mean what's it like being up here
and realizing that's the way it is at home?

dr it's like i never know what's going on with her you know, i want to know what happened during the week but she won't tell me, ah it's as i said like being cut out of the family and they won't tell me anything that's happening.

d Okay. so I'm just wondering other issues that are going on for you at the moment, so that's the exams and there's home, is there other pressures, or demands or stresses that your experiencing at the moment?

dr yes, am Tony

d right, what's going on for you there?

19/19 dr I don't know he's very pressing, he seems like he's back to where we were when we first started am, he's getting very concerned and that about me which i don't want, i don't want him to be very concerned about me, it's as simple as that

	d	right
38/38	dr	I want to be in control myself like, and am i don't want him to
19/19		start worrying about me
	d	right
	dr	like he's got his project, his interviews all that himself
	d	right
19/19	dr	and i feel like an extra burden on him as well
	d	so you don't want to be an extra burden on him?
19/19	dr	no he's got a lot going on
	d	mmm
	dr	so
	d	so what's going on for you now with tony?
19/19	dr	i feel awful you know, lifestyles tuesday night when he wanted me to go with him
	d	right
19/14	dr	i refused just point blank, no way and i think he got pretty upset over that which makes me you know cause ronan was after telling me that i say things to people, i don't mean them intentionally but i'm very definite i say it and that's it and which is very true because i was thinking over it and am what i had said to tony, i didn't mean to hurt him but i know he was pretty hurt over it, big excuse was he's already told me anything that i was unaware of
	d	Tony has?
	dr	Ya. He has he sat down one night and says i reckon i know you better than anyone else and he told me a lot of things about myself so
	d	so how do you feel towards him?
	dr	I like him, but I like him as a friend he gets very concerned but I think i won't go as far as saying i love him but he
19/19		definitely, he says he loves me like which is
	d	how do you find that?
19/19	dr	difficult to accept because I don't want, you know he'll be leaving in june and i won't be around next term so i don't want him to get attached xxxxxxxx valentines card xxxxx all that (laugh)
	d	and how are you in regard to I mean having a relationship with him?
	dr	no
	d	what's going on for you there?
	dr	do you want me to say it?, i mean okay
	d	I mean what's going on for you with that right now?
14/14	dr	well I suppose I'm still scared shitless in male company
	d	okay
	dr	and yesterday in group i think proved that
	d	mmm, okay so you have a lot of discomfort yet in terms of dealing with males and dealing with?
	dr	ya
	d	okay, and that is kind of, obviously that relates back to specifically to being the incident of attempted rape that happened to you about 3 years ago?
	dr	about two and a half.

d so that's an extra pressure that you feel, do you feel your able to cope with men right now?

dr no, I don't think i can am, i can see it for myself when I'm at home in plassey village that we've 5 guys in the house and 3

14/14 girls and i always avoid going into the kitchen when the guys and there or whatever

d mm

dr so

d there is a whole load of stuff there with guys that you have to sort out for yourself I guess

dr ya

d mmm, is there other stuff I wondering deirdre, other demands there, I mean we've looked now at a number of areas in you life, do you experience other pressures? say relationships particularly with tony, home with your dad, your exams

dr ya

d do you feel that there are other significant kind of pressures or stresses on you right now that you are aware of?

22/22 dr I think Liz is, she's, i don't think our friendship is as good as it used to be

d okay, how do you feel about that?

22/22 dr well I don't like it because we've been friends now since the beginning of first year, and i think she believes that all the group xxxxxxxxxx cutting me off from her

d mmm, and how do you feel about that?

22/22 dr am, i don't like it because am we are good friends and i don't want to lose the friendship. you know she's getting very uptight now and i think, am what are you doing now?, well i've got to go to declan or i've got to go to nightline or whatever and am she finds that you know i'm doing a lot of stuff and I

22/22 don't think i'm giving enough time to Liz.

d right.

dr I'm not, like I've met a lot of new friends lately and am before it used be just liz and me now its a few like catherine and Noelle and jo and that and i don't know can she xxx it or not

d okay so that's liz's issue, so where does that leave you, or how does that leave you feeling?

DR am, dreadful that i might loose a good friendship.

D Okay, so that's a concern for you right now.

DR mmm

D Okay. Is there anything else going on for you at the moment? any other stress?

DR I don't think so

D we've covered nearly everything there?

DR I think everything's being covered ya (laugh), ya.

D and what are the kind of, ya, okay maybe if we'll stop there for now, I'll tape the other side okay.

D to get some idea of what today right now what demands and the pressures that are there for you at the moment that you're experiencing really right now what are you're concerns and I don't I mean I have'nt looked at this and I have'nt talked to you so I don't know whats going on for you. So the purpose of the conversation really would be for me to try and elicit the meaning behind whatever is going on for you at the moment. Its as simple as that and for a half an hour
so even before I get into looking at that at all I'll just ask you yourself what are you experiencing at the moment in terms of demands and pressures

J To finish up here as quick as possible.
D Right, okay,

and to try and finish up well, last term did'nt go well so this term has to go well, to finish well
D Okay you have to finish well
J Well to be satisfied at the end of the day ya
D and if you don't finish well?
J well

to do something once you, you're always dreading it more the second time

D OK, so would you say you're feeling not all that confident or something?

B No, not at the moment, hopefully like by the end of week 11 you know, and if you've covered the stuff. Now we don't know what the stuff is so we can't really say by hopefully by the end of week 11 we'll be able to get
****

D Right now do you feel that you've coped well at the moment

B Yeah, well its easier to cope at this stage

D Its easier to cope

B because you know its far off... when something is distant, I suppose you wouldn't really call 11 weeks distant, but in this college it is like...like the start

D And when its distant you can cope better?

B Definitely ... but the stress will increase as the weeks go on you can be sure

D You're sure of that?

B And it depends then too, if you're not working then that will increase again. Say if you haven't done the work by the time the exams come

D But right now how would you describe the stress ... the pressure that is on you right now?

1/1 B Well, I've got **a chemistry exam next week so I'm worried about that,** so I've got one pressing exam next week, so I'm a bit worried about that because if I fail that ... I wasn't very good at chemistry in the first place so when I did it in school, so I know that's the one the exam I'll be doing next week, so when I do that now, if I can get that over with it'll be a lot of stress off 'cause if I can get a good grade in it I'll be OK,

1/1 but **if I fail it I'll be right down** ... see a fail will bring me right down so you're always humming and hawing over adding up scores and this kinda thing you know ..... whereas, I think if I was given a choice of having continuous assessment, an exam at the end, I think there is less stress because you know that OK, you come in in September and everybody does nothing until Christmas and you only have summer exams, because and you know everybody is on par, whereas here people seem to work a lot harder, because there's more pressure on. They feel that everybody else is working since week 3 or week 4, so they just work and the more somebody works then everybody else works more and more ... its kinda you know, it leads on you know

D So whats that like for you, do you feel that pressure right now for you? You have an exam next week, what's the stress for you right now about that?

B Getting work done

D Are you getting the work done?

B No, I'm not ....I don't know what I'm doing at the moment, the fact that when .. sometimes like that I tend to put it off, study, especially when there's loads of work to do.... say you have a very hard module you tend to .... I tend to do the easy module ....I might have

modules where I don't have exams until week 11 and I have an exam in week 3 for this one and I'm not doing anything for it .... its the fact that I have to cover all the amount ... the whole level *******

D OK you're putting it off ..... next week's stuff you're putting it off it's not something you really enjoy?

B I suppose that's probably why, because its not enjoyable, you don't want to face up to it or something like that, its something to do with that ... not wanting to face up to the pressure, kinda just shrug it off

D And where does that leave you now?

B Well I try, when I put it out of my mind I feel no stress about it, but if I was to go home tonight and start swotting the work I'd get stressed up thinking of all the work I have to do

D So study is actually reminding you that there is an awful lot to do?

B Whereas if I could just sit down and play cards, I'll be thinking of the cards and won't be thinking the others

D So at the moment regarding the exam next week ... are there other particular stresses there for you at the moment?

49/49 B Not in the college, mainly at home, **grown out a bit of being at home** you know ... I have a lot of brothers and sisters, I have a young brother and you know you're trying to work or something ... I'd prefer. **I'd like to have my own flat** or somewhere I could fend for myself, like I was over in Germany last year for the whole summer fending for myself and I liked it, you know,

45/45 the fact that you have your own place, whereas **when you're at home you have to share** rooms with your brothers and these little things are getting to you ... **niggly things** like brothers and smoking in the room, I hate smoking and things like that and I'd be afraid to say it to him, I wouldn't like to say it to him because I don't know he's very, I like him like you know and in our family there's a lot of slagging off you know, people aren't too quick to be nice to each other in our family, so there's a lot of slagging off and .... I slag off my sister but and my brother laughs at me slagging off my sister, and so he's kind of supporting me in that way, slagging off her, and we don't get on at all - my sister and myself, so if I was to tell my brother, f..n' him out of it for smoking in the room, well then he might support the sister more and then I'd be kind of .... I'd be the bad guy ... and its the same then, I get on with my mother and

43/43 my brother, but **I don't get on with my father** - I don't mind my little brother so much because you can just tell him to go away and he'll go away

D What's the problem there?

43/43 B What's the problem there? I don't know, **I never liked my father** I suppose, I think **he reminds me of myself a lot** you know

D In what way?

43/43 B **Its very hard for him to show his feelings** or anything like that, the same with me like I find it very hard to

show my feelings because when you have two people then who find it very hard to show their feelings there's always sort of **a big**

43/43 **barrier, its very hard to talk to him,** ..... he's very nice you

43/ND see he's .... **he's in AA** you know Alcoholics Anonymous and its like he's been there for 30 years and he's big into **the**

43/43 **Alcoholics Anonymous** and I think **its the main part of his life** is staying off the drink. He tries to explain that to us, and he brings you know we ... I've heard so much over the years about AA and you know everything that they're trying to do and its all about that, but there's still the fact that you know,

43/43 its kind of that ... **we take second place** or something ... that is the main object ... and I can see it grand like that yeah, OK he has to stay off the ..... I'd much prefer to be second best than him to be on the drink .... but there's still the ... you might understand it but there's still ... you don't like it

D What is it about that that distresses you?

43/43 B Just the tension, the **tension between the two of us**

D What's that?

B You know, somebody waiting for something ... **somebody waiting**

43/43 **for someone to say something** and then the conversation being totally made up, you know your talking about stupid things, the weather, you're **not talking about meaningful things,** and he knows nothing about what I'm doing ... I know about what he's working at and all that, but I don't know ..... you know he doesn't know my friends .... a father would come in and they'd say you know, how are you getting on and have a chat, my father wouldn't be a bit like that you know, he'd kind of say, someone would ring up on the phone, another father would say - Tony's on the phone for you or something like that, my father would say somebody's on the phone for you ... you know little things like that, that he wouldn't know and then they say they don't know what we're at, both my parents don't know where we're at ...coping out here with stress and the whole lot of it and they'd say something like ... you know it would be a passing comment ..... how was you're exam? singular .... and then you're saying ... feck it I do 10 or I do 6 exams, why do they say exam - singular ... that annoys me the fact that they don't ....

D What's annoying you? What's the stress, the difficulty? What is it about all that, I mean, I hear you talking about what its like at home ...

B Its annoying its about the exam thing is different from the relationship thing with my father ...

D OK well lets stay with the relationship, what is it about that that stresses you, You say there's tension there between you when something happens ... what's the stress?

43/43 B I don't like it being like that .... not stress ... **I'd like it to be different ..... I'd like it to be a friendly relationship** and ******* and being able to do

things, that kind of stuff ...

D So you'd like to be more open

B More open, I can't see it ... I think they say it about people, when people are so much alike you know they never work .... likes repel in other words and that kind of thing ..... but like .... I'd say you see, that's why I want my own, if I had my own place like, when I was over in Germany, when I came home I was able to talk with my father grand like you know, because we weren't with each other in the house constantly you know, my father is retired you know and you say I might not have a lecture until 3 o'clock in the day and I'd spend the whole morning in the house and he'd spend the whole morning in the house and I'd kind of go out of my way not to meet him in the hall, you know that kind of a way, because I'd feel guilty of the fact that, I feel I shouldn't be there, I feel I shouldn't be at home, even though I know I didn't have a lecture until 3 o'clock, its just that you know my parents think that I should be gone out you know, its just like school, University is 9 to 5 that kind of a way, just like a job you know and I feel a bit tensed about that you know ..... sometimes its angry tension, annoyance and other times its just resignation

D At the moment what is it?

B I'd say its more reassignment at the moment, we're coming up to exams they'll be banging doors and things like that ********** but its not as bad now and when it is that way I know that I'm probably 50% to blame for it, the fact that it gets worse, I'm kind of bringing it on myself and I know that you know

D In what way do you bring it on yourself?

B Letting it get to me, like if I was to go home and be a warm hearted person, which would be probably impossible for me I know, but if I did do it, I could probably relieve all of it, but I'd have to be making all the efforts and I don't think I'd be able to do that, its not the kind of person I am .... my mother is more open and I can get along with her and I have no problems there at all ..... its a lot more, my father is a lot more serious, I think my mother is more intelligent too than my father .... my father was an alcoholic when he was in school, he got no school because of it, he was drinking when he was 14 and 15 and he went straight into his father's company when he left school, you know you could say something stupid and my mother would get the idea and I tend to do that, I tend to joke around a lot and kind of there'd be something on the TV and I'd say something sarky about it or stupid about it you know and my mother would pick it up and she'd grin at it but my father wouldn't get it you know, and he wouldn't laugh ...

D That's stressful for you in a sense .....?

B Yeah, the tension is there then you see, in kind of he says what are you saying kind of thing ..... whats that rubbish coming out like ... and that kind of just builds the wall, the barrier ....

D So how does it make you fee?

talking to girls you don't know and then I think its OK, ... I don't have many friends that are girls and the fact then that you meet new girls .... and like, what are these people's interests? they may be totally different .... so you're worried about the fact,

14/14 **what are you going to say?**

D So you've a difficulty in basically getting on with girls, you don't know an awful lot of girls /..... what is it about that, that is a stress for you? I hear you saying the hardest things for me is maybe I'll never get a girl ... I don't have one

D At the moment would that be of particular stress for you?

B Definitely, I'm under 2, so its unreal the way you suss out this system, its a complicated system and how quickly people suss it out 'cause they know if they get under 2 and you get 2 fails you're gone, the idea is to stay above it and I consider you see whereas if you got a D in your leaving cert., that would be a pass, whereas here its a fail, so I consider a high grade a B so I'd be going for a high grade to bring myself above the 2, I'd always go for a high grade I'd never actually really be happy with exams .... I've always gone for Bs and got Cs, when I was going for Cs I got Ds so I always put myself looking for an A and hopefully get a B. I don't think I ever got an A ....inside in exams I tend to be slow at doing it ... think hard and tend to stray away see I have to make up for that by studying you know absolutely everything before I go to the exam to make up for that .... slow writing and my writing isn't too hectic either I think, I don't know it mightn't be true like but a lot of teachers said to me that I haven't done well in the exams, this is in secondary school that I haven't done well in exams because they couldn't read my writing **********

D Things that like together would be lack of self-confidence, and shy and maybe a bit anxious

B All those things would ..... the problems that I have I'd say at home, with girls and things like that, that I haven't done well, so my self- confidence would go down that I can't come to terms with speaking with girls .... that would bring my self-confidence down and then the barriers up like you know ... its tends to ... you kind of turn it into yourself and say there must be something wrong with me type of thing, so that's all it would be .....

D And you know we talked about family at home ..... I'm just wondering do you feel that we covered, in our discussion ... do you feel we touched on all the areas that are relevant

B There are only kind of 3 or 4 major areas aren't they, we can't touch on the areas of marriage or children or those questions about that ..... I have questions about that like, how you make up ... this is all real theoretical thing, and how you suss out a stress of a person whereas you add up a raw score for me say and I mightn't have any children and somebody of 19 or 20 might have 3 children and be married and be thinking about an abortion

..... a girl and these kind of things ... and that would make a lot more points ...

D This is the whole purpose of my discussion you see, I only see this as being ..... the reason I'm not going on that is because I can get an awful lot more in an hour talking to you .... this is just a backup

B I think that's where ********** the way it was done last year .... it's totally different ... maybe if people are married, but I think some of those questions I think should be taken out just aimed at a student

D Sure, but the important thing is I feel ... do you feel that, I mean that part may not be very valid, but what we talked about has been and that's what's important and the idea is

D My theme

B I just did **********

D Fair enough ..... ********** write in your name .....
OK so, more or less the same what I talked to you 4 weeks ago or whatever, I talk to you about what's going on now and what are the pressures at the moment for you

B Well, I was ********** I don't know, I was feeling, the course has done me a lot of good because I was a lot more relaxed, do you know, I was doing a lot of things ..... the breathing ****... just thinking about ********** but I went out on the piss last night and I woke up with a desperate hangover this morning and I'm just about getting over it now but ..... just clearing up those things there, getting them over to you .... the stress this morning because I'm just after finding out that, well I found out an hour ago, that we have to have our report up for today ..... and where did I leave it, at home, so I have to get it finished now by 2 o'clock so that's another stress ..... I think the whole list was kind of the most stressful part was just today, this morning, because the last few weeks have been a lot better than it was

D Good .... and at the moment, what's the pressure for you at the moment? What are you experiencing at the moment?

B Well its just little things .... just getting to me ... I'm able to .... if I took some time out now you could feel..... if I just sat down now, I could probably, like even now, I feel more relaxed, just talking ....
This time last term I was totally different but I know what my problems are now so its a lot .... when you know your problems its a lot easier to cope with them ..... whereas last term I didn't know what was going on with me so I was kind of, well I didn't know so basically I was kind of anxious all the time, where as now I found out from the group that a lot of people have the same problems as I do, so we're all in kind of the same boat and if they can handle it, and you know how many thousands of people are going to this college, and if they can handle it, so can I

D So comparing last term, this time last term and now, what do you see would be the difference for you? What is it

about now?

B Its actually knowing and dealing with it then from there.

D Well that's, if you stick to the time being, what is it that's of pressure to you right now?

B Just at this minute, would be getting that report done today

D But what is it about that, that is of pressure for you at the moment, what's stressful about that for you?

2/2 B That I won't get it done and that I'm stuck for time and that leads back to the fact that I need a good grade in this module and that leads back to **********

D How do you feel about that at the moment, do you feel is that, can you be optimistic about it, will you get the report in anyway?

B Oh yeah, I'll get it done alright, so what I think is if I was to relax, I find that I go from, you know you did the *** crowd, I was thinking about this actually, if I don't, I'm either at one side or at the other you know .... if I'm not putting any stress on myself at all I get totally apathetic, I do actually you know, so I'm trying to get myself into the top higher bracket of that group or the optimal in points .....just to get the

D So do you feel you're coping well at the moment?

B Yeah, I'm a lot happier even though I was on a better QCA last term

D Do you feel that's pressure?

B I should be under more pressure ..... I'm putting it through my head that I can only do as much as I can like .....not worried about being at ease with yourself, but the course is definitely helping, the chats about saying these things, like OK you bring a book or something like that and you just you'd read and that would be that, and you'd throw it away and you forget about it, but when you think about these things and you put them into action and ..... you think positive on it then, I was thinking about the analogy you had about the golfer and it seems so logical ********** trying to get over that crossroads, trying to build up to the exams and get myself there, try a study plan, study plans usually never work for me ... I want to try to stick to one this time

D Maybe you could make it work, ... why the study plan didn't work is that you maybe didn't allow it to work ..... so does anything else stand out right now that is a source of pressure? Right now

B Well its more a feeling of .... usually the last big term, or

49/49 last few years when I was finished my exams I used to go away to Germany and that was kind of a great relief to get away from it all, I'd go over there and work and be my own boss and get away

ND/ND from my family for a while you know, but this year I have to go to Dublin to get operations done on my ankles and so I have to stay, and be around the house and that's pissing me off a bit you know, the fact that I have to stick around for the whole summer with the family and be on crutches you know

D What's wrong with the ankle?

B Its ********** I think I was born with it but it seems to have got, it wasn't a problem for me up to the time I was about 13 or 14 - its a problem with my ********** nerve system its called, I just have it on the outsides of my legs here in that the muscles aren't developed, so its, my foot is tending to lean that way so I go over my ankle you know, so what they are going to do is put some pins into my ankles to stop them ******* I hope it will work out to my advantage, I'm not kind of totally retarded or anything but its just ..... it can be annoying at

23/23 times, and makes me **self-conscious, walking through a crowd** or something like that .... see where people's eyes are roaming and things like that .... I had built up a bit of a conscious

D Does it set you off in some way or?

B I think it does yeah, but when I ask people about it they kind of say oh yeah well I didn't take much notice, but you can see like **********
I think, even some days I even find, when I get conscious of it like, that it gets worse, and if you can just forget about it then its not as bad ... They told me last year that it was progressive but they didn't know how progressive it was, but when they told me it was progressive I started thinking everyday it was getting worse and worse, just for the fact that they said, if they had said nothing to me like .... if they had said there was nothing wrong with you at all, I probably would have been better off

D So what's that like for you at the moment?

33/33 B **Well I'm hopeful in the fact that the whole thing will be cured** like, but I'm not looking forward to hanging around for the summer, I'm a bit stressful in that way but there's hope .....

D Something has to **********

B They come back to you ..... **********

D Are you worried about it at the moment?

B Yeah, more worried about exams now at the moment and I'm not worried ...

D You're not thinking beyond that?

B I think I'll always have something to worry about you know, when the exams are over I'll probably start worrying about it ...

D The main thing right now about it is that your summer is going to be held up ..... if it wasn't like that you'd be heading off somewhere. So what is it about that that is stressful?

B Well, I had a good time when I went away last year and that I'm not going to have a good time this year.

D Is there other things going on at the moment for you that are pressure or?

B No, I feel I'm more relaxed around people and I'm happy about that ... I used to be, I'd be with people I wouldn't know, there'd be stress, I'd be saying I wonder ********** now even with the class, you know, when you go around at the start and you say, would

anyone like to say anything and everyone would kinda look around like this and I'm not saying anything anyway and everybody looks a bit stressful about it and I'd be the same, now I just pretend that the question wasn't asked, 'cause you know its just easier that way, 'cause you were saying if it causes you stress just forget about it kind of thing, so that's what I did like, you kind of say things like that always used to cause me stress like, teachers kind of saying ..... if they ask a question or something and you can't think what the answers are

D OK now you're saying about the Group itself and how its more easier for you ..... is there anything that stands out, anything else that stands out right now, well maybe we'll have a look at this and see if I can find any particular stresses right now for you .....

B Well, there's always kind of family stresses, I always find I

49/49 get myself **into a rut at home** for some reason ..... you know I go home, I don't like being at home for some reason, but I'd love now to get my own place, and that always seems to be a bit of a stress

D And what's the pressure at home?

43/43 B **I don't get on with my father,** my mother sides with my father and kind of blames me for the fact that we're not talking **********And the sister, **I don't get on with my**

45/45 **sister,** but that's more ..... maybe now I've been getting on better with the sister, partly because she's been in a better mood, because she's a bit moody to me as well and when two bad moods get together like there's arguments .....the dad, 'cause you're tired and he's always there you know, he's always looking for something to ********* he doesn't like to talk, he never speaks his mind you know but you can see these things going on in his head you know

D What's that like for you?

B Stressful

D What is the difficulty, what is the stress in that for you?

B All my other friends can talk to their dads like you know, how's it going, and I can't so ..... there's stress in that **********

D At the moment what's it like at home for you?

B Its always the same ..... home varies from day to day, somedays it can be good, somedays it can be bad, you know

D It there some rivalry, **********

B I used to have rivalry, I put a 0 beside the rivalry

D No you have 4 there

B For which one?

D For rivalry

B Sister ..... there's always been rivalry there ....

D What's that like at the moment?

B 'Cause she's in good humour like, so its goes back when we were both in bad moods ...

D And what's this rivalry about?

B I don't know we just don't get on ..... from little things to ....

you see I get **********

D And what's that like for you?

B OK she'd say something like, would you ever get your hair cut ..... and I'd slag back sometimes ..... and slag something else about ***** and that would turn into an argument ..... and arguments are always stressful you know, I feel that you don't want to be arguing you know there's no reason to be arguing ..... you know we just loose friendships and all that **********

D You have alcoholic parent..... is one of your parent's?

B My father ..... well he hasn't drank in 30 years like, but he's an alcoholic like, once an alcoholic always and alcoholic as he keeps telling us ...

D At the moment, is that a pressure for you at the moment? What's the stress about having an alcoholic parent?

B Its all reflected in his personality, he even tells us that himself, he's very moody and then he's not able to open up and tell you that ... and that's what I was saying earlier about causing stress

D Well the fact that of him being an alcoholic .... even though he's dry for 30 years, I mean, is that stress for you?

42/42 B Well **I'd like him to stay dry.**

D Does that worry you?

B Its in the back of my mind like .....he seems very strong towards that

D Any other way it affects you towards your own attitude of drinking beer?

B I went out on the batter last night ..... I very rarely drink, I don't think there'd be any problem in it ...

D Not that there's a problem, but would you worry about it?

B No ..... my mother's family were totally T-totalers ..... I think, cause my father was an alcoholic when he was 15 .... he took a vodka or whatever, he was robbing all the cooking wine out of the presses and he was mad ********** when he was 21 and 22 you know **********

D So what's it like for you to have an alcoholic father?

B Well not so much worried about him being an alcoholic as what stems from being an alcoholic .... the personality, its not a problem ******** I wouldn't consider it degenerate do you know ********** 'cause its such an open thing .....

1/1 D What's the **fear of failure** like for you at the moment?

B Pretty big

D Can you say a little bit about how stressful it is for you, what's the pressure like for you at the moment?

B Well I'm trying to change my thinking at the moment to be more positive

D So lets just take it as it is at the moment, how is it?

B Well I'm trying to be more positive at the moment, but in an hours time I might be very negative

D Right now?

B Right now I'm positive about it

D So what does positive mean, what's your attitude at the moment?

B In that I didn't pass

D OK and are you going to work?
B Yes
D And the fear of failure thing right now, are you going to do the best you can?
1/7 B **I can only do as much as I can,** and I'll do that and if I can't
D That'll have to do ..... the likelihood is, if you're here, if you do your best you do as much as you can
****
Is there anything else there ..... socializing, getting on with girls, kind of being shy and stuff, What's that like at the moment?
B Slightly improved, very slightly because I'm more relaxed, learning how to relax more and not to worry too much .... and when you're not worried you tend to open up more, and you can talk to them, you can talk to girls, so there will always be stress there OK you have friends and brothers and sisters who are girls********** there'll always be stress there, but you don't be thinking about things like that the whole time when you're with a girl, I used to be like that but now I'm trying to just forget about it and just relax more and just not thinking about these things
****
D So right now there isn't an awful lot, right now is it stressful for you in terms of being with girls? or socializing with girls?
B Yeah, but not as much as it was.
D OK, so just taking the yes part of it, what is it about being with girls that's a stress for you.
9/9 B **All your friends are going out with girls** ...
D All your friends are ..... OK and you're not .... OK so what is it about that that's stressful?
21/21 B That **you'd like to have a partner** .... that would mean more ... you know somebody you could .... a girl
.....
D OK ..... Have you got a D or an F .....you have a 7 down there for that? Are you after getting a D or an F
B The fear of a D or an F
D No no, its getting a D or an F, you probably saw it as fear
B But I have to get back a chemistry result you see, so I took that as an indication ....
D Or completing your research paper, is that what you're talking about? Do you want to say anything else about what's going on for the moment Bill, I mean do you feel we've talked, I mean have we touched on .....
B Yeah, that's about it like ..... I left out the thing about the ankles last time, I remembered afterwards ....
D Now its more, and things seem to be a bit more positive now
B More, a lot more calm, well I think its like .... it'll get better like
D Good, you're pretty optimistic do you think .... in coping with it?
Is there anything more you'd like to add to that. OK we'll leave it there.

D That's a pity ..... were you tied up or

B I was at the dentist, I said that after I missed the second last one that I thought they would be over

D So we'll look at what's going on for you at the moment? What are your ...

1/1 B **Its all exam stress** ...

D What's that like for you?

B Its bad now at the moment .....yesterday sums to do, so

D What's that like

B Bad enough ..... I got better than last time ..... I was totally screwed up last time ********** its bad enough ********* I'll give it my best shot like and hope for the best ..... I think I'm always .... I don't think there has been exams that I've been confident about, you tend to **********

D And what's the stress in that for you at the moment?

1/1 B Well I suppose the **fear of failure** ..... all the exam stress leads back to that ..... I don't think I'd have exam stress if I was on a 3.5 say, and you know I actually take things like you were saying that some people could be on huge QCAs and never ever have failed any one, but still I tend to have less stress at times if I had a very high QCA, its just that I'm on academic probation like and I have to do it this time or else I'm out.

D So what's the failure like for you at the moment? How afraid are you of failing?

B Pretty afraid

D How is it affecting you?

1/7 B Its making me **uptight**, like stress around your neck, your neck mussels while you're studying, and then not being able to study as good as I might, as relaxed and ..... overall humour, that things get to you, television too loud when you're trying to study and that sort of thing .....

D Sorry about that Bill ..... OK ..... where were we?

B We were talking about the effects of stress and tension and stuff ... and the effects it has on your humour **********

D **********

B **********

I talked to people in my class now and I'd say a lot more people in my class are a lot more stressed up than I am at the moment

D So what's your attitude, that you give it your best shot and ....? you were saying that you're pretty afraid of failing, do you think that you will fail or do you feel that you'll do OK? Well I know that you obviously don't want to fail?

B Its very hard to tell ..... I'd say its 50 50 at this stage you know, when I get my results and if I see that I passed, I'd be very happy about it, whereas if I fail I'd be very sad about it, do you know that kind of a way, 'cause its 50 50 balance ..... see there's a lot of guys in my class and they're only 17, 18 you know, so they always have the option of coming back and repeating one or two terms, but I find that ... I'm 20 this

year and if I was to come back next year I'd be 21 in first year like Now I know guys 21 that ********** so I don't think I'd, that would cause stress, the fact that you're too old and you'd be thinking OK some of them could think oh no problem OK 17 and you come back at 18 or 19, but I'm kind of saying you know 21 ..... your going to be kind of Professor Rock ....

D And is that a concern for you at the moment?

1/1 B Well a **concern that if I fail whether I'd come back and repeat** ....

D And is there options there?

B I suppose I should have filled out things for other colleges, but that would be much too cynical at this stage to be finding out ..... because there's guys in my class now you know and they're actually set out other options and they're not doing anything because they have those options, well you know I can go away ..... I have a job set up for myself and they're not ********** the last term, but I think if I did things like that I wouldn't do anything and I definitely would fail so kind of really my options are closed at the moment

D So what else is bad for you at the moment?

B I can't stress any other one because everything now is totally towards exams, I'm not even thinking about anything else, so nothing else gives me stress at the moment so ..... all things string off from stress of exams like irritation at home .... people turning on TVs too loud and things like that like but, I don't think its, its just exams now ..... I wouldn't have stress with social life and things like that at the minute like because I'm not going out like.... so its all this week now and the next week, its next week now it will be all exams through, but once the exams are over then its a big relief, so that's a thing you'd be looking forward to ..... you won't know either way after the exams what the situation still, so you take it easy, that's about it ..... well I felt that the course did do me a lot of good and that it made me see that I could only do as well as I could, and if it didn't happen then there was no point getting all hotted up about it ..... whereas last term I was kind of getting so flustered that I couldn't do anything whereas this term ..... there is stress there, its a non-stress but I think last term it was a different kind of a stress - it was a stress that wasn't anyway positive at all, but I think this term's stress is a stress that a lot of the people, students get at this stage

D Do you feel good about that?

B Oh yeah ... glad like that I did the course

D Are there other demands there for you at the moment? pressures, or other stresses that you feel are there? Anything that merits .....

B There are a lot of 0s in there now like, in that they aren't, it isn't at this point in time, I do feel them at times but not at this point in time

D ********** And are you fairly well organized for your exams, are you organized in your study?

B No, I don't think I was ever organized in my study, I tried out the thing that they gave us, the timetables, no, I couldn't keep it for two hours at the moment - two or three weeks no, I tried so many timetables, so many times and ..... I'm just not that kind of person that is obviously set up

D It would be good to become that kind of person wouldn't it?

B Yeah, I'll have to read a few books over the summer, but at the moment ... even if I was to go home now and set up a timetable I'd say I'd only fluster myself more in the fact that I have so much to do that I'd never fit it in whereas if I was to do study and just keep studying and studying and I do things, things would get done you know, whereas if I was to spend more time writing out a timetable ..... I think its a bit late, I should have done it ..... three or four weeks ago, I tried one three or four weeks ago and it didn't work at all, I just couldn't stick to it because I'm like this every term and even leaving cert. and all those years, before that I would never be

7/7 ... I'd be much too lazy to do it, just ********** and then it would be constant cramp ..... and I know like that I'll go for weeks of stress like but still ********** but I'm sure I could change if I tried hard enough but I'll have to give myself an awful kick up the ass ..... that seems to be the whole situation here, even the people who try to get things done in two or three or four years ..... a lot of the stuff that they're doing has nothing to do with the course because ..... nobody knew their course until they finished the whole thing, I suppose you can study the stuff you're doing at the time, but if you study stuff that you do in week one, then you go to week 10 and you've forgotten all the stuff that you've done 9 weeks previous you know, so I think ..... and if you're studying all along too, I find you'd be doing study week one, two, three ... great workers, and in week 10 and week 11 they get very lazy, they get sick of it so you wouldn't want to get that way, 'cause I'd say .... I'm no good at remembering things long term, I'd say I'd be able to learn more two days before an exam than I would in a whole two weeks or a couple of weeks before, but I suppose its different, its a different situation here than in the other colleges, I suppose they have to do that, they have to be able to take in stuff over the whole year and then be able to give it out because they have only one set, but I think here you can take it easy for the first four weeks whereas then do it all ..... but to do that then, I don't know, I think I'd prefer the other situation, you know, 'cause I suppose ....that I know a guy in Thomond like and he knew what the situation was and that the whole college was doing nothing for the first from 1 September, October, November, December, January, February and everybody was in the same boat, so it was really as if they were only doing one 11 week thing, whereas we have stress three times, exams three

times and the whole thing that goes along with them, its like when you're reading something three times a year, that's what its like. A lot of people say that like you know, the first years mostly doing their exams three times a year, like their leaving cert. exams. I think it would be a better situation having one or even the system, they were talking about symesterisation now here

D The students voted against it ...

B Yeah, but that was mainly due to, I didn't vote now because I didn't know the whole structure you know, but, I think the people voted mainly against it because they were, they'd be swotting over the Christmas period and over the Easter period, I think that would be terrible, that was the whole reason ..... in here then people are so used to swotting, there's a fierce amount of swotting going on in this college, in compared to other colleges .... you'd hear it now guys 40 Cs ****** in UCG they'd be saying .....I suppose its just the system but you know the system makes people work here which is probably good for the actual degrees at the end but its not good for stress .....

D Is there anything that you'd like to add to that for yourself, right now, or is that it at the moment?

****

OK well we'll leave it there.

Interview 1

D Am the purpose of the discussion is really just to talk to you to see what's going on for you right now what your experiencing am my main point being to try identify stressors or pressures that are there right now today and to get some understanding of what it's like for you that's all.

I ya

D So I'll just hand it over to you and see I mean how would you describe the way things are for you at the moment?

4/4 I Am, well **I've settled down** a bit now you know **I've made a few friends**

D Okay

I am I'm living in a house with 6 others from the college and we're

11/11 generally **having a bit of crack** and sort of thinking about we'll have

ND/ND to settle down and do some study, and you know start off slowly (laugh)

D Okay, right am, what would you see as the significant stressors there or demands that are on you right now?

I Am well I know that at the moment it's not too important but as the term goes on there is a lot of temptation to chat or have a gossip rather settle down and do study because we're all together in the house

D and right now would that be a particular concern for you or?

I Well it doesn't worry me too much like

D okay

I it's only Week 2

D it's only Week 2 but xxxxxxxxxx as well okay

I ya

D Okay, so what's stands out for you right now as being a concern today?

17/17 I Am well **I'm having a bit of hassle with my French lecturer** you know,

D Right

I I wanted to drop out of the class and am I was taking it as an extra subject you know I'm doing German as well

D Right

I and ah she doesn't want me to I've actually deregistered for it you know

D Right

I but she doesn't know this

D right

17/17 I so **I'm** just **not going to turn up any more** because **I'm fed up of her** (laugh)

D Really?

17/17 I **giving me hassle,** ya.

D What's the hassle?

I Am well I mean she, when I was in class she used to say you know if you have an opinion on the novel or whatever your doing **speak out** you

17/17 know and say your opinion but **then when you do she disagrees with you,** she's xxxx **turn the whole class against you** you know (laugh), your sitting there trying to defend your opinion and

D right, right, and is that stressful for you?

	I	Am ya it is,
	D	What is it about that that's stressful?
16/16	I	Am, well **everything is** sort of **focused on you** and
	D	right
	I	and your there and you feel very embarrassed and
	D	what's that like
	I	**it's painful** (laugh) you know
	D	right, your under pressure
	I	ya
	D	a lot of pressure to be put under
	I	ya
	D	And what's going on for you when that's happening, your inside in the lecture and the spotlight in on you, how do you feel?
16/16	I	Am well I usually get sort of **embarrassed** so I go red and then I'm worried that I've gone red and everyone knows I'm embarrassed and sort of I'm very **uncomfortable**
	D	your uncomfortable?
	I	ya
	D	what are you uncomfortable about, what's your discomfort?
16/16	I	am, I don't know like maybe its just that **everything is focused on me** you know
	D	alright, what is it about that that's stressful or uncomfortable?
	I	Am, it's just
	D	you know if everything is focused on you I'm wondering what is it about that that's particularly difficult for you or stressful?
	I	Well having to talk in front of all these people
	D	right, and what is it about that that's stressful?
16/16	I	well I suppose your just afraid I'll be wrong or you know just **not confident** enough
	D	okay, so you don't want to make a mistake?
	I	ya
	D	Okay and then what if you make a mistake?
	I	well I know it's not the end of the world but
	D	right but?
9/9	I	you just **feel inadequate** or not up to scratch
	D	right, so that's kind of the bottom line in terms of when this lecturer puts the spotlight on you and your feeling under pressure and that's a lot of the pressure is
	I	ya
	D	to do with that
	I	ya but it's not only because of her that I want to give it up like am
	D	right
	I	it's too much work as well on top of the others you know
	D	Okay, so right, I see that's a particular concern, is there other issues at the moment have you other concerns? stress for you right now?
	I	Am well xxxxxxxxxxxxx that's a bit of a worry you know
	D	what's the worry about?
3/3	I	Well **I'm not great at essays** and that sort of stuff so I suppose I'm just worried I won't get a good grade
	D	right
	I	am that's the major hassle really (laugh)
	D	So that's looking at all the academic stuff I mean outside of academic issues are there other concerns? or stresses that are

there for you right now?

42/42 I am well **my mother hasn't been too well lately** you know so

D mmm

I I'm a bit worried about her as well

D right, is she sick?

42/42 I ya **she's** been **a bit sick lately** so am I mean she'll be okay you know but **she's under a lot of pressure** herself **at home** and she's a lot of work to do

D right

48/48 I so I sort of I suppose am **I feel a bit guilty at not helping more** you know

D sure ya

I am

D what's the stress in that for you?

I for me?

D ya

I am well guilt I suppose mostly (laugh) you know

D that I should be at home helping her

I ya, that I'm down here having a great time and she's at home sick and has a lot of work to do you know (laugh).

D What's the pressure on her?

I Am

D you were saying she's a lot of pressure a lot of work to do, what's at home what's the situation at home?

ND/ND I Well like **my father is dead** you know

D right

42/42 I so **we've a pub and it's up to her to run it,** and I've a younger brother and sister but I mean that's not great for her, that's no help to her really.

D I understand.

I So she has to do everything and I mean regardless of whether she's sick or not she has to get up early in the morning and she's working till late at night you know

D right

I so

D ya and what's wrong with her at the moment?

I Well I mean she's basically just run down I think you know

D okay

I and she's I don't know she's just not herself you know she's,

D Is she down in herself?

I Ya you know

D Does she stay in bed a lot or does she?

I Ya but she's get upset very easy you know

D ya

I even when I'm talking to her on the phone you know she's very xxxxx and she's just not herself I'm just a bit worried about her

D is that difficult for you?

I Well it is ya.

D What's your worry? what would be your worry?

I Am I'm worried that she isn't okay you know

D Right what do you feel it might be an answer?

I Am I don't know like she's maybe heading for the menopause or something like that you know

D Mmm

I I mean it could be anything.

D Right

42/42 I But you know **I just got a bit worried about her**
D Right, so the stress to you would be that you'd be worried that something might happen to her?
I Ya
D and also you feel guilty about not being there?
I Ya
D How long is your Dad dead?
I 11 years now
D Right, okay she's being able to manage for a while
I Ya
D and do you go home every weekend?
I Well I don't like cause I live in Wexford
D Wexford
49/49 I It's hard to get home and **I don't want to go home every weekend either** like so.
D So that's there for you at the moment
I ya
D Right, other, any other particular demands right now?
I Am, in what area?
D In yourself personally, or socially
I Am
D Any demands or pressures that would be there for you right now?
ND/ND I Not really no **things are just working out very well at the moment.**
D You feel fairly well in control of the situation?
I Am, I'm not really but I mean I'm just sort of glad that things are working out well you know.
D Okay.
I Like if things changes I mightn't feel in control you know.
D Right, ya do you feel that's a possibility?
I Oh ya, (laugh)
D What could change like that? how could that happen?
I Am, well I mean we were getting with the girls in the house but you know we all moved in just after Christmas and ah we didn't know each other that well I mean I only knew one or two of the other girls and
12/12 am there was a bit of conflict at first but **at the moment we're all getting on fantastic.** I mean it could arise that as well that there is conflict especially later on in the term.
D Right.
I And
D So the conflict could come?
I It could ya (laugh).
D right, and do you feel you could cope with that?
I Am well it depends you know if am every one in the house fell out with me (laugh) I don't think I'd cope with that but
D Do you think that might happen?
I Ah no not everyone you know but
D and right now do you feel your coping well?
I Ya
D Do you have support? do you have support from family or friends?
I Am what do you mean?
D I mean for yourself I mean do you feel people xxxxxxxxxx
12/12 I Am well ya **in the house** like **I have good friends** there you know, **we get on great** with some of them

D Okay
I I mean I could xxxxxxxxxx if I had a problem
D right
I I don't know about family
D Ya
49/49 I I mean **I'm even sort of moving apart from the family** now you know
D right, right,
49/49 I **it's now the same as it used to be**
D Okay and what's that like for you?
I Am well I mean I feel, I don't want it to happen but it is happening you know like when I go home am their concerned about things that I couldn't care less about you know
D right
49/49 I and I suppose **I feel guilty again** (laugh) cause am it's sort of my fault that I'm moving away you know.
D I mean where does the guilt come from? I mean how do you feel that it's your fault that you've moved away? am is there a sense of, do people at home make you feel guilty are they?
I Well they don't try like they don't set out to make me feel guilty
D ya, ya but
I but I feel guilty a lot in general anyway (laugh)
D It seems to be your trademark
I (laugh) even if I'm out for the afternoon or something I feel I should be at home working, you know it's not fair
D right
I am
D so xxxx into lots of situations
I ya xxxx
D I'll just glance through this and see am in terms of the stresses right now, giving a class presentation you've got the highest, you see what I'm wondering is that actually going on for you right now or is it that if you had to give a class presentation you'd find it very stressful?
I Well I suppose that's if I had to you know
D Whats I'll do is I'll give you this to go through once again and just rate it on the basis of what's actually happening now
I well I did with most of them except that one I think (laugh)
D Okay well I just want
I just the thought of that was(laugh)
D the thought of that was stressful enough was it? ya okay. So you might even just change that when we finish, am
I ya
D it's just the reason I picked it out is because it's the highest one there, how about getting a D or an F, did you get a D or an F?
I I did ya
D What's that like?
I Well it was worrying but it was in a module I had for only one term so it isn't the end of the world like am but if it was in my French or my German, well my German I'll be keeping on you know I'd be very worried about it
D right
1/1 I but am **all I am worried about is that it brought down my QCA** a bit but I don't know

D lack of approval from peers? what's, do you want to say a little bit about that? is that something that's happening at the moment?

I Well it's happening, like you know the way sometimes you say something you know and everyone says God you know (laugh)

D Ya

I but ah

D So is that a stress for you at the moment? what is it about that that's stressful for you at the moment?

16/16 I Am well I worry you know I suppose it's **lack of self-confidence** really

D Right, what would be your worry?

8/8 I **That I wouldn't be accepted** that you know **have no friends** this sort

11/11 of thing you know

D And I'm wondering is that ah a reflection in terms of you know how you get on with the opposite sex for example, you've stuff there about dating and going out with fellas and also socializing with fellas so do you find that stressful? what goes on for you there?

14/14 I Well xxx I sort of feel sometimes am when **I'm with a fella** God is he really you know, what does he really think of me you know, **does he think I'm a fool** or

D Do you think that he might think that?

I Am I don't know (laugh)

D but that would behind, you begin to doubt yourself

I Ya, Ya

D fine

I sort of, what does he really think of me?

D ya

I It depends on the fella (laugh)

D Right, and would you have difficulty in meeting with fellas?

I Well I meet a good few, I was going out with someone, but I broke it off with him over the holidays you know

D Right

I so am, I'm meeting a good lot of fellas now

D but what's the stress in that for you at the moment, any particular in terms of meeting fellas xxx?

I am

D the part that I hear is that you think they might think that your stupid or **xxxxxxxx**

I Ya

D anything else?

14/14 I no, if **I know the fellas it's not too bad** you know but when I meet fellas for the first time I suppose it's the same as meeting other women but

D you get uptight?

I ya

D am, talked about family there again, just feeling anxious, do you see yourself as an anxious person?

ND/ND I Ya like **I worry a lot about everything you know**

D Grand, and religious values is there stress there for you at the moment?

31/31 I Well ya because I sort of, **I used to be quite religious** you know, and **lately** I find myself that you know **I'm not bothering** you know and I sort of feel guilty again (laugh)

D right, right

I you know and am I seem to only pray if I really want something or

D right

31/31 I you know and then I sort of **feel guilty** I say God I'm only praying cause I want something so I won't pray you know (laugh)

D right

31/31 I and **I'm getting myself worked up into knots,** ya, and I don't really know where I stand religiously any more like I used to

D and does that worry you? is that a stress for you?

32/32 I am ya because I mean **I don't want to become one of these people that just drifts along** you know, I sort of know where I'm going you know what I mean?

D mm, direction to yourself

I ya

D xxxxxxx

32/32 I ya, **find some meaning in life** (laugh) this sort of thing

D right, and does that bother you is that something that you worry about a lot?

I I wouldn't worry about it a lot but I would worry about it ya.

D How, ya is there anything else you feel you could add to this about, in terms of what's going on for you now or xxxxxxxxxxxxxxxxx

I Am no I think that's xxx for me (laugh)

D We've touched on xxxxx

I Ya

D We've got an understanding really if I can just mention that we've got some understanding of what it's like for you at the moment?

I that you have or I have?

D Ya that we both have I suppose in terms of what you've been saying.

I Am, ya

D We'll leave it there, okay

I fine

Interview 2

D It's basically Irish the meeting is much the same as when I last met with you, actually just to discuss what it's like now, and what's going on for you at the moment, and what kinds of pressures and demands or whatever is there at the moment, so lets just see where we're going and I'll had it over to you again, see what you have to say, what's happening at the moment for you?

2/2 I **I have a pile of work** (laugh)

D You have a pile of work

I it's really busy ya

D right, okay

I and ah just trying to get all that in

D and what's that like?

I It's am pressure (laugh) you know

D right, can you describe what the pressure is like? what's?

ND/ND I Well **it's not** actually **too bad** but I've a lot to get in between work and all that you know so I feel if I keep going like this week and next week I should keep up to date you know

D Okay, so you reckon you'll get through it?

I Ya
D Right now what's the pressure like and what is it about all the work that's a stress for you right now?
I Am well I have mid-terms tomorrow and Monday
D Okay
I so I'm a bit worried about those just grade wise and stuff you know
2/2 and then **I've essays** which I have to work on so it's really actually getting down to doing the stuff for it is worst
D Mmm, what's that like, what's the pressure like for you to try and get down to doing the work, what is it about that that's a stress?
2/2 I Am, well **that I won't get it done on time** you know
D Okay, and is that a worry at the moment?
I Ya because like I have enough time to actually get the stuff in but that leaves me late for starting to study for the final exams you know
D sure
I so that's really it.
D Right, so you mightn't, so the pressure for you is that you mightn't get the work done
2/2 I **on time** ya
D on time, right, and is that with regard to the mid-terms or with regard to?
I the essay's and stuff.
D Any other particular pressure or anything else about the mid-terms that's a stress for you at the moment?
1/1 I Well am just you know grades, **I'd like to get good grades if I** can
D Okay, and what's that like? I mean tell me what are you looking for what re you hoping to get?
I Am just I'm not really sure what option I want to take next year you know and I, I'd just like to have to good grades to bring up the QCA
1/1 some bit, **I'll be able to get into whatever I** do **decide** you know
D right
I so I'm a bit unsure as well what I want to do so I'm a bit worried about that at the moment
D okay
I It's like the leaving cert. all over again
D trying to decide
I you know, what you want to do after exams.
D Can you say a little bit of what that's like you know the difficulty in deciding, what's the pressure there?
I Am well I don't know where I'm going sort of you know, I could end up doing any one of 5 options, for the rest of my life really
D mmm
39/39 I and I don't even think I want any of the 5 (laugh) you know, **I'm just sort of drifting, wondering where I'm going**
D so how does that make you feel at the moment?
I A bit nervous you know.
D What's your worry? what is you nervousness about?
I that I won't like the option I do get into
D okay
I you know, that I'm sort of stuck with it then

D Do you feel, is there anybody helping you in making the choice or are you getting any guidance?
I No, not really, there's noone talking to us about it or I'm sort of afraid there's going to be a meeting some day and we'll have to fill out a form and that's that you know
D Right, okay, so your not getting any help
I no, I'd like to know a bit more about each option
D and are you doing anything yourself about that?
I well I've talked to a few 3rd years alright that I know
D right
I but am xxxxxxxxxxx I suppose I still, but I still don't know if I like it or not
D and so the worry is there that you might make the wrong choice?
I ya, or that I mightn't xxxxxxx I suppose.
D and if you make the wrong choice what then? where would that leave you?
I Am I don't know I suppose I'd have to stick with it you know, am I don't know if I want any of the 5 at the moment (laugh)
D mmmm, Okay, so your looking for good grades you were saying because what, because would that give you options or something?
I Well you know two of the options the insurance and the law you have to have a great QCA to get in you, there's a lot of competition for both of those so am there should not be too much of a problem with getting into the others
D mm
I but am so I would have to have good grades if I wanted to get into either of those.
D Right, so what kind of grades, what do you mean by good grades what are you hoping for? What do you need, what kind of goals have you set for yourself? what are you hoping for?
I I had sort of like, my QCA was 2.8 in the first term and it went down to 2.68 this term and I'd like to get it back up to 2.8 you know I'd feel more secure.
D Any idea of why it dropped?
I Am, well I found some of the modules last term a lot tougher you know
D right
I and I wasn't working as hard obviously you know
D and this term what's it like?
I am I'm doing my work alright
D will you get through it?
I Ya, xxxxxxxxxxxxx
D So what kind of a QCA are you hoping to get this term to bring your QCA back up? what would be the aim?
1/1 I I don't know **I'd just like to get good grades**
D Right, sure okay I was just wondering whether you had some figure in your mind, do you know the way some students work out this figure, that I must get
I no, no
D you haven't done that?
I no
D You just want to do well?
I Ya,
D does that mean getting A's?
1/1 I Well **I'd like an A in German** you know

D okay
I but the rest of them, well I know I won't get A's in anything else, but am I'd like 2 B's, to keep me happy ya (laugh)
D okay. Okay so that's kind of the academic pressure there has got to do with am having your mid-terms and the essay's and the workload stuff and maybe you won't get it done, there's career choice and maybe making the wrong decision and wanting to do well in these exams so that you can get grades that your in a position where you can if you want to you can take these two options, one of these two options. In terms of your academic stress is that what it's like for you or is there more to it than that?
I No
D
I that's basically it ya.
D And what else is going on for you at the moment, what other pressures are there for you at the moment?
46/46 I Am, **my brother is in hospital** at the moment, he's in **for tests** and stuff they don't know what's wrong with him so that's very worrying at the moment.
D Right, right, what's your worry?
I Well that he won't be alright you know
D What do you think might be wrong?
I I don't know, they don't know themselves yet, they've just taken him in for a couple of weeks but the longer he's in the more depressed he's getting in hospital and ah
D And what's that like for you? I mean what's
I Well it's upsetting because like I go to visit him in hospital
46/46 alright but **it upsets me a lot when I am visiting him** because **he's**
42/42 **very down and am my mother is very upset** as well at the moment and it sort of you know, when I go home it's all you know trying to cheer her up a bit and you know she's very upset
D can't afford to be down yourself I suppose then
I no
D Who's at home, is there anybody else at home?
I No my Dad is dead
D Right, and any other brothers and sisters?
I Well I have a younger sister she's 12
D Okay, so there's your mum and herself at home at the moment
I Ya
D Would you go home every weekend?
I I don't no I was home last weekend
D Ya, so what's that like for you at the moment?
I Am, well it is upsetting you know, a lot of worry
D How does it affect you, I mean you say upsetting I mean would you find yourself upset on your own maybe crying or would you find it difficult to sleep or just when you go home or how does it actually affect you?
I Am, well you know I can get upset when I'm on my own and cry
D right, right,
I but am I don't know it's, I've no problem sleeping or anything like that it's just, I'm getting depressed cause everything else is so
D getting you down as well
I ya everything, nothing seems to be going right you know and it's am

D Okay, what do you see your depression as being about? what's depressing you in other words?

11/11 I Am I don't know **I've no one to turn to really** do you know what I mean?

D Right

I everyone sort of that I could normally rely on has their own problems at the moment

D Right

I and their sort of looking to me to, everyone seems to be coming to me you know

D whereas Iris hasn't got someone that she can turn to

I ya, ya

D Okay. Have you close friends here in college or?

I Am I have good friends but am I sort of, you can only say so much you know you can't

D unload or?

I ya, ya

D alright, you hold it all to yourself

I ya

D and you go home and you have to start even coping more xxxxxxx

42/42 I and the thing is **my brother, he seems to be taking it all out on my mother** you know

D really in what way?

I Ya, you know he's **blaming her** sort of for everything and that's making her twice as upset, you know, so when she goes to visit him in the hospital he you now either ignores her or doesn't want to talk to her you know

D mmm, when you say blame her what does that consist of? how does he, what's he saying to her?

I Well you know he's just, he seems to be going through a phase as well apart from been in hospital for tests and stuff that he doesn't want to be at home, he sort of feels trapped you know

D mmm, he is younger or older than you?

I he is ya, he's a year younger

D and what's he complaining of, in terms of the tests what's that about?

I I don't know he's just been losing weight and he's not well you know, he's had a history of it really, he's being in and out of hospital a lot

D right

I so

D and when you say he's loosing weight is it do to anemia or is it anorexic?

I no he's just in really bad form himself you know, like

D is he depressed in himself

I and he seems to get this complaint it's sort of to do with his kidneys you know and they don't know what it is so

D Mmmm so he has been in hospital in the past like

I Ya ya

D so that's a bit of an ongoing strain really, ya, and how do you cope with that yourself

I well it's five year ago now since the last time he was in you know so am I mean I don't think there is anything too serious wrong you know but it's worrying, he's getting very depressed at the moment and everything is a major problem to him.

D mmm

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I Like I was visiting yesterday now and
D where is he?
I he's in Dublin
D right
I and you know he sort of said to me he doesn't think he's every going to get back to a normal life and all this sort of stuff, you know, I don't think it's doing him any good to be in hospital he's too protected and he doesn't want to deal with reality really.
D How has he been since last time he was in hospital I mean 4 or 5 years ago?
I Am he has his good times and his bad times (laugh) you know
D and the bad times are they, is that when he gets depressed?
I Ya
D and has he being on medication or anything for that
I he has ya but he's not at the moment you know
D mmmm, he's just in hospital their not giving him any medication, and I mean somebody's talked to the doctors there, have you talked to the doctors?
I No my mother
D and does she confide in you then or?
I ya
D so what's all that like for you? where does that leave you or how does that leave you feeling with all that going on?
49/49 I am **I'm glad to get back to Limerick a lot of the time** you know
D ya
I because you know you can only take so much of it, like everytime I go home there's you know big problems or you know
D How long ago since your dad died?
I It's 11 years, it's not that bad (laugh) you know
D and your up here and you kind of seeing that it's almost an escape when your up here
I ya
D xxx hassle
I I don't know maybe I'm glad really that I am in Limerick because if I was in Dublin I would have to go home every weekend
D mmm
49/49 I **I like being independent** as well and do my own thing, like we have a pub at home too you know so that means that when I am at home I working most of the time and sort of like the last couple of summers I've been working at home as well and I don't know you sort of get smothered you know when your working at home, living at home and your spare time when you off, your on call for a start and then your sort of in the house and you know together all the time, it's too much you know
D so your better off up here?
I ya
D okay, so, okay Irish are there, can you see other areas in your life at the moment that are a pressure for you a stress? socially or
I am there's nothing major really you know, I find I'm losing touch with a few of my old friends you know
D back home?
I but it's ah, still my really good friends I'm still in contact with

14/14 them you know, **I just find it harder to talk to people** that I didn't know so well

D right

I you know I'm a bit am xxxxxxxx you know I don't like to see it happen

D but your saying you have friends here but maybe not close friends that you can sit down and

I well I have I have close friends here but I mean I can tell them, but you can't keep going back and saying you know, I mean I don't really tell them how bad it is either

D mmm, mmmm, it's am, am confused about your major subject, we talked about exams, concern over problems with friends what would that related to? would it relate to friends back home?

I Ya

D right, right, ya just a fear of being alone part, what's going on there for you what's the stress there? what's it like for you?

I Am what do you mean?

D I'm just looking at the fear of being alone what's going on for you there with that? is it a sense of being alone here or?

I I think it's just in general

D really

I ya, I mean I like spending time on my own

D right

I but I like to see that there's people there if I need them you know

D okay and right now there's a fear that maybe, at the moment it seems to me that there isn't people there for you

I ya

D so and what would be your fear? that

11/11 I am I don't know I mean **I just wish there was someone there** you know

D right

I **if I needed them** you know

D right

I xxxxxxxxx

D right, would you feel I mean in terms of being down here and you've met me in the past I mean how, would you feel like that if you felt like talking to somebody would you drop down here, does that ever, would that ever come as a kind of a possibility for you?

I not really no, sort of a, it's like admitting there's something really wrong for a start

D really

I ya

D okay, and all you really and it sounds to me like all you really need to be able to share a little about what's going on with you, I don't see anything major being wrong but I see a lot of, I mean I understand what your saying that everybody turns to Iris for kind of consolation or whatever and you know and you have difficulty in you know who the hell do I turn to because everybody expects me to be the coper

I ya

D and the eldest at home and stuff, role of being responsible as well and just not to rule out the option maybe that if you did want to talk to somebody that there is somebody that will talk to you

I ya
D you don't have to hold it all into yourself
I ya
D xxxxxxxxxx something wrong (laugh), I hate to feel that people only come here if they feel there is something wrong with them
I ya, well thanks a million
D so xxxxxxxx because I can understand the kind of pressure that is there for you and I don't know I mean in terms of what we've talked about the two main areas with regard to home and with regard to academic stuff I mean do you feel we've touched on what it's like for you at the moment, is there anything else you need to that about what's going on for you at the moment?
12/12 I am, well **there's a bit of hassle in the house** where we're staying you know there's am, **we're not getting on too well with one of the girls,** there is 7 of us in the house and we all get on great, we really do until you know this term, this particular girl she's you know, **she's**
12/12 **you know making smart remarks and comments about the rest of us,**
D really
I **we're getting a bit fed up of it** you know, so then her boyfriend moved in and she didn't even ask us did we mind him moving in you know, so that meant there was 8 of us in the house and he wasn't offering to buy any food or anything so we just got fed up of it **so**
12/12 **we asked him to move, so there is a bad feeling in the house at the moment**
D and what's that like for you?
12/ND I Well **awkward** because I was in digs with her the first term you know, so **she** sort of **came in with me,** she didn't know any of the others before that
D okay, so what's the pressure on you, what's the pressure like for you with that?
12/12 I well **I feel guilty** that I feel the I do towards her but she's really annoying me you know and I'd prefer to have nothing to do with her really (laugh) **she just irritates me so much**
D right, right
12/12 I you know I sort of **feel hypocritical** then I talk to her when she comes in but I'd wish I didn't have to you know (laugh)
D okay so it's a bit awkward
I ya, but it's not the xxxxx
D ya, is it that you want her to move out now or?
I ya we'd be happier if she did but we wouldn't ask her to leave nobody's going to say it to her, I mean we don't her staying till the end of term but hoping she won't want to move back in with us next year you know.
D right, okay, that's always a kind of uncomfortable thing
I ya
D xxxxxx house your meeting them day in day out. Okay so there is a lot there, there is a lot of pressure there at the moment you know it's from all different angles I guess you know and I just think if you look after yourself how you manage and take care of yourself with all the pressures that are there, ya, it's important to do that, I'll just give you some handouts as well it might be useful to just read it. Am is there anything else you wanted to say on that or do

you feel that's, what we've talked about really we've touched on what's really happening for you at the moment.

49/49 I ya, **I feel myself am sort of moving further away from family** and stuff that way as well you know, like relations, I mean I had this one uncle my fathers brother and he's always been very good to us since my dad and he's always sort of studying and he lives in Co Meath you know

D right

I and ah lately I can't even talk to him do you know what I mean and I other relations at home

knock at door

D right your kind of growing apart or moving, what's the difficulty in talking to him?

I I don't know I just feel really awkward with him you know and

D what's that about do you know

I I don't know I think they think I've changed you know, that I'm not as nice as I used to be or

D how's that what give you that?

I I don't know it's just when I'm with him you know and his wife as well, I used to get on brilliantly with both of them you know

D ya

I but am I've noticed it with other people as well you know, at home now not down here

D right that they've changed, do you feel they've changed?

I not they think I've changed

D in what way you say not as nice, what

I am, that's just the impression I get you know

D how do you get that impression from them? what gives you that impression?

I well their not as interested in what's going on for me you know or

D have they passed comments to you that might suggest?

I they haven't actually said anything to me or but I just get that

D vibes

I impression ya

D and what's that like for you?

I I don't know it's not good you know, I don't like it

D ya

I but the way I sort of look at it as well you know I've got my own life I can get on with it but am ya, I mean it's probably all in my mind (laugh) but I do feel it when I'm with them ya

D mmm, and does that bother you?

I ya, ya

D what would you like to do about it?

49/49 I am I don't know, I'd like it to be the way **it used to be** with them

D mmm

I but am I don't know

D mmm, I mean would you go and talk to them about how your feeling?

I am no, I don't think I would, no.

D and with other people as well, other people at home, adult or other older people or friends?

I am it's mostly with older people ya, I get on okay with people that I have to talk to say across the counter in the bar you know you can chat to them but am when gets to anything deeper you know I find it hard to

D how might you not be that nice? I mean what comes up for you when you say they might not think you're not as nice, how might you not be as nice as you were?

I am,

D what are you doing now that's different?

I Well, I suppose I'm sort of, I do what what I want to do at this stage not what everyone else wants Iris to do you know

D okay right, but they mightn't like that

I ya

D and do you feel okay about it?

I xxxx ya I've put in my time at home do you know what I mean? I look at it that way (laugh)

D okay

I and I can't you know be expected to stay there forever

D and maybe other people might expect that you would?

I ya

D particularly when your mum is on her own and your brother is in hospital and stuff, that's a bit of a pressure on you you know that other people might expect more of you

I ya

D and as you say you've put in your time, how does that make you feel?

49/49 I am well I mean **I'm not going to stay at home just because they want me** to like you know but it's, it is pressure that they feel I should be there, it makes me feel guilty you know.

D how do you feel your managing with all this kind of pressure that's on you at the moment? do you feel your coping okay?

I am I have my good times and my bad times do you know what I mean, sometimes I feel really sorry for myself and God you know it's never going to end

D mm

49/49 I but am I know **I'll get through** it but am

D okay Iris the invitation is there I mean if you feel like calling back to me anytime

I ya

D I'm sure, I know you will cope and part of that may involve just using a sounding board with somebody you know am that's about as much, are you happy enough to leave it at that

Y ya

D okay

Interview 3

D Thanks very much for coming

I (laugh)

D I'll just going to start like we have before just to see what's going on for you at the moment, how are things?

2/ND I They're fairly good at the moment you know apart from **exams** (laugh)

D right

I things are beginning to work out you know, am

D What does that mean?

I am well I'm still trying to find a job for the summer but that's a bit worrying at the moment

D right

5/5 I but ah apart from that I'm, we've made all **our choices for next year,** what we want to major in you know am **I'm hoping to go on a Erasmus** so I'm working on that at the moment as well

D right

I and am

D so your happy enough?

I ya

D Okay, right now what are the particular pressures that you are experiencing at the moment?

2/2 I am **exams really is the worst**

D right, can you say what that's like for you now?

I am

D the demands, or what the stress like in that for you at the moment?

I well it hasn't been too bad now over the weekend cause I was at home working you know and am I didn't get a chance to go near study so I didn't worry about it you know, but am I have to get back into it

2/2 today now, it's ah, I have a lot to do still so am sort of **a bit worried that I mightn't get it all covered in time you know**

D right

I but am I'm not too worried you know

D what's your attitude now to the exams?

I am I just do them at this stage you know as long as I get on okay

D right

I I'll be alright

D and how have you done in the past? have you done okay in the past?

I ya I've done alright, I was happy with them

D okay, so your optimistic about?

I I don't know (laugh) I'm not really really worried about them you know
but am

D what are you expectations? how well do you expect to do?

I am I don't know if I got like C+'s in everything I'd be happy but I'd want maybe a few higher grades like, I'd want a higher grade in German and am I wouldn't mind a few B's.

D So with regard to you know this being Tuesday of Week 10 I'm just wondering what kind of pressure your experiencing at the moment how would you describe it?

I Well it's not too bad you know, I'm just a bit worried more so than being pressurized

D How is that affecting you in any way?

I Am well it's not really at the moment you know I think I was more worried about the exams a few weeks ago than I am now

D Okay, what's changed?

I Well I suppose I've got a bit done you know, so once I've actually started studying for them it's not too bad

D Right

I am, just I'd prefer to just get them over and done with

D right

I I'm not too worried

D and after that you things organized for the summer?

6/6 I No I haven't, **I'm trying to get a job** abroad but I haven't heard anything back yet.

D Are there other particularly demands there for you at the moment, other pressures?

I Am, not really no, you know things just seem to have sorted themselves out and

D So what is it about now that's making things feel sorted out for you and what's the difference about now compared to times when you've been under a lot of pressure?

12/12 I Well **we were having hassle in the house** with one of the girls but another girl told her she wants her to move out so **she's going** and that's, she's going at the end of term and well that's that you know

D right

I so things are fairly much out in the open now about the way everyone feels

D right

I so there isn't as much pressure in the house here

D right

I am, things are working out a bit better at home as well you know, my brother is out of hospital, he was in hospital there for a few weeks and he's in great form so that's a lot of pressure off at home

D okay

I and am

D circumstances so have changed since last we talked

I ya, ya,

D right, and has anything changed for you I mean have you changed in any way or do you feel your coping differently or?

I Ya well I could feel that happening now than I did a few weeks ago really

D right

I am things are still the same at home I mean the fact that you know I still feel different about home than I used to you know, am but it doesn't really worry me that much any more

D what's changed there for you I mean have you?

I Well I mean it's not that I don't care anymore or it's am, am, well I'm only just going to go on and go ahead with my life I can't sort of keep changing and keep up with going home all the time, and am, I

49/49 **still feel a bit guilty** like leaving my mother there also cause I know she has a lot of work to do but am am I have to go at some stage so I might as well go now as later so.

D You worked that out for yourself and your happy with that?

I Ya.

D Am, the main, one of the things just to confuse you about your selection of major area, what's that like for you at the moment? what's stressful about that for you?

I Am, well we had to make our choice last week and am I'm still not sure that it's what I definitely want you know

D right

I I'm still not sure that I'll get it even

D Okay so what's stressful about it for you?

39/39 I Well I mean **it's my career, the rest of my life it seems very final** you know

D okay, the choice

I because you head off into a totally different areas than any of the others.
D And what would be your concern?
I That it wouldn't be right for me that I wouldn't be happy in that job
D right, okay, and is there a particular assignment that you haven't got in at the moment?
I am
D I just see failing to complete an assignment there, a 6 down for it I'm just wondering is that something outstanding?
I no I think I was just thinking in general
D right, okay, am on the social side of things just like concern over problems with friends, is that in relation to the house or is there?
I at home?
D no to the girls in the house here, you've got down concern over problems with friends there you've just given it a 5, what was on your mind there?
ND/ND I Am, well **one of my friends her father died**
D oh right
I quite recently so she's generally having a rough time of it you know
D okay, and what's that like for you?
ND/ND I Well I don't know **I can** sort of **understand** what she's going through **cause my dad is dead as well** and am you know it's just tough, she's had to stay at home from college to work and the funeral, she's having a tough time of it you know.
D Right, are you able to share with her or talk with her?
I Ya but I don't see that much of her she doesn't live near me at home so even when I am at home I don't see that much of her.
D So I'm just wondering is there a stress in that for you I mean, is there difficulty in that for you?
I Ya well, I found it hard to talk to her first
D ya
I cause you know like when someone has died you feel a bit awkward
D right
I you xxxxxxxxx
D what would that be or what would be awkward in that for you? what you be your difficulty?
I I don't know you sort of worry how are you going to cope if she gets upset or you know
D okay, what would be your concern on why to cope
I xxxxxxxxxxx
D you know what would be, what would be the concern about how you might cope?
13/13 I Well I mean I **don't want to upset her** any more than she is upset you know
D okay
I so I could just make a mess of things
D what would happen?
I am well
D if you were to upset her?
I Well I'd feel bad you know I suppose she'd feel bad too (laugh)

D and maintaining friendships is that an area for you?
I Ya, like I have to make, put a lot of work into keeping in touch with friends from secondary school and from home
D and what's demanding in that for you? what would be the pressure in that for you?
I Well, if they write I feel I have to write back fairly soon or we'll lose touch you know, there isn't as many things to talk about either as there used to be so it really sorts out who are your friends and who aren't you know.
D and do you feel you have to keep in touch with them?
I Well I want to you know it's not that I have to like xxxxxxxxxxxxx you know I just feel it takes a bit more effort now than before, I mean I don't mind doing it but it's just you need to
D how come you need to keep in touch with them? why do you want to keep in touch with them?
I Am we get on great you know and I just don't like to lose touch I mean their security basically I suppose (laugh) you know but am
D you were saying you have to work harder at it or something at the moment
I Well not work hard but just you have to make an effort
D okay and what's that like for you having to make the effort
I Am, I don't mind but it's just hard to get time at the moment you know
D Have you friends here, have you plenty of friends here?
I I have ya
D And you like to keep in touch with the school friends as well
I Ya
D and is that working out they way you'd like to work out?
I Ya, with most of them ya, but I'm loosing touch with a few you know, I just you know find it hard to talk them there's nothing to talk about any more
D and what's that like for you?
I Well it's you know, I don't like to see it happening and am
D because?
I (laugh) well I mean we were good friends in secondary school you know I was in boarding school and there was a gang of us used to hang around together like straight through the 6 years and we were very close at the time and I just hate to see us splitting up.
D What's the difficulty with that for you I mean going your own separate ways now like that's, do you find that difficult splitting up?
I Ya, am
D What's the difficulty in that for you? what's that like for you?
11/11 I Am, I don't know really it's like I suppose **I'm afraid I won't make more friends** later on because I'm not just hanging on to them for that sake do you know what I mean like there's
D Okay, you just feel you do want to hang, you do want to keep in touch with them
I Ya
D Just because if you didn't keep in touch maybe you wouldn't have other friends?
I No, not so much that I wouldn't have other friends but am, just sort of keep in touch with them like their my friends you

know (laugh)
D and
I I don't know what your trying to get at here
D no all I'm conscious that you've kind of left school, you've gone to college and people kind of split up and you loose contact and I hear you saying you don't really want that to happen but it's happening anyway
I Ya
D so I'm just wondering what that's like for you, you know what are you going through as that's happening
I Well I don't loose too much sleep over it or anything but I just, I don't like to see it happening you know I think it's sad when your good friends with someone
D right
22/22 I and when you more on to **lose touch** and
D so you **feel sad** about that?
I ya
D and do you see it inevitable at the same time?
I ya to a certain extent, there is not way sort of if you don't see someone, if you don't see someone that often that you can be as good friends unless your together.
D so would you be resigned to it or do you feel that you're working hard to try and work hard to keep in touch like and wonder whether you're just actually going let it happen
I ya well, am I work at it to a certain extent but I'm not going kill
myself either if the other person isn't bothering you know
D Are you feeling fairly uptight at the moment, cause that's one of the highest things here you have down as being anxious and tense?
I Ya I do I sort of, I am at the moment
D You're uncomfortable at the moment are you, I mean I sound as if I'm always interrogating you, I don't mean to be interrogating you at all
I ya
D just to see what's happening, so you're feeling tense right now here?
I ya
D and what's that about?
I am I don't know I just feel myself tensing up you know (laugh)
D ya
I am I just seem generally to be very tense lately like even when I'm in bed I sort of very tense,
D really?
I ya I find it hard to relax
D do you find it hard to sleep?
28/28 I ya **I find it very hard to sleep**
D and what's going through your mind what kind of?
I I don't know just, I don't think I'm particularly worried or anything not consciously anyway
D ya
I but am I find myself getting very tense it might be just exams I don't know just you know
D Well lets see, what's, just staying with the tension for a while I mean what's it like can you describe what it feels like or how you feel?
I Am I just find myself tightening up you know and I don't '

realize I'm doing and suddenly I realize that I'm really tense and I'm all sort of hunched up and tight and then I try and relax you know, but I can't even relax fully when I try you know, and then before I go out I'm tensed up again (laugh).

D Where do you feel tense what part of you feels tense?

I Am my arms

D And I wonder what do they feel like doing, if your tense what do they feel like doing, what do you feel like doing to your arms?

I Nothing really

D Well right now, do you feel a bit tense right now?

I A bit

D And what do you feel like doing right now?

I going back to bed (laugh)

D really

I ya

D are you tired?

I ya

knock at door

D No I'm just wondering, I'm just interested if you are feeling any bit of tension what's tension with at the moment, do you even see what your aware of right now.

I right now?

D ya

I I don't know I mean I really don't mind getting tense I just seem to be

D Mmm, you don't mind?

I Well I'd prefer not to be (laugh) you know

D Ya, and is it only lately that you felt this?

I Well in the last month or so

D really?

I Ya, I suppose like there was a lot going on a few weeks back like you

ND/ND know **my brother was in hospital** and

D ya

43/43 I and **there was hassle and everything** I suppose it was then really that it started and it just hasn't stopped you know

D right, right, and you're not able to stop it or xxxxxxxx calm down no?

I ya, it doesn't worry me too much but you know like I'm not sure whether it will stop this week or not, I mean the weekend is different like I was working so by the time I did eventually get to bed you know I slept at that stage

D Mmm, while your back here have you now been sleeping very well?

I Well I only came back last night

D okay, last week would you have slept very well?

I No I didn't

D It's just that I guess that something, over the next week that it would be important for you to get your sleep

I Ya

D just keep an eye on it

I Well it will probably be okay though when the exams stop you know just it probably is just tension over the exams

D Right, sure it's just between now, you need your sleep coming up to the exams that's all I'm thinking about, it's important that you get your sleep over the next week more so than after the exams I'm not worried as much

I ya

D as next week. Am, so right now if you were to just pay attention to any anxiety that's right there at the moment, where would you notice it in your body?

ND/ND I **my arms tense**

D okay, right, okay so if you were just to be those those tense arms for a moment just see your arms are tense themselves what if you were to put a voice on them what would they say? what are those tense arms saying right now?

30/30 I well I suppose **I feel a bit uncomfortable here** anyway you know

D okay, can you say what's that about? what's that like for you?

I well just sort of sitting here and answering you, you know I feel under a bit of pressure

D okay, what's that like, I mean can you just say what the pressure is like for you?

I well normally I wouldn't just think about any of the things here

D really?

I ya

D and what's it been like for you even if we got back over the last two times I've met you as well what's it been like for you to sit down and to talk through all this stuff?

I It was easier the last two times (laugh)

D Okay you seem to be more uncomfortable this morning

I ya

D have you any sense of what that's about this morning?

I am, no (laugh) I don't know I just feel very uptight and tense

D ya, I'm just wondering what's, you seem to be less relaxed than I, then xxxx, but you've also been more tense outside of here as well you see

I ya

D so I'm just wondering

30/30 I **maybe I feel I should have something wrong here to tell you** (laugh)

D right

I I don't know

D is that right?

ND/ND I ah no, am no it's just there's **nothing majorally wrong at the moment** you know

D okay

I and am

D your coping fine?

I ya

D okay, I'm delighted to hear that

I (laugh)

D I mean I'm interested in hearing what is it about you that makes you cope fine or helps you to cope fine as much as am if things weren't going well I'd be interested

I ya

D you know I'm interested in both sides you know, I'm not trying to catch you out or anything

I (laugh)

D I'm just wondering what's going on, so I'm aware that you're uncomfortable so am I'm just checking that out for you
I ya
D is there is anything you want to say to me or do you, you know?
I nc (laugh), I'm grand you know
D is there anything you want to ask me?
I no
D and do you feel that what we've talked about this morning has generally covered how you are at the moment?
I yes, it's covered everything ya
D ya, the last area is family stuff, again it's the one you've brought up before about the changing attitudes toward home, I mean has that, has that developed recently or you were saying you've more or less come to terms with it now, I'm just see it's down as an 8 there again so it's pretty
I ya I have
D high at the same time
I ya
D you seem to be giving it a high score at the moment
I well I mean I've sort of accepted it but it's still causes me a lot
49/49 of worry because am you know it **sort of breaking away again,** you know leaving behind
D ya
I everything that your used to, I mean I find even when I'm at home at the weekend you know like the first time I get into the car when they collect me from the train, I mean the first thing they tell me about is who's in hospital and who's dead you know, (laugh) I mean it really gets to me because
D right, right
I there's no how are you? or how are you going like? so it's just you're one is dying at the moment and
D right, right
I I mean it's just in general they have a different attitude towards things and the same things aren't important anymore
D right
I you know
D so what would you feel like saying to them? when you get into the car and they start off?
I (laugh) well I'd say for God's say would you lighten up you know, okay it's not that I don't care about these people
D sure
I it's not exactly the first thing you want to hear
D ya
I after being away for 4 weeks

knock on door

D right, and your just back after a weekend so I know maybe your left in a bit of tension after being home for a weekend, although you were saying you're more relaxed at home
I well that's because I was working this weekend you know
D right
I am I mean I haven't time to really think about xxxxxxxx
D right

I it's a bank holiday weekend and we've got a pub at home so it's very busy
D okay
I and am like if it was a normal weekend it probably wouldn't have gone as well you know
D have you anything to add to that, anything more you'd like to say?
I no
D right, it hasn't been the best of interviews, your uptight
I (laugh), ya
D and I'm not too sure if part of that, I mean your were saying to me what am I getting at I really wasn't trying to get an anything with you
I ya
D I'm just trying to I suppose, give you the opportunity to see what's going on for yourself, so part of its going to have to do with questions or something, am also maybe your expectations, I don't know your expectations maybe about, maybe you should have something to say or
I no I just found it a lot easier the last two times
D what was different I wonder? for you
I Well I think it's me, it's not the fact of the interviews or anything you know
D right, what is it about you? I mean anything, take a moment, before we finish up and just see what's different for you? what's it like?
I I'm xxxxxx
D Your just feeling generally tense more than you were a month ago?
I Ya
D Ya, it strikes me on talking to you that your coping very well and yet there is some kind of undergrowing tension in there or something
I Ya I really don't know what it is I mean things are going well
D ya
I and but yet I'm still getting really tense you know
D the thing is you may just want to touch base here again or drop back again if you want to explore that any bit further you know
I ya
D and particularly I suppose I'd be concerned if you weren't sleeping too well you know that I wouldn't want that happening to you you know
I right
D it's important you get you sleep, and not to make a big problem out
of something that may not be a big problem
I ya
D that your tense about something, I guess, now whether it's got to do the home situation or the exams or your friends or maybe the whole lot of them together, your brother, maybe it's a whole lot of things coming together I'm not sure
I I also don't know myself you know
D ya, to an extent if we spent, we could spend some time here and just explore that tension in your arms more, okay and see what that's about
I ya

D that would help you identify xxxxxxxxxxx, okay, so how do you feel about that maybe if you feel like dropping back, drop back at some stage?
I Ya I wouldn't mind at this stage you know I might
D I say the option is there for you later on during the week I'll be away on Friday but I mean between now and Friday I'll be here
I ya
D if you feel like dropping down, okay
I okay
D we'll leave it there for now
I okay
D alright, grand okay

Interview 1

H OK Noelle, well how are you feeling?

N About what?

H In terms of stress.

1/3 N The idea of doing Grade 2 **it scares me,** I just **dread this year,** I have people lined up to give me a grind anyway, so hopefully I won't be as bad but its just that ********

H So its taking exams again?

N It wasn't just, I don't think********* because I figured I didn't

1/1 have enough done or something because **I was terrified going into my French exam** too and French is something I've done since first year in Secondary School and I was in France for a couple of weeks and I'm OK with French, I'm comfortable with it, but I was terrified going into the French exam, so ***********

H And what's the stress like now?

N Well, basically I don't have any more exams, well no more exams until week 11, so I try not to worry about it too much and the M Grades are a different position, ignoring, I could have them set up maybe when I'm having them because I'm late for lectures off campus **********

H And how is it **********?

ND/ND N Basically **I'm getting on with my life,** being with friends you know. Like one of the things I think back that was sane last year in exam week, was the fact I had friends because you feel so much worse when you're going through this phase and coming out with a 2.8 or 3 or whatever and like having no one to share it with, you know, it would be awful. **********

H So that's ********** for you in terms of stress then, you have friends?

N ********** are only bothered with themselves and I can't go to bed and tell them, well I can and I can't. I could but I wouldn't want to be that kind ********** to them either because its not, like I know if they're having problems themselves they don't need to hear anyone else's.

H So what's that like, trying to keep it to yourself?

11/11 N Well I don't, **I seem to find other people around the place, helps you to get along.**

H And is there any other areas of anxiety or stress worrying you right now?

N Not really *********

H And what's that?

N ********** But I always used to say to myself, OK whatever

44/44 else happens **my parents are there.** Whatever happens they're still going to want me, they worry about me or whatever and during the last exam week, I knew, when I said this to my mother about I had to go to sickbay because I was under too much stress ********* again to do the exams, she didn't believe me, its not that she wouldn't believe but she wouldn't be able to understand it, she wouldn't be able to figure out how I ********** and I was right, but for her she can't understand what a thing is like until she goes through it, so she figures that everyone exaggerates. When I went to Rome

I told her about some stuff that happened and she turned around and said ********** and then she turned around to me and said, I'm really not interested in hearing all this, ********** because it was

11/11 always **my friends would be there for me** and so the way she was saying I don't care, basically I don't give a damn what the hell happens to you, all I want to know is that you're doing fine, everything is OK, and ....

H **********

N She's an ostrich, she buries her head in the sand, she basically I think she thinks, last year, she was always see like that, like during the Leaving Cert. and all, don't you need to be getting back to study and all this you know and you should be doing a bit of study there now and this sort of thing and you know I had a bad result in term one, she figured I was just dossing around, I wasn't doing anything at all and perhaps that would be pretty true for term one, but it wasn't true for last term and I think she thought that I was just making up excuses for the fact that I had done badly, I was sort of conning everyone into the fact that hey I don't want to do these exams so I'm not going to do them, and then I sort of turned around to myself and say am I doing this on purpose, I'm not going through this hell, am I making myself do this on purpose?

H That's fine.

43/43 N **I'm not able to put up with her now.**

H So you're really angry?

44/44 N Ya, even I find it very hard to relate to the fact that really **she doesn't care** if I'm going to do this, she doesn't care if its tough or not, she doesn't care. And like I talked about it to my father, Friday night when I was at home for the holidays, I finally got to my

49/49 father again Sunday. I mean **I was making plans to move out of home,** to apply for fees or whatever I had it all planned out, and ********** because I feel you don't care about me, right fine I'll just leave, but my family are important to me and I sat down with my father and I told him about it and I told him all about it and he said fine, I only want you to do your best and like he understands. I said dad I may have done badly in these exams, but I did the best I could do with the way I was feeling and what was happening and he said that's all I ever asked of you and its OK, he said. You see it was always the sort of thing my parents would pay for me right

1/1 through college, up to doctorate or whatever, **as long as I don't fail,** so I was sort of sitting there going, I can't fail this year because what will I do then because I'll be stuck with nothing for the rest of my life. And he said look if you have to repeat you have to repeat, its not a problem, as long as you look after you health that is more important and I was OK from then on, until dad was sort of at work all day, and I was at home with mom and mom was sort of go up, shouldn't you be getting some study done and this is just sort of after the exam like and ********** in particular I was trying to study ****** and my ********* exam was on at 9 o'clock in the morning. Until half one the night before, after spending the night

7/7 trying to learn I couldn't, **I couldn't learn anything,**

********** I poured my soul out to him, so he got me back and I said I'm going to do it, I'm going to do it and I went back up, I

7/7 opened the book and **I went through it, I went through it, I went through it** and I still can't remember it. I couldn't remember any of it then, I can't remember it now - the formulas, I just can't remember them, I don't know why. Because normally I can learn

28/28 formulas with the lesson. **I ended up getting to bed that night about half four** and I couldn't relax, I just found myself **stiff as a board** in the bed and said God what am I going to do. **I didn't go to sleep until about 6 o'clock** and I got **up again** about **half seven,** because I had to get out to the village to meet up with Pat. Pat said he'd come down with me, walk up with me and I said OK like. I woke up at half seven anyway and got up and obviously I suppose after all the

3/3 worry and one and a half hours sleep **I felt I wasn't able to do the exam.** And one thing that really annoys me is that the lecturer that was coming in, he's working in COACT, he turned around to his class in COACT and he was talking about the exam he'd set for the first years here and he said to them, a friend of mine is there, and he said to them more girls will pass than guys, they had done better than the guys, and his exam was so hard that he put two people in the sickbay and he was thrilled about this. I went through hell before that exam and that **bastard** is going around **boasting about two people**

ND/ND **went to sickbay because of him.** That's sick! **I was one of them. I went through hell before that exam,** you know like, it wasn't ***** and he was boasting about it to people. I mean **if I get hold of him I'll hit him,** you know. That's sick. Anyway, that's beside the point, I'm leaving. I was trying to do

H Stay down **********

N I was trying to do some of the Electrotech and then I realized I don't have time to ****** ********** so there's no point in this and I started reading. I started writing a letter, I started reading a book and mom said to me then that night, do you want me to get your dad to wake you up when he's going out tomorrow, my dad goes out to work about 9, and I said ya, if I get up in the morning I'll be OK. So I went off to bed and I turned out the light and I started thinking about the exams and I said, I have to get up and study and I finally ended up getting to sleep about 7 o'clock and I was sick at that stage too. I had a pain in my stomach and I was feeling lousy and dad woke me up at 9, and I didn't really feel like getting up, I felt lousy and I was exhausted, so I go up around 4 o'clock and I went down stairs and my mother sort of looked at me in disgust and said you know you're not going to get through this year by lying in bed until 4 o'clock in the afternoon you know and I said mom, I didn't get to sleep until 7 and I don't know. And she turned around and fair enough I think she said I was reading until 7 in the morning, which I wasn't, well I was because I couldn't sleep because I was feeling lousy, I did read a bit, but it wasn't study, I wasn't reading to stay awake, I was reading to try and get myself to go to sleep and she just said something like, what are you going to do next year then and I turned

around and said do you realise what sort of pressure you put me under when you say stuff like that? And she just turned around and said stuff and nonsense and walked out of the room and I burst into tears again. At this stage she has the ability to make me cry in two minutes and she doesn't even know she's doing it. To be fair to her she didn't know I was sick.

H Do you think its ********* is it that she doesn't care or she's afraid?

N My mother, afraid of what?

H Afraid to see her daughter not doing well, afraid to make it through *********

N That was something that struck me on the way home, as you say, I'm really not interested, I don't want to hear about your problems, I'm really not interested in this, in what you're telling me. And I said would you prefer me to turn around to you and just say, at this stage I was in floods of tears, and I said would you just prefer me to say everything is going fine and I'm going to get all As in these exams. And she said ya. ********** all she wants is a little cuppie doll, who's going to do well and she's going to turn around and say Oh my daughter is doing Material Science, yes she can be a Metallurgist, I don't know what it means, but its a nice word! That was what she was saying to people when I got the QCA, or else she can be a Metallurgist, I don't know what it is, but it sounds good. And she doesn't have a right to do that to me, I'm not just something there to make her look good, I'm me and she doesn't seem to care about that, and I'm finding that tough to handle. I'm finding it hard to talk about, well probably not that hard but, its tough in that, I'm sort of suddenly realizing here I am a bigger fool to give a damn, and I said it

H Do you think that's true?

N No. ********** she's just basically turning her back on it. She cares about me, yes, but she does not want to know that I'm going through problems. I said to my sister, like she was home for the weekend. Like I walked in on the Friday night and my sister had been driven down from Dublin by some friends of hers, people I knew as well and they were all sitting inside and I couldn't go into them, I was just, I was so red, I'd just been crying my eyes out - this was in a 10 minute drive, she had made me feel so bad.

H How do you give her so much power over you?

N How do you mean?

H Well other people could say the same things to you and you wouldn't burst out crying.

N About that they don't give a damn about my problems or about

H Ya. How do you give your mother so much power?

44/44 N **Because I care about her and I want her to care about me.**

H You care about her and you want her to care about you, OK. And how is that for you? Just let it out, if you want to cry, just cry yourself.

N How does that feel, I thought I was feeling ********** but **it hurts,** I care about her and she's giving me the attitude that she wouldn't even care about my problems, which is, its not that she doesn't care about me but she just doesn't want to know about them, more to the point. I don't know I keep going

back to my childhood saying, mummy I want you to help me here, you know and she doesn't seem to want to let people do that, she doesn't seem to want me to do that. She doesn't want to do that for me, should I say, because she's sad I guess.

H She doesn't want you to be her baby?

N Ya I suppose.

H Has it always been that way?

N She was always, you know you feel you always go to your mother with your problems and she basically maybe she could have said, You wanted to look after yourself, its none of my business anymore. But it was, I was sort of following ********** study and everyone was sort of doing ********** or something, or if I got pregnant or something, then she'd start telling me how could I do something like this to her. It wouldn't be my problem then it would be hers, you know. She sort of turned then as well at one stage and said maybe you just can't handle it. And of course now that's another thing in my head, can I or can I not ********** and I can't.

H Slow down, **********

N I don't know, I can't see any reason why I can't, because I never went through any of this before.

H OK so you're saying, you know you can't, that's not a problem, you can't ********, its whether you can? There's no reason why you can't.

N I can't see why I can't so, I suppose I can.

H Ya. So you feel you can?

N Ya. I'm determined I am studying and initially I sort of thought of seeing Declan once a week as well, well not once a week but every so often, oh and God why are you? But now she can help me great, because I want to get out of this.

H How can you help yourself?

38/38 N **I need to calm down.**

H OK there you go, have a **********

N I have to calm myself down ..... Drugs, Alcohol and Sex! Says she who doesn't indulge in any of those. That's another thing I

27/27 **don't drink, because my dad was an alcoholic,** well he is an alcoholic, but he's **a non- drinking alcoholic,** he ********** and that was OK. It never really bothered me, I only found out when I was 15 and found out he was in the program, but

H So you don't drink, you don't take drugs, and you don't have sex? So how will you involve yourself now?

N I'm boring.

H I don't know if that's boring?

N It suits me fine.

H Do you think its boring?

27/27 N No, it suits me fine. Its just one thing, **I don't drink because he's an alcoholic and because the risk of getting it,** because becoming an alcoholic is higher for girls than for men, one and because its hereditary, so personally I don't think its worth the risk. I sometimes would just love to go out and get totally out of my head and not have to worry about thinking and let someone else worry about me for a change. Well not worry about me for a change but

H Well stay with that, how can you go out and do that without alcohol.

N I can't, because if I go out with my friends or whatever, everybody else I know drinks and most of them, a lot of them would be first years etc. They all go out and get out of their heads totally and

18/18 **I usually end up taking care of them, so I can't go out with them and have somebody look after me,** because there's nobody there.

H All drunk, everyone drunk?

11/11 N Usually ya, but like **I do have people who worry about me,** worry about me a lot and they're friends. Like one friend is making sure I eat regularly, cooking up enormous meals ********** and trying to make me fat.

H So you have somebody who looks after you?

11/11 N Being fair, **I have very good friends that I'm very grateful to have.**

H So how is it when you use them?

N I pour my heart out to them all. There's only one guy who well ******** at this stage and he was the one who was there last night when Deirdre was there and he stayed on and said do you want to tell me what its all about, you don't have to if you don't want to, and I said well its OK, I don't mind and I told him and I sort of told him about everything about my mother and all, and I started crying my heart out again, and like I do cry easily, I don't cry as frequently as I have been as late, but he was a great listener and he is a lovely fella.

H And how do you find crying?

N It doesn't worry me. I guess if I feel like crying and I don't, then I just feel lousy, so if I want to cry I cry and I'm not worrying about it and I don't feel so sad and tearful for the rest of the day.

H So that's another was to relieve, if you like crying you cry.

N But I rather have someone to cry with, someone's shoulder to cry on, metaphorically or whatever **********

H If you want to cry, cry on someone's shoulder

N Like this guy is an excellent listener and he's there, and instead of looking where I live **********

H OK

N ********** to cry your heart out to. Not that I mean to do too much.

H So, I'm not going to look at the questionnaire, we've probably hit most of the areas anyway.

N What are the questions on the questionnaire for?

H Well to see in terms of what stress is like for you. Shall I have a quick look through?

N Sure if you want.

H OK so well, you've got your own answer, its how you keep yourself calm.

N ********** I was sitting in my room last night and ********** was there and the radio was on and the news came on and they told about the son of a Bank Manager who had been kidnaped. **My**

ND/ND **father is a Bank Manager** and like your man got away, but it could have been my brother, it could have been me, or my sister or father or my mother. It could have been someone we knew well, you know my mother like, you must realize in the bank we know a lot of people and a lot of times if, you know OK, it could turn out to be a ***** and I lived through

another one before and OK I was young at the time but I still remember my parents telling me that if somebody collected me, if someone came to school to collect me not my parents, unless it was my father or my mother, I wasn't to leave. And I remember ********** what about if its Mrs. *******, my mother's and my father's best friend, and my mother said No ******** nobody's friend *********. And that was putting it fairly forcibly and ********** and sell them and my brother scares the hell out of me more than a Hi-ace Van pulling up beside me in the street, but when I heard that last night, I just froze. We've had our share of it I mean, we've had phone calls in the night and even though its an

ND/ND ex-directory number and **my father was robbed** in Innishannon and ********** There's sort of things like********** the guards were keeping a close watch on the house. I remember one night my parents were out ********** and they came back and 10 minutes after they arrived back the guards arrived up and said where were you? My parents were out ********** this sort of stuff you know, you could have been killed by a car like, if you hear about somebody crossing the street, and it could be you, its different.

H It sounds scary.

42/42 N I am, like **I am sort of paranoid in that way and something would arise** **** but we got a phone call one night about 2 o'clock in the morning around 2 years ago, saying is that Nagles? Is that Noel Nagle? Is that Nagles? and my dad said Who's this? and he said is that Noel Nagle or something in the background, he said is that William Noel. Now nobody uses my father's first name ever, you know, besides nobody ever calls him William Noel ever and he said Who is This? And we were bogged down about the incident, a tarmacadem friend in Roscommon was ringing to apologize for not laying the tarmacadem that day. Now nobody rings at 3 o'clock in the morning to apologize for not laying tarmacadem. We hadn't had any tarmacadem order and there was no such firm in Roscommon and then he had my father's first name and he had the phone number which was ex-directory at that time and my father ******** found out after it and called the guards and its scary like you know.

H It is scary.

N You're not particularly vulnerable as such, in that the day after my father got that phone call he went in and he asked for a gun license, and usually a gun license takes three weeks, you know around that, for no reason, it just does, just to be awkward. He went in asking for a sporting gun license and the guard said I heard you had a bit of trouble last night and my father said ya and he had the gun license 10 days later. And we have a shotgun and it scares the hell out of me and we had a **********, which, she's beautiful, so like my mother is fairly well protected whenever she's alone in the house ******** out walking, but if my father was refused ********** If anyone wanted to pick me up it would be very simple, you know this sort of thing, its just normally its not a thing that bothers me at all, its not something I would think about, but when you hear on the radio that someone has been kidnaped, its something to worry about.

H Sure

N And my sister probably won't even think about it, she probably wouldn't have heard it anyway, because she's very happy-go-lucky. Study does nothing to Mary ever, she didn't give a damn about it and never did it and if she did badly it was ah well come on, study, there's more important things in her life and my brother I think would be conscious about it and my parents. I mean after hearing that, they're not going to be walking in fear of their lives or anything, but they're going to think about it, I know they are.

H So what's that like?

N Well in one part of my mind, I criticize myself totally, all the time, its a pain but, its no wonder I get in a panic and I say you're doing this on purpose you wally, great, but it makes you feel good you know, but I'm sort of saying open my mind and hear what I'm saying, OK its a load of bull, you know its a load of bull, its very ********* to worry away about it and meanwhile you might say, it can happen, it has happened before, its happening to people, why shouldn't it have been you.

H OK so what can you do?

N Nothing.

H Well I don't know. When are you going home?

N Friday.

H And what can you do?

N Well there's very little I can do, like I'm really by myself anyway - walking up and down to the college I would be actually, but there's always somebody around. What can I do? I don't know.

H **********

N Will I have a chat with them about it? There's no point. Like I'm not that worried about it, its not something as I said, I think about normally but just when I read that yesterday, but they said the gang wasn't professional and that I can believe easily, because one, your man got away and got out of a car and two, they sent the Bank Manager in to get something like 75,000 in cash and bring it out to them. Well no Bank Manager is going to walk into his bank in the middle of the day, collect 75,000 pounds in cash and walk out without someone saying, what are you doing. I mean its pretty obvious what you're doing if you're collecting cash, I mean there are other ways around it. So, the fact that they're not professionals is definitely a plus. But some other people might get an idea about it you see.

H Sure. Can you talk to your father about it just to hear how he feels, just to see you know, he sounds like a good man to talk to. If I mean, I hear you saying earlier on you know, that one of the things when you get anxious and you get nervous, is that you have somebody to talk to. So it sounds like you got a great listener in your father.

N Yes, but I feel I'm putting him in a real awkward position, when I'm talking about mom, I mean I rang home and I came back ***** and I was shaking and my mother started shouting again and not as bad as during *** week **** I'm shaking again and I said I don't want this, I'm getting out of here and I got a lift back with a friend who was going down to Waterford, just to seen ********** in Cork and my parents were, why are you going back so early you know and I said to dad, its

43/43 **tough for me to be at home at the moment,** but she was talking away to the guy **** Marcus, and she said I suppose you do a lot of study Marcus, and I was standing there cringing, like ****** she thinks I'm not doing a tap and its not true, but she doesn't believe me about things, sometimes she just like I remember telling her about some guy I know, when he was about 12 and he was in the scouts, they had a homosexual scout master who sort of molested them all and the problem is most children when they tell their parents, the parents don't believe it and my mother says ah no of course they do. And like any parent would believe that from a child. Now when I was in the

44/44 **primary** school we used have to do, we'd do our maths and we'd go up to **the teacher** to correct it and we'd have to sit beside him and he'd **put our hand up our skirts,** you know. At this stage I didn't even know there was anything wrong about it, you were slightly uncomfortable there wondering why is he doing this, but it doesn't bother me as far as I know, but it probably has in some way that I don't know about but like I'm not terrified of guys or anything like that as a result, but I told my mother that and I sort of, I was around 14, when I was old enough to realize, hey, he shouldn't be doing this, well I was old enough to realize well he shouldn't be doing this and maybe I should say something about it and she flatly refused to believe me and I said mammy you can ask Ingrid, Susan, Catherine, Queelin, there's loads of us and we're all there and we used to sit down in school and talk about it and she won't believe me. I turned around at some stage, when she said that to me any parent would believe her child, I said Mom you don't believe me about Mr. Conway and what he did to us and she said ya that's different. I said its not different Mom, it mightn't have been as bad but its not different and she said imagination works off and I don't lie to her, like I must admit I have started telling white lies as such because since coming to college, because I used to tell her everything and I mean all the stuff I tell her, you know about oh a friend of mine thinks this or whatever and she just pulls them to pieces and that bugged me, so I just don't bother telling her bad stuff, but I don't lie to her and I've never lied to her so why does she suddenly think that, she turned around and said to herself why are we all trying to get this man in trouble, like if there's a reason, maybe he did something, maybe he did something to her, but no, she just, I make things up, you know this is Noelle and her melodrama again as if I'm really going to turn around to myself and say hey wouldn't it be great to be molested, ya I'll pretend I was? Like I told her, I rang home during the exams and I told her that I hadn't eaten for a couple of days, I couldn't eat, I got sick, I had a big meal and I got sick after it and the idea of food was totally turning me off and I told her that and she said, "and what's this pressure from the exams? Oh Lord, what a load of melodrama!" As if I was seriously turning around to myself and saying hey it will really look good if I get sick after every meal I eat, did you think I enjoyed sort of eating something, you know being full and feeling Oh my God I'm going to have to get rid of all this and running into bathroom and literally puking my guts up. Its

totally irrational and it bugs me because **why**
44/44 **doesn't she believe me** you know?

H And why do you think she doesn't?

N Because she thinks I'm making it up and I think she thinks, I mean I am slightly melodramatic by nature, I will dramatize situations a bit, yes I know, but

H How do you get in a position where you think that what you say she'll believe or possibly you share with somebody else?

N I don't know.

H See it seems like you're putting yourself in ********* and your thinking well you call her such a great person **********

N But I do talk to her

H Then you need to talk some more, or talk to one of us.

N Like when I was at home, when Mark was collecting me and she said about doing all the study, he said I usually work away, I put myself under the pressure and I work, and she was on the phone to me and she said how is oh, typical like, a friend turns up from Waterford and she said do you want to leave a message - well "Get down to those books!" Like it wasn't "I hope you're happy, I hope everything is OK" but "Get down to those books!". And it didn't bother me before, but it bugged me now, its bugging me now, like I am studying but I worry about the exams and I literally I suppose fuck them up, excuse the French, but she just can't see, like I told her I was going to Declan and I said, I begged her to ring Declan, I mean I literally begged her to ring and she said "I don't want to talk to him, if somebody has to talk get your father". My dad doesn't need to ring

44/44 Declan, **my dad is understanding** as it is, my dad says right, you do your best, that's all we want, if you're finding it tough, OK we understand that, that's OK, he doesn't need to ring. Mom needs to talk to him, to understand what this place is like and what this can do to people and what it has done to me. You know, I got on the phone and sort of I told her I was in the doctor's office, "What doctor's office must see you more than anyone else?" I've been there three times, only because my foot was sore and I'm only here three weeks, like she's totally against doctors, you've got to be dying. And another time I went because I got swollen glands and literally my glands were out to here, my throat was very sore, it was hard to talk and it was painful, so I went, bought a prescription and I got rid of it, OK I don't normally go with swollen glands, because I figure getting a prescription is not a lot of use unless there must be a reason why I'm getting one, so. It was just.

H Well ********** how can you enable yourself to be less stressful?

N I don't know. Basically I suppose I have to learn, that the exams are not the be all and end all of life. OK I understand that, ********** and my friends ********** etc., but put me in the situation, like last time when I was in the situation, it was unconscious stress, it was like totally unconscious.

H So how are you going to keep yourself calm?

N That's what I'm here for. Doing the Body-Mind is some help.

H Well other ways **********, you really get yourself all

twisted up don't you?

N Ya. I know its very comfortable, I always sit like that, I sit like that a lot.

H How do you use your father, I mean you're going through a tough period, your father has been through it sounds like a tough period, if he's stopped drinking you know, so maybe he knows more of what you're going through than your mother, maybe **********

N That's putting it very very mildish

H Maybe she doesn't want to, maybe she's too afraid?

N Ya.

H So you have a resource in your father, why not use him, you know?

N ******** My father and she said how is Mark ******* he's down in Cork now and I'm here and he works himself, wouldn't it be great to have one like that. I'm scared that I'm going to say something to Mom and I'm going to regret it and I came very close to it because I turned

44/44 around and **I said Mom you don't really give a damn about me,** all you want are good results, and she said "oh that's a load of bull". I said Mom you're not interested in my problems, you told me so and you know I said, you said that in Cork, so she just said Ah, she just sort of laughed it off and said do you want to speak to your father and dad came on and it was like "How are you, how's it going, *******". I said dad, she, how does she do this to me? and he agrees. You see I don't know have much opportunity to confide in dad, because he's out at work all day and then in the evening he's sitting down with Mom, you know. I don't want to put him in a situation like, putting him between me and Mom or whatever?

H You wouldn't want him ********* some sort of fear ******** talk to each other, I could organize that.

N No I'll probably end up talking to him at the weekend,

Interview 2

H So are you feeling any stress now?

N About what?

H Well

N At this moment in time?

H Ya

N ********** I seem to be leaving here, going down and trying to pack and back up, get money, get a ticket in the bus, its going to be great crack trying to get all that done in an hour. Its sort of dodgy going home, its only going to be myself and my parents, dad will be grand, but Mom? Well she sort of says things, sort of you have to keep at it and that sort of thing you know, and its literally the opposite to what Declan does, that we shouldn't be thinking coming up to exams, you know this sort of you know gets confusing and I say, you know Mom you shouldn't say that. She usually ends in some sort of a row telling me ********** its all stuff of nonsense. It hurts.

H So is that stressful?

N Ya

H And what's the stress involved?

N Comes from after the last set of exams when I went home and I

explained to her what had happened here during the exams, and she sort of basically told me "I'm not interested in your problems, I just want to hear that everything is going well for you".

H So the stress would be?

N The stress is sort of, like when I was younger I was a mean little cow and I had very few friends, but then recently sort of since *** in school, I started getting friends and I value them very highly, but it was always sort of no matter what everyone else thinks, my parents are there and that they'd love me or whatever and I could tell them about my problems, whereas now with Mom, she really doesn't care as long as everything is going fine. As long as everything is going fine, you have QCAs of 4 and that's great, but otherwise she doesn't want to know.

H So the stress is the hurt?

N Ya

H And what's that like, what's the stress in the hurt?

44/44 N Its the stress in ********, **its pain, it hurts you inside.**

H It hurts you inside?

N And because of that you sort of end up having arguments about it and that leads to a lot of stress.

H OK well lets have a look at the questionnaire. 8 and 9, studying for a test. Is that bothering you now?

N No. I had a resit the other day. I had to repeat an exam last Thursday and it went fine. I was meant to meet you that day and I said it to Declan, that I wanted to go home and I wanted to ********** and I studied and I had loads of sleep the two nights before and at 12 o'clock I eventually had to be carried up to my bed, from the chair about two feet away from it, because I was so totally exhausted and it wasn't even that I had been studying constantly all day. I'd do a bit and then I'd look around and have some coffee or whatever, I was just totally wrecked and sort of what if this doesn't happen and what if this doesn't come up and if I do this and it doesn't come up and this sort of thing, because I didn't know what to cover, I didn't know what sort it was going to be like. I couldn't get any past papers like you know, this sort of stuff, so that was

7/7 stressful. **Studying for exams,** it scares the hell out of me basically.

H What's the stress in studying for exams? What's ...

N Its the stress in study. I don't know, study seems to have this real effect on me. Like when I was studying for that exam I was wrecked, I looked like hell and I didn't eat for the day. I wasn't hungry, it wasn't that I didn't want to eat, I was just not hungry. The idea didn't even occur to me, it was sort of 12 o'clock and I said, hey I didn't have anything to eat today.

H But what's the stress?

2/2 N What's the stress in studying? **The feeling that** there's going to be an exam after the study and **I'm not going to get it all done,** like I know I don't have to get it all done, but that I'm not going to get done what I need to get done and I don't understand why I'm doing it and what am I going to do if I can't understand it and this sort of stuff.

H So a whole of bunch of things start racing through your head.

And what's the stress in that? Like if you're not going to get it all done?

N Well if I get done what I need get done, and do well in the exam.

H And what's the stress of not doing well in the exam?

N Well I don't like the idea of not doing well in an exam. It scares me. The whole idea of exams scare me after the last set. Like during the last set I was scared, it wasn't because I had to do something, but during the exams I got nervous about ********** that scared the idea of exam. It struck me really first when I was doing the French exam, this wasn't something I needed to have studied, this wasn't like you know, I'd been to the lectures in it and that was basically all you had to do in French and it was OK, you know. I've done French for 6 years, I've been to France, I've stayed there for weeks, three weeks and I was terrified going into the exam, because I was sitting an exam.

H What's the stress of sitting an exam?

N I don't know, I really don't know.

H Guess. What do you think it might be?

1/1 N **Fear of failure.**

H Right. So what's the stress in failing.

N The stress in failing? Its not actually failing **********my dad said you can do what you want about exams, he would tell me I could do it and he'd convince me that I could and that he would know because this is his job judging characters and this is true, I know this, he's very good at judging people's abilities. So he'd convince me for a while and I know I'm intelligent, that's the problem you see I don't believe that, so I'd be studying for it and it happened, I did the Christmas exams and I didn't do very well in the, like I did about the same as everyone else, you don't do well in Christmas exams in Leaving Cert., because you know you're scared you'll get cocky if you do and I came home and I told them and my dad just sort of looked at me and said **********, I don't think I've ever been as hurt in my life, because he was always the one who was there and he believed in me and said I could do it and he made me believe me too and suddenly he was turning around and saying I'm wrong.

H So the fear of failure has to do with your father and

N Ya, I don't want to prove him wrong. Its not that I don't want to prove him wrong,

H When you say you don't want to prove him wrong

N I don't want him to say that he was wrong, it hurts

H So you don't want him to say what he said, that he thinks he's wrong, and maybe you're not as intelligent.

N Because when you're told for years that you are and you know yourself, yes I am, and you said well believe that I am, like I am intelligent, once I actually start studying I can learn stuff quite

1/1 easily, but when he turned around and told me that, **I was scared of failing,** not because of what other people would think, but **because of what I would think of myself.** Because he's always there telling me ya I can do it and if I can't do it then I'm not who he thought I was, or something I don't know its hard to explain.

H Slow down, I hear you saying you're not like he thought you were?

N Basically that he believes in me and that I'm his daughter

H So what's the fear or what's the stress in him not thinking you're so great?

N I don't know like for years, dad's a Bank Manager for years, he's head of the Bank you know********** people mean I look up to him a lot and I'm always hurting him, I don't know, I guess **I feel**

41/41 **guilty too** because I know I'm not doing exactly what he thinks I'm doing or what he'd want me to do you know and I don't want him to be hurt by it because you see I want to do well for him too, because I think he was worse than I was when I got in here, probably knew ********** and he's always maintained how intelligent Mom is, sort of always been ********** and she's OK like, she's quite average you know and I think there might have been something between them in that he believes in me so much and she doesn't and I don't want to have to turn around and said OK he was wrong.

H So what's the stress in that for you, to turn around and say 'I was wrong'?

N It means he's disappointed in me to a degree like, it doesn't mean he's going to stop loving me or anything, I know, but its just .... won't support me.

H What's supporting you?

N **********

H So what's the stress in that, being away from ********?

N ********** I'm lucky really that ..... I am intelligent and I'm sure I could do a lot better here, if I was really trying, but I guess I'm not, or I wasn't really as mature as I could have been coming into first year and I sort of ignored the studying or whatever and went straight into Social life and real freedom ..... you know being able to smoke, and drink if I wanted to, even though I don't, but whatever I wanted to do I could do it now and I think **I**

7/7 **just totally forgot about the study.**

H So what's the stress in that for you?

N The stress is trying to get back into a normal life. The stress is I want to get into a life in which you go to bed at a decent life in which you go to bed at a decent hour, get up at a decent hour, go to most of my lectures, go to my labs, get my lab reports in on time and do pretty well in the exams I'm not trying to be sort of a first out of the entire first years, or anything like that, but I'd just like to get a decent, get a QCA I should be able to get a QCA of approximately 3.

H So what's the stress in not doing, are you doing that?

N Not at the moment no.

H So what's the stress in not doing it?

41/41 N **I feel guilty.**

H So what's that like, feeling guilty?

N Not nice, because I know dad thinks I'm doing the best I can, and I

41/41 know I'm not and **I'm letting him down** there, because that's unfair, I mean he's paying for me to be here, he's paying a lot of money to be here, I didn't get a grant or anything.

H So what's the stress? The stress is that you're not looking

out for what he wants?

N To a degree, its not that I'm not living my life for him as such, I feel that his ideas for me are good, but I don't know

H Slow down

41/41 N I suppose I actually, **to a degree I am living my life for him.**

H Well you're living your stress life for him.

N It feels OK, its not like I'm putting all the guilt on him, or all the blame on him, I mean its not his fault, he's not trying to do this to me.

H I didn't say that, but I hear you projecting it on to him.

N I know, but its not his fault, he doesn't .....

****

H I hear you saying you don't understand yourself very well.

N That could be true, things like this now, because I hate to sit down and think about it.

H It sounds like you figured out something, but you're just not doing it.

N Its very easy to say, ya I should do this and I should do that, its very simple

H OK we'll leave it at that. You don't feel comfortable with room assistant or ******** is it?

N I'm a warden in the village.

H And is there conflict there?

N No, not at the moment, but ********** like at one stage there,

H But that's not causing you stress right now?

N No, I was very confused when I had to fill out that form, its very peculiar, do you mean what stress would it cause me or

H No, what it causes you right now, like you've got here personal pressure to get good grades as a 7, I presume that's with you?

N Ya

H Fear of pregnancy, have you been late?

N At the moment ya

H And what's that?

N There's sort of two people in the world that meant anything to me ******** and I entered into a sexual relationship with and I guess **********

H How recently?

N Very recently, Sunday night, pretty recently.

H OK what I hear you saying, and I suppose what my interest is, well have you taking precautions so you're not pregnant?

N Ya

H You know about all the

N Oh yes.

H Are you taking responsibility for it?

N If I do get pregnant?

H No, are you taking responsibility for not getting pregnant?

N I suppose, like I'm not on the pill, but using condoms

H So you feel pretty safe.

N Nothing is 99% effective.

H OK say fear of pregnancy, what's the fear in pregnancy?

N Need you ask? I mean a fear, what would it be if I would get. I mean its not that, I'm still not sure whether I'm mature enough to be in this relationship, like I know too that I have a long life ahead of me as well and ...

H Well its a bit late to be asking that.

N I know, but I'm sort of, I claim to have ideals, I sort of felt the only person in my Leaving Cert. class that I'd have sex before I got married, not for any religious reason, I just thought it would be a good idea and I sort of had another conflict with sort of personal morals **********

H Why not?

N I suppose I'm not mature enough to be in this situation.

H And what's your answer?

N I keep asking that question, probably

H What's your answer

N That I'm not sure********** like I know I'm not running down the road and saying Oh my God and sort of let me go to confession or anything, I don't feel any guilt as such about it.

H So you don't feel guilty about the sex?

N I'd feel guilty about it if my father asked me.

H If your father what?

N If my mother or father asked me, I would lie and would feel guilty about it.

H What's the fear about them asking?

N Because I'd have to lie and I very rarely lie.

H What's the fear about that?

N About lying. Them finding out.

H If they find out you're lying?

N If they did, my fear of pregnancy would be that they would find out, but ********** the sort of girl they'd think I am. And that would hurt them because they'd feel that it was their fault, but its not, its a decision I made, it wasn't something that just happened, it was a decision I made, so in that way I take responsibility for it ya.

H What's the fear of them finding out? I hear you saying that you aren't their pure little girl? Is that the feeling?

N They feel themselves hurt, they'd feel it would be their fault, they'd be hurt, my father would be hurt.

H Slow down. They would feel it was their fault. What's your fear in that? What's your anxiety in that?

N I think its the feeling, basically that your brought up in a Catholic household, you know that this is one thing you do not do, you know, you have these guilty feelings

H Like?

20/20 N Like that, **why can't we have sex** in the first place?

H Or in the second place, or the third place

N Ya. Its something I'm very shy about, I ********** like as I said there two people in the world ********** used as evidence against them.

H No. I hear you saying constantly in terms of your anxieties and fears that they go back to your father, and what you feel he thinks about you.

N Ya. Because I suppose I respect him in my own way and I want him to respect me for me and he wouldn't respect me for that.

H So on one hand you want him to respect or admire you and on the other hand you constantly do things that he won't respect or admire. Is that true?

N I guess so.

H Well is it or isn't it?

N Ya.

H So you've got a serious anxiety there?

N Ya, but you see, the alternative is turning around and telling him, but you'll hurt him, or seeing to do things that he wouldn't respect or admire before and its not his life, its me.

H So what are the things you would like to do that he would respect you for and what are the things you would not like to do?

N Be good

H You don't want to get pregnant?

N No

H What about your studying?

N I would like

H Going to lectures?

7/7 N **I would like to be studying and going to lectures** and doing pretty well.

H How are you stopping yourself from going to lectures?

N How am I stopping myself? They're boring! I know it sounds stupid, they're boring and usually I'm tired.

H How do you get yourself tired?

N Getting up too early, it wouldn't be that I'm staying up too late, no, just getting up too early.

H What time do you go to bed?

N Around 2 ish. Sort of lately it doesn't actually **********

H Why when you do, **********

N Hank, Use your imagination!

H I'm not going to use my imagination.

N Well I'm not going to tell you.

H I don't want to know, I'm just leading you on. What I hear you saying is, there are somethings you'd like to do, like go to lectures, do your projects on time and do well in your exams.

N And stay off drink for the next four years.

H Stay off drink? Do you drink much?

27/27 N **I don't drink at all, but there's an awful lot of sub-conscious pressure there to drink.**

H And you don't want to?

N No

H But I mean that's not something that you'd want to do.

N I would like to be like everyone else and go out and get drunk, but especially when ********** because while I'm going out with everyone else and I'm sitting there drinking a Coke, I'm not part of it, you know, I'm not with sort of ....

H And, well I'm still getting at you in terms of what you're saying is I hear you giving yourself a lot of anxiety on what you do not do, more for your father than for yourself.

N Its not doing me good as well, I'll only end up getting upset at the end of this term too.

H What do you get out of putting yourself under pressure and staying up until 2 and 3 and not sleeping?

N During the exams, a hell of a lot

H Even now?

N Staying up until 2 and 3 ******

H **** exams, go to classes, doing projects

N No I have everything done

H On time?

N Ya

H I suppose you'd like it done?

N Ya, I'm a perfectionist at heart ********** usually pretty OK like.
H What's your QCA now?
N My QCA is .55, but I'm waiting for a return on this ***** and I think it'll be OK, so that will put me up
H What about lectures?
N What about lectures?
H One of the things you said you wanted to do was to go to them, go to bed early or on time, whatever word you used?
N What about it, a decent hour
H A decent hour, that was the word you used. Right, what's a decent hour for an 18 year old girl? Or 18 year old woman, whatever way you want to look at yourself.
N A decent hour while I'm in college I presume and during the week is an average of about 12, **********
H And that means going to bed and sleep at 12. Right you got that one right. How do you stop yourself from doing that?
N I'm not usually tired at 12, usually, its usually some friends are around, there's a guy who stays there a lot, ********** and like even before we got into this I liked him staying, I mean its nice. You go to bed, to curl up beside somebody, you go to sleep and like that's usually what happened for four weeks. We went to bed, we very often went to sleep, set the alarm clock and got up in the morning you know. Its nice to wake up and chat away to someone, you know, are you married yourself?
H Yes, this is the guy you got in trouble with over the little ****** he was staying?
N Ya he's still around.
H I'm going to turn off the tape OK.

Interview 3

N Hank isn't in today now?
D Hank isn't in today, you've got me today, okay am, he's not in at all this week in fact, so we've xxxxxx, we choose to switch from the interviews anyway to add some variation, how's that with you?
N Good
D Okay, we haven't seen you for a while
N I know
D How are we doing?
N how are I doing? okay I guess am I not even worked up about the exams yet
D yet?
N just yet, I guess xxxxxxxxxxxx the next week type of thing
D alright
N I have a question by the way
D right
N I had a QCA of 1.55 and I got a B+ and everybody else seems to agree that I should be left around a 1.82 but according to the computer it goes up to a 1.72, so what's happening there is everybody wrong or what?
D I have no idea xxxxxxxxxx I mean you know if you work throughout the formula and just check it out,
N mm
D just do the formula calculations

N if I find somebody who knows it (laugh)
D well it's in the book, I mean the thing is you've improved it any way
N I'm improved but not to get through
D How are you feeling about it at the moment?
N Well I feel a bit confident xxxxxxxxx xxxxxxxx and the assessment
D Is there anything else going on for you at the moment or?
N Am, xxxxxxxxxx
D You do?
N ya, sure that's more of it, I'm dreading the end of next year totally
22/22 like maybe it's because of the exams but am well everyone is going to be going away like all my friends, all the people I care about xxxxxxxxxxx fourth year they are going to be gone, it's not fair, I wish I could xxxxxxxx for the summer xxxxxxxxxxxxxxxxxxxxxxxxxxx and xxxxxxxxxxxxxxxxxxx oh Lord
D so your dreading that?
N totally ya xxxxxxxxxxxxxxxxxxx staying at home, living at home, living at home I feel very xxxxxxxxx June July, we spend nearly every weekend traveling xxxxxxxxxx places booked all over the country where are you going to xxxxxxxxxxxxxxx (crying)
D okay, at the moment that's a bit of a drain for you xxxxxxxxx
N right
D xxxxxxxxxxxxxxxxx and whatever lies ahead at the end of this term xxx
13/13 N aha xxxxxxxxxxxxxxxxxxxx I'm totally confused at the moment with my love life even if it comes
D what's going on with you?
N xxxxxxxx I was going with guy last year and it broke up at the beginning of this year but we're still friends and we stay down in the house xxxxxxxxx loads around and am another guy got interested xxxxxxxxxxxxxxxxxxxxx xxxxxxxxxxxxxxxx to hurt them and am I got interested and sort of I was saying this is a bad idea and I said ah hell I'll go anyway and try it you know, so
21/21 I'll kick myself if I don't try, so I started going out with him and I'm going out with him at the moment but it was nearly, very nearly broken off last Friday, I mean he's sort of professing love, lust and passion and after 6 days it's xxxxxxxxx to 10 weeks of the year and I told him that was not proper xxx or whatever and ah so did he asked me did I want to break it off or did I wish to go on xxxxxxxxxxxxxxxx if he hadn't kept xxxxxxxx you know we just sit around xxxxxxxxxxxx myself but looking back on it xxxxxxxxxxxxxxxxxxxxxxxxxxxxx I was and still xxxxxxxxxxxxxxx and the other guy is still around

knock on door

D What's the confusion in that for you Noelle?
N Am the thing is the other guy is still around the guy I was going out with and he's still my friend or whatever
D right
N I don't think I had xxxxx feelings going out with regard to him I don't think he had xxxxxxxxxx with regard to me

D right

N so I'm sort of going out with the other guy at the moment, xxxxxxxxx well separate

D mmm

13/13 N Am and it's all sort of saying right **do I break it off** with ah xxxxx **or what** do I do, **I don't want to hurt the guy** and he's going to be hurt you know like he thinks, at least he thinks he cares you know xxxx you know I can't say whether he does or not but am but he said at one stage in the relationship immediately he cared an awful lot about me, which is weird, he asked me you know the other day what was I xxxxxxxxxxxxxxxxx what am I worried about and he says xxxxxxxxxxxxxxxxxxxxxxxxxxxx is it, and it isn't in fact it would be less xxxxxxxxxxxxxxx I don't know what to

13/13 do but I have to **break it off** and I don't know how you know

D What's that like for you? I mean what's that confusion like for you?

N Confusion?

D The stress

N I guess am that I don't know what to do really, I'm sort of uncomfortable when he's around and xxxxxxxxxxx sorted out.

D What's the concern, what's you bother about breaking off with him?

N I don't want to hurt the guy.

D You don't want to hurt him, okay

N I mean he's a nice guy, it's not his fault

D sure

N Like it's my fault that am

D maybe it's nobody's fault I mean it's inevitable that somebody will get hurt

N I know but he's going to say we'll go on and it will go on for a while you know

D ya

N like I could very easily really go on till the summer, until the end of the summer all through the summer xxxxxxxxxxxx but am xxxxxxxxxxxx he honestly is a nice guy like xxxxxxxxxxxxxxxxxxxx you know because I like being with him I don't know if I would live with him or not, not that you have to xxxxxxxxxxxxxxxxxxxxxxxxxxx if you know what I mean, xxxxxxxxxx friend and that's it, then say that I feel uncomfortable with you when we're away together and what happens xxxxxxxxxxxxxxx, the guy I was going out with is best friends with the guy I am going out with, next weekend and xxxxxxxxxxxxxxx weekend and I rang him and he said oh you've got such a film out and such and such a film and I said oh typical get it when I'm not around, and he says oh tell your man to bring you up and I said ya, ya, I'll try it and I did tell him that we actually went up and stayed and it xxxxxxxxxx ludicrous situation and I was staying with my new boyfriend in my ex boyfriends house you know it's just oh, the mind boggles. His mother was great crack, his mother kept saying how did you two ever break up, you two get on so well together you seem to suit each other, why did you ever break up and at this stage we were wondering should we have xxxxxxxxxxx and now every so often but your guy is nice, he's a very nice fella you know (laugh) and you've got a cough (cough).

D Mmmmm

N and that's xxxxxxxxxxxxxxxxxxxx go back to my dad and say look xxxxxxxx wrong side and I failed okay, like if I have failed I'll

1/1 probably be back next year repeating, **I don't want to repeat, I really don't want to repeat.** I mean all my friends are going to be a year ahead of me I'll have to start getting to know people again and I'll have to do orientation week which will be awkward because I'll be working sort of 2 days through it or something am like there's everything

D Mmm

N I do not want to repeat, back for orientation week and xxxxxxxxxxxxxxxx why do repeats have to do orientation week? to get to know the people in the class is it?

D Well all you have to do is enroll and leave the rest to the orientation thing you can enroll and register and do the first year again

N do you still keep your own number, your I.D. no?

D Ya, you keep your old I.D. number.

N I don't want to repeat I really don't.

D So what's it like for you at the moment being in this situation what does it feel like?

N Most of the time I just ignore it, xxxxxxxx uptight, oh my God I'm not going to get through, I'm not going to get through, what am I going to do?

D Right, so what's your attitude at the moment? how would you describe it?

N Attitude at the moment with regard exams?

D Am

N There there, I don't know do well xxxxxxxxxxxxxI sort off, I'm too caught up in this thing, in my personal life and I know I shouldn't be but I can't get out of it

D Mmm

N and I don't what to hurt the guy and I know I'm going to have to hurt the guy, someone is going to get hurt, do I want to break it off with the guy? how do I feel about that guy? how do I feel about the other guy?

D Mmm

N am

D xxxx

N I mean he's a lovely guy, he's so nice you know, I'm trying to think xxxxxxxxxxxxxxx else xxx and I know I shouldn't be doing that

D right

N I should put it out of my head but I can't put it out of me head because the problem is there and it xxxxxxxxxxxxxxxx this sort of thing

D right

N can I smoke do you mind?

D I don't mind, and do you feel you are coping? that you can handle this at the moment?

N ah, the single xxxxxxxxxxxxxxxxxx I suppose, an awful word but I feel I can handle it but is sort of, I can do it because I have to but am it's a difficult situation you know, xxxxxxxxxxx how we get on maybe it's a bad idea then again we'll probably, like I sort of said to him at one stage you know when we were hanging around together and he'd call down

and we'd headed off in the car this sort of thing and we got on well together so xxxxxxxx.

D Okay just looking at some of the other stresses that you've identified, concern over problems with friends is that related to actually talking about your

N I don't know what I put down

D fate

N Ya that would be it

D am are you having difficulty in motivating yourself for class work? is that related to this again that?

ND/ND N mmm it would have been ya, ya like **I was sick there a while ago,** well I'm still sort of sick I had a flu, a very bad flu and one of the guys, a German friend in the house xxxxxxxxxx I woke up I had a bit of a sort throat, in the middle of the night I was wheezing constantly and I feel asleep in the kitchen and he carried into my room and put me into bed and I don't remember any of this and apparently he stayed up half the night looking after me, xxxxxxxxxxxxxx this sort of stuff, he's a lovely guy

D you're still

N I'm been sort of feeling xxxx since and I still have a cough since you know

D Right, can you say a little bit about the fear of failure what that's like for you at the moment?

1/1 N Fear of failure, I have a big **fear of failure,** I always do xxxxxxxxxx or whatever

D What's it like at the moment?

N At the moment, lousy, I have to say it to my father that xxxxxxxxxx get through it

D right

N you know and dad's always been the one who stood behind me he's always said ya you can do it, you can do it if you try

D right

N and I have tried and I couldn't

D are you afraid xxxxxxxxxx

N more afraid of not xxxxxxxxxxxxxxxx if you know what I mean it's hard to just

D what do you feel, what do you feel that he xxxxxx ?

N am I know that he doesn't sort of xxxx as I am because he's very good at judging people that's his job, it's sort of part of it, a very big part of it so he's probably not rating me above what I am and intellectually I know xxxxxxxxx intelligent, but subconsciously I sort of go no your not you know, xxxxxxxxxx ideal, like this is bull because I had xxxxxxxxx to get here for a start and things like that and I just haven't got down to it myself and so I don't want to xxxxxxxxxx say to dad because I have xxxxxxxxxx inter cert. or the leaving cert. or something, Christmas exams I didn't do very well in them and like he had psyched me up for them and sort of said ya, ya xxxxxxxx I was going to do well and I didn't do that well, I did okay but I didn't do that well and he just looked at me and xxxxxxxxxxxxxxxxx and it just hurt because he was always there he was always xxxxxxxxx to me and suddenly he was saying now I don't xxxxxx you anymore and I don't want to have to go through that again

D Mmmm

N that hurt I cried my eyes out every time xxxxxxxxxxxxxxxxxxx

I was saying why did you, you know, you said that that hurt so much, he said I was trying not to put you under any extra stress xxxxxx

D What are the other concerns for you right now?

N Am, the exams, the end of term and relationships, xxxxxxx the end of

33/33 term xxxxxxxxxxxxxxxx I'm sort of worried about my xxxxxx, **I'm worried about my weight,** I usually loose weight when I'm sick whether I'm xxxxxxxxxxxxor not

D What's your concern there what are you worried about?

23/23 N about loosing weight? am **I'm too skinny** I shouldn't really be loosing weight like I was okay I was on 7 and a half stone when I first came here, yeah I was skinny but it suited me and it was okay and I was at a constant seven and a half stone like it didn't worry me at all and then I said I was down, down around 7 and I don't put in on again, I don't just put weight on, so I don't usually loose it, well I didn't usually loose it but am I'm loosing it now and I won't get it back on and I think 7 stone is too light for me, much too light, you can see my wrists, you can practically count the bones in my wrists at this stage

D Mmmm

N and that xxxxxxxxx

D are you eating?

N mmmm, ya, I like food (laugh)

D you like food?

N ya, but I always eat xxxxxxxxx

D have you gone to a dietitian? have you gone to a doctor about putting on weight?

N no

D xxxxxxxx

N xxxxxxxxxxxxxxx maybe it's just the whole student life you know

D Mmmm

N xxxxxxxxxxxxxxxxxxxxxxx couple of weeks or whatever

D It's just something that you'd want to be careful I mean going down to that low is you know your kind of a borderline

ND/ND N I'm not **anorexic** I assure you I do eat (laugh)

D I'm not suggesting your anorexic

N I know but a lot of people would think it and I say that's one thing I kept xxxxxxxxx

D I mean it's not a matter of anorexia it's a matter of weight you know

N Mmm

D if you loose more than a third of your natural, normal weight then you know it can be worrying

N but I haven't

D what would be your average weight?

N 7 and a half

D would that be a normal weight for you?

N ya

D for somebody of your build and your height?

N no, no according to the little tables your weight should be 9 but am

D and your down to 7 so another stone

N wouldn't xxxxxx well that's according to those little tables and I don't relate to any of them really they are totally

inaccurate

D xxxxx vigorous xxxxxx

N Like if I was 9 stone I'd be fat, I would be fat

D okay so your just going to keep an eye on it, other concerns of yours sexuality? xxxxxxxx sexuality?

N Am no I'm not concerned about it

D not concerned about it okay, areas that you've given most attention to. Is there anything else that you feel you'd like to add to what we've talked about, any other concerns of yours at the moment?

N I don't know

D how you feel the stress on you at the moment

13/21 N Most of the stress of me at the moment, **most of it is coming from the relationship thing**

D right

N xxxxxxxxx that but it's so, like the guy, how do you break it off when someone comes up specifically to see you and their taking a break from their studies to come and see you how do you turn around and say look am, you see the thing is I was in a situation last summer I was going out with a guy, then I moved to Waterford and then I came to college and I kept writing and he kept writing but his letters were so full of love, lust and passion type of thing. I went back one weekend and he said are you still going out with me or whatever you know he's with me, then like I got a Valentines card from him you know, and this sort of stuff like he's still going out with me, and this is ludicrous, I'm in Limerick he's in Mayo, I've very xxxxx been there I don't like Mayo, I don't like Mayo at all, I spend 7 years in xxxxx and I feel there wasted, I suppose xxxxxxxxxxxxx gain experience but am the experience I gained in Mayo is that I don't want to live there, I don't want to be there so am, you know sorry and I went up one weekend to see him and I didn't tell him I was coming cause I could see him sort of getting really ready for it and really excited and oh God this is going to be great type of thing, I was going up to break it off I didn't want him getting excited, you know that wouldn't have been fair, and as it happened he didn't actually come into xxxxxx that weekend he xxxxxxxxxxxxx which didn't work either. I'm not going up again to do it, so I said to him xxxxxxxxxx from him since, and I said to him I'm so sorry to say this in a letter and he wrote back he's still my friend etc. but am he never said anything and I haven't heard anything since. And I could see myself getting into the same situation with this guy in Galway, he's living in Galway and he's going to be there till next year anyway, he's a graduate

D Okay, and the stress in this for you is that you feel you might hurt him and you know, okay

N I don't want to hurt him, I don't want to be in a situation

D Do you feel you can cope with this situation I mean how?

N Like I don't know what my feelings are with regard to him, xxxxxxxxxxxxxxx he's a friend anyway xxxxxxxxx friend because he's been there for me through all last term and you know what that was like for me and he's xxxxxxxxxxxxxxx those exams really screwed me. It's only when I'm looking back I was sort of into Week 3 I was going nuts, absolutely about them

D But if you go back and look back over the whole year okay and you know this is the end of your first year how would you describe the kind of pressure that you've experienced here as a student?

N am

D what's it been like?

N a lot of unconscious peer pressure as regards drinking, there would be as opposed to this say go on take a drink, nobody would do that but am at the same time your going out with a group and your in a good mood and your having a great time and going out for the night out it's xxxxxxxxxx to have to sit there and drink Coke like the one night it really struck base with me is the night after we were in a play, xxxxxxxxxxxx LTV or something and we all head off to the pub afterwards and they all got a drink and everyone was in a great mood xxxxxxxxxxxxxx thrilled and I was so dying to get a drink just to be xxxxxxxx with them you know I could be with them all or xxxxxxxxxx and that's tough xxxxxxxxxxx 4 years xxxxxxxxxxx so I guess xxxxxxxxxxxxxxxxx (laugh) that would be an unconscious one, xxxxx relationships to a degree. Exams xxxxxxxxxxxxxxxxxx it's a very intense system and it does, like I remember somebody said to me in Orientation Week this place is different xxxxxxxxx it could do xxxxxxxxx yourself and their right I mean I saw that you know (laugh) xxxxxxxxxxxxxx but looking back on it, last years exams I have never seen myself xxxxxxx up before and I don't want to see myself like that again.

D Do you feel that you've come a long way since last term, do you feel you are in a better position to cope than you were last term?

N Ammm, ya I hope so

D What's different about it now towards last year?

N I'm not having panic attacks when I'm awake apparently I'm having them in my sleep which is weird, there would be sort of some people in the room or whatever on the computer and I'd fall asleep and apparently, they woke me up once and I found myself gasping ahh, stop that xxxxxx, and another time I was having one and they didn't actually wake me up, they couldn't wake which is a weird for a start because I always wake up real fast, but they shook me and my breathing just sort of xxxxxx which is weird, xxxxxxxxxxxxxxxx is good I guess.

D The interesting thing is that you didn't actually follow up on this term you didn't do an awful lot of work to look at the panic attacks. I think you started off on the Bodymind programme this term, was it this term you did that

N Mmm

D you dropped out?

N I hadn't meant to drop out one weekend, one week I totally forgot about it

D right

N and then sort of ah I realized the next day

D right

N oh my God, the next week I was, we had a play on at that time or something the next week I was in Cork, it wasn't a conscious decision I'm not going to go to it because I felt it helped me a bit, it helped me a bit in that the talking about it helped but being with all the others I didn't feel helped

D right

N I don't know why, it just, it's not my sort of thing

D right, and did you feel coming down here you can talk to Hank was a help or did you feel

N ya, that was a very good help, I find it very easy to talk to Hank

D how about things at home I mean is there pressure at home at the moment I mean the main pressure it seems to me is that fear of failure to meet their expectations

N Mmm

D is there other stress there at home at the moment?

N just myself and mum xxxxxxxxxx

D what's it like at the moment?

N with mum? okay, okay it's like, it's tough dad's sort of caught in the middle there am it's okay xxxx I can handle mum now I couldn't handle xxxxxxx I couldn't handle xxxxxxxxxxxx you know I phoned you xxxx and I just couldn't handle

D Right Willie so what I was saying to you I want to have a conversation with you to try and am try get a clear understanding of what it's like for you right now, types of demands, pressures, stresses that are on you, so the best thing is for me to ask you to identify am maybe to begin with just to identify what's the most significant stress or pressure that you feel your under right now?

2/2 W Well **it's the impending exams for a start**, okay am, after that then

D Well just staying with that one, staying with the impending exams, what is it about the impending exams that you find particularly demanding for you?

W Ah it's the demand on my time and I feel I'm not giving, am, I find it very hard to get down to it and it's beginning to worry me because

7/7 **all this week I've had a good time** this week but I haven't really got anything done perhaps **I'm feeling real guilty now.**

D You're feeling a bit guilty?

W Ya, that I should have more done, and as well as that some of the modules are particularly demanding this term, there's two of them.

D Right.

W So they need

D How are they demanding?

W They're demanding because you need to give them a lot of attention to make small progress and I mean I feel I can't give that now 'cause

7/7 time is coming too close **I left it too late** so xxxxxxxxxxxxx stress into it.

D So the demand on you at the moment would be time related in the sense that there is not enough time to do all that you want to do?

W Ya, ya that's the biggest demand

D Right

W like I'm wondering how to make time at the moment but still I'm not being particularly xxxxxxxx

D and how do you feel your coping with that pressure right now?

W I'm coping but I'm not actually thinking about it I'm kind of leaving it one side if you like I mean like I say I had a good week so far it's all been, a bit of it has to be to do with study.

D Okay, so do you believe that you will, you have the ability to cope with these demands you will be able to manage it?

W I will cope am xxxx myself I don't know yet but I'll get there I mean

1/1 I'm **going out on co-op** as well **so my standards are relaxed a little**, not much though.

D Right.

1/1 W because **all the pressure on me to get good grades is my own,** it's not parents, it's from me.

D So is there a pressure on you right now to get good grades?

1/1 W Ya my ambition is to get this magic 3.00 because **I know that I can do it** and I know I can do it because I've done it before

D right

W and this term is no different than any other

D So can you look at the demands that that places on you, the

pressure that puts on you, aiming for this 3.00 and you know you can do it, what's that pressure like for you?

2/2 W Am, it means that I have to, **I have to do a certain amount of work** in order to get the grades am it means that I can leave some modules alone and turn my attention to others so that maybe I mightn't get it in them all, but it will level it out that the result be okay for me,

7/7 that's what I've always done and **it will** also **mean cutting my losses** as best I can and I don't know, I'm getting used to it because we've been here 5 terms and I've done basically the same thing every term. This term is a bit better I must admit.

D Okay. So I mean in terms of trying to understand the pressure that puts on you, what for example, what would it be like if you didn't get to the 3.00 would that give us an idea of the kind of pressure you're under, what do you see as being the, if you don't make 3.00?

1/1 W **If I didn't get a 3.00 I'd be disappointed inside but I wouldn't** really **let on,** to anyone else that's the way I see it now and I mean what else, we were talking about it during the week and ah I really think like after a couple of days it doesn't matter so much, but at the time it would be important to me.

D Am, you were saying not matter what costs to your health, do you feel that?

W I feel that I'll have another bash at it again this term I mean usually that just involves staying up late or

D It does?

W It will

D So to catch up on the time that you need

W Ya

D what kind of study are you going to be working on?

W am usually early in the week I'd never do it but when it comes to the last one am it might involve staying up late, how late we'll go, but sometimes, this one we've a day a half before the last one so I can't see us staying up too late like o'clock each night and leave it at that. So the timetable has been much better this term from that point of view.

D In terms of the academic type of stress that you've listed here the one that's the highest scoring one, which is only 4, is difficulty motivating myself for class work.

7/7 W Ya, **actually motivating myself** down **to do it,** the classwork you see here you don't have that much classwork it's all your own, your not actually given work to do

D Right

W so that's the difficulty there that

D What's the difficulty for you?

W the difficulty, I think I'm always asking myself what am I going to do I'm never asking myself what am I doing now? you know what am I going to do now? rather than what am I going to do in the next 10 minutes

D Right

W and am with that kind of reasoning it just gets pushed on.

D The work gets pushed on

W Ya

D So what's the demand that puts on you right now?

W It's really asking myself what am I doing because all I'm doing is
7/7 pushing it away or in front of me and **it's** kind of **building up**
D sure
W so what I think I should be doing is saying okay I'm going to do something now and then just go do it rather than saying okay I'm going to plan for the next 10 minutes, then when I actually plan for it that 10 minutes is gone. You know and it's a catch 22 situation you now, and it just gets pushed on in front of me you know.
D Okay and your saying that your not motivated? do you not feel very motivated?
W Not particularly at the moment, I know the exams are there but their still not an incentive I mean they have to be right on top of me before I actually do anything.
D So what's the pressure on you right now with now being motivated? is that a worry for you?
W It's a worry because I know what will happen next week.
D What will happen?
7/7 W **I'll be working very hard.**
D Okay but you know
W I'll be working over and above what it would normally take you.
D So not being motivated right now isn't something that you won't be able to manage next week for example?
W Well I hope to be able to manage but I had a fairly bad experience last term because I ended up doing a whole module the night before an exam starting from scratch. I got a C grade in it I was happy but am the thing was I was under real pressure in that one because I had already gone down the last time I needed to do well in the exam to
7/1 bring myself up to a normal level and I did but I mean **I was wrecked,** really tired.
D Okay, so just in that brief conversation do you fee that we have kind of, that we have covered the kind of academic pressure that's there for you mainly one of like organization and time management almost, those kind of issues.
W Ya and that and particularly in this college it's, your own standards are the problem as well, it's what you set for yourself and I set the 3.00 for myself
D Okay
W and some people are happy with 2.00 and if they get anything above their delighted because they can just get through the system and that's grand.
D Okay, so you set your own standard of 3.00
W Ya
D and you also feel that you can do it, but if you don't do it it wouldn't be the end of the world
W Ya, I mean it caused me a lot of agitation at the time but afterwards you just think it's okay.
D Okay, fine.
W I didn't get the 3.00 one time and it didn't bother me, but that was the first time and I didn't really know what it meant.
D Right, ya that makes sense. If I move on to the other areas lets say well we've put labels on personal, social and family
W Okay

D am I mean the next highest stresser for you is fear of personal harm for example
W right ya
D do you want to say a little bit about that? what's the stress in that for you?
W Ya, that's one thing that's only recently come out, only recently I've been able to talk about. I reckon I'm a right coward
D Ya
W stuff like that am I don't know some people have fears of different things for me it's personal harm a lot of people like have a fear of relationships
or something like that, me I just feel I do okay but it's just I
26/26 reckon **I'd be afraid of getting the shit kicked out of me in a fight you know.**
D Okay we'll do pause on here. I suppose what I'm looking at is in terms of fear of personal harm how that now, what kind of stress or demand that puts on you right now? how it affects you in other words?
W Right now it doesn't affect me because I'm in a place where I'm with people with the same similar interests and there's no particular conflict
D Okay
W but say knock on door
D right your in a safe place now or your in a place where you don't feel you're going to be harmed but yet there's that fear there somewhere?
W it is in the back because am
D and how does that affect you? now?
W at the moment it doesn't really affect me
D okay, right
W which is okay am am
H are there other places in Limerick or other places that you would go does this to you?
W if I realized that I'm afraid sometimes I'll go away and sometimes I'll go actually through for the sake of it am it's funny like am I would am keep out of some areas for example am I find as well that say I didn't want to go Cappawhite school because it had a very rough reputation, well Doon had a pretty bad one as well but I didn't see that at the time and after a while it didn't bother me you know.
D Right, okay.
W But it's something that's always there and it's only recently I've admitted to myself and admitted to a few other people to if xxxxxxx you know
D Is it something you feel you can handle?
W I don't know the fact that I'm able to admit to myself and admit it to others is a start.
D Okay
W So after that I don't know.
D And is it something that interferes with your life in any
W Not, no.
D Okay.
H Did you find it when you talked to others that they said the same thing?

W Well one guy I talked to he said he could identify with ever bit of it so it was a bit reassuring like you know.
H so that lessened a bit of the stress?
W Ya.
D Okay, so we've looked at those two kind of particular stresses, can you specify any other, or is there any other identifiable stressors in your life at the moment?
ND/43 W Am the other one that I would think that I can identify anyway would be am **a thing between family at home**
D right
W here, I can't, like my sister when she comes home she talks about her work and I mean they all listen that's grand I have no problems with it, well sometimes I do because it gets a bit boring after a while
43/43 but am when I go home **I can't really talk about this place** because
44/44 **simply they don't understand** and when you try to explain it isn't really sinking in because it's kind of my world here and their world at home and I'm a part of two, and their a part of their world at home.
D So how does that make you feel?
49/49 W Am, it just, it makes me realize that perhaps **I'm growing away from home**
D right, and what's that like for you? when you realize that your growing away from home?
W I don't know I've accepted it alright I find that maybe the time has come, particularly when I went over to England last summer, it was my first time away from home and after the first couple of weeks I didn't mind at all, you know just adapted to the situation and it went very well you know.
D Right, right.
W And I learnt a lot about them and myself from being away from them and it probably did the world of good because you appreciate them a lot more when you get back.
D So a certain amount of pressure in terms of the difference the way it is for you at home?
W Ya am I'll give you an example, I went home one day and I got the good cups you know it's, it was incredible I actually said can I have my mug (laugh) because when you see the, as well as that my brother has taken my room, you see our house isn't very big so I have a temporary bed in the sitting room which is fine because I'm only there what once every 2 or 3 weeks
D So what's that like for you that feeling of kind of, new cups and no longer having your room and kind of almost moving away from the family?
49/49 W **I feel a little displaced** but then I find when I'm in here that am I switch from one home if you like into another because I'm in the house like you know and am and last night I found myself if they could see me now like I was here getting my own dinner and am like one instance I eat a lot better now then I do at home because I get my salad and stuff and you know I prepare what I want to eat myself you know it's no majority rule either
D right
W you know, so am there are advantages in being away like that, at the same time you get sick of your own cooking so
D How do you feel your managing that realization?

W Well I think I'm managing it okay because it's being occurring to me slowly in doses I can handle if you like

D Right

W and am you know

D how are your feeling towards them at home? towards your mum for example?

W Well I actually commented on it to her I actually said what do you call it, sometimes I feel like a stranger in my own house and am she just said your not here very often that's the way it is like you know, so she's the one that did all the crying when I left for England last summer. It's a thing I feel I can handle and handle pretty well it's just that you feel a bit like a displaced person.

D Okay, do you get on well with them at home?

43/43 W Ahh, pretty well, **there is conflict with my Da but it's mostly with regard to who'll get the car** like or with regard to can I drive the car and there's usually a no and it's a bit of a problem with regard to work cause I still haven't got a license

D Right

W and I won't be able to get one before I get working, and my boss was over recently, Ford in England and they were kind of pressing us to see had we got driving licenses you know I'm going to have to pump a lot of money in it to get a license in England I mean I don't even have a provisional but that's partly my own fault as well.

D Mmm

W So I'm not going to blame him totally but if I have a provisional I wouldn't be driving anyway so it's a waste of time getting one.

D So there is some conflict with your Dad on the car thing?

W Ya

D In general how do you get on at home with your Dad or the rest of the family?

W Am with regard to here I don't tell them much at all because I mean, the thing was all up along I've been responsible for my own decisions about what college I want to go, where I want to go and all the rest of it, admittedly Dad did try to help me because he actually made me consider Queens in Belfast and I actually applied, I did accepted there so that was okay but I decided I'd take here instead, basically cause I've some friends of mine coming here and it's much handier to get home and am

D Alright so if we move on from home and look at other spheres in your life, other areas of stress, can you identify any other particular?

22/22 W Ya, am my **relationship with my girlfriend** at them moment **is strained because** it's long distances, **she's in the States** and it's kind of awkward to get in contact and it's a bit annoying then she's not good to write very often

D right

W so that's a bit annoying really your expecting a letter you know

D how is that affecting you?

13/13 W am at first it **annoyed me** but then I realized that's just how she is I mean I'm not going to change her

D so now?

W So now I've come to terms with that like you know and I just wrote her a letter recently I'll find that I'll write to her a lot more then she'll write to me but that's okay.

D Okay. Do you feel now that your coping with that, the strain of having her in America and your here?

W Ya am also you know I'm young yet, am I tying myself down all those sort of feelings going on as well

D Sure, okay

W you know, I could be trying to run around after somebody else you know

D right

W that's the way it goes so it's kind of funny having it at long distances you know it's not much fun.

D Mmm, right, so there's some pressure about having her over? what is it about having her in America that's a strain for you?

W It's just that I can't meet her.

D Okay

W I can't go out with her, I just can't, it's

D and I can't go out with her, what's the strain about that for you?

11/11 W Ah **I miss the company** and you know **being close to her** because when I was going with her I enjoyed the commitment.

D Right

W you know, it wasn't perfect there was a lot of things I could have done you know and I'd kick myself when I'd see some things like that were going on for her that I didn't realize and were affecting her as well particularly last term you now so there's always something to improve you know, you learn a lot as your going along as well so you

21/19 know **I found her good for confidences** as well.

H Does it put any strain on you in terms of when you meet other girls that might be attractive?

W That's actually happening cause I know quite a few that I like and am I was even talking to one this morning she's in the back of my mind all the time so it's always going to be, as well as that they keep asking me how she is (laugh)

D Reminding you?

W Ya (laugh) you know but that's okay too like you know I mean the one this morning I don't even know her I was only speaking to her twice before you know but it's usually a good sign when they start chatting to you so you know so.

D Do you think from talking now that we've got a fair picture of what life is like for you at the moment? Is there any stuff that we've missed out on?

W I can't identify anything, there maybe is but I can't identify it off hand.

D Right.

W Am

D Nothing majorly stressful that we've omitted?

W No there's nothing major you've, just got the family

D studying

W and studying and I mean the rest of it then, most of the rest of the stuff is actually good like say I get on grand with Tony in the house

D right

W and we had a friend in the other night cooking pancakes like

you know it's really enjoyable you know cause we had great

D Mxxxxxxx

W Ya, she got conned into it, so we allowed her to eat some as well (laugh) you know she was flipping the pancakes and we turned off the light you know but am it's great and we really enjoyed the chat. Another night then we did a bit of problem solving and we keep going till 4 o'clock in the morning I mean you get up wrecked the next day but it was a brilliant night chatting as well as that I have a good friend here Ger as well, like we get on famously like, it's very good like sometimes, am like he sat down one day and wrote a list of stuff that was going on for him and he gave it to me and one of the things was every time we meet we seem to end up talking about cars, I don't like cars that much so you know it pointed home the fact that you know, we're both into them but I mean there is always other things to be talking about.

D Right, okay Willie, anything you want to add onto that Hank?

H XXXXXXXXXXXX

D We've talked to a fair number of students so fair and the purpose of these conversations are that I can talk to you and try to get some understanding of what its like for you at the moment, OK, in terms of stresses and strains and demands. So I'll just hand it over to you and I mean if you were to describe what its like for you at the moment, what would you say?

ND/ND H I feel grand at the moment, I haven't any stresses at the moment and have come to terms with my problems and I feel very positive about everything, whereas on Wednesday I was kind of more worried about it, but I've resigned myself to it and I'm going to get on, I'm going to make a positive effort and not negative

D And what have you resigned yourself to

1/1 H Well in results, my results weren't good like a QCA of 2.38, like I got a D in one, so that kind of drags me down a lot, but in general I

1/1 was happy that I passed and that kind of thing, and I'm happy to be here like and I've kind of put things in perspective.

D What's your perspective now?

9/9 H I suppose in the class like I'm kind of trying to keep up with the rest of them you know what I mean. But if I compare myself to the ordinary everyday individual I would be much better you know what I mean. Well you know what I mean anyone else around, that's probably a lot of my problems, I'm trying to kind of, its like kind of a bit too much for me

D So what's your attitude, what's your perspective on things?

9/9 H Well I still do my best, but I'm resigned to the fact that people are greater than me and better than me, its just the way

D So that's your attitude at the moment, and you feel good about that?

H I do ya.

D You think you'll be able to cope

H I do ya, I feel OK

D So today, what stands out for you today, anything in particular stands out as a particular pressure to you at the moment?

1/1 H Not really no, I would say I feel .... I didn't get on brilliantly like and eh

D What's that like for you right now?

1/1 H I knew I wouldn't get on greatly, so I was resigned to that. Naturally its disappointing because I feel that I should have got on better and I feel that if it was under normal circumstances I should have got on better, but in that way it is upsetting you know what I mean, but I'm not going to let it get me down, its not the end of the

1/ND world, and I'll probably come out a better person.

D What's that for you, that you got on badly,

H I suppose its kind of the same thing again that like say people are

9/9 better than me and that I'm down now with the bottom of the class, and that is upsetting you know?

D The fact that you're not the best in the class?

H Well like say, I don't want to be the best, really I don't want to be

1/1 the best but I would say I felt always that I should be around

2.8 or over it like you know. That is upsetting like you know what I mean. I was of that standard.

D What is it about being down where you are now that's stressful to you?

1/1 H I'm not frightened, **but I'm fearful that in this term that I've gone kind of worse** and that **actually I would have to repeat the year** like

D That would be your catastrophic expectation?

H It would ya, not worst than that can happen, but I'm not thinking of that you know what I mean. I'm going to do my best and see

D Right now that's not a particular demand or stress, you're fairly resigned about the way things are happening and how do you feel you'll do this term?

H Well I feel, hopefully I will equal around 2.5 or so, that is my worst expectation of my results like you know, for next term like and

7/7 hopefully I won't do any worse and **I feel I worked harder this term, I didn't work consistently throughout** you know what I mean it was

7/7 after week five, **already I have started work** from **** one of the subjects last term carried on to this term like, I studied for nearly all of that like you know ******** throughout the week, so that like say I'm in my mind I consider myself I have to start working and I have to do everything ... I'm

1/1 not expecting to come out that brilliantly, **I just want to get through** that, that's my attitude at this stage.

D OK so that's the academic stuff, are there any other particular concerns there for you right now apart from that, right now?

H About myself?

D I don't know are there any particular stresses?

47/47 H I was talking to you about **Geraldine, she got on very well,** I mean **she got 3.4. I found that a bit upsetting,** I was upset on Wednesday about that you know, but

D You didn't, comparing it

H **People at home** didn't like, they'd like say I was marvelous to keep going, but like say I found it hard all the same like you know.

D What are the difficulties, what's going on for you there with Geraldine?

47/47 H Well she never says it to me - like so she is ..... **I work as hard as she does** and **I'd say I feel that I have much the same ability,** do you know like say at school and all along like we both had the same

47/47 ability and I **can't** really **understand** that do you know what I mean. **I find that hard to accept that lets say she can do better.**

D I wonder what that's about, I wonder how come she does better?

47/47 H She's ..... **she's stronger than I am, she's more mentally able for things, she's able to study longer, she has a stronger personality**

D More able to cope with the pressure

H Ya she is ya

D And perhaps, like this term you're learning to cope and maybe that'll help you?

H Ya, that'll make it improve

D And so maybe she'll do better than you?

H Ya, I've accepted that, she isn't going to take anything from me and I'm not going to take anything from her. I just have accepted that

47/47 like you know. **Its not the fact that I'm jealous of her, I just can't** kind of **understand why she can get on better** and like say I can't, even though we're basically of the same *******, I just find it hard to accept like you know, and hard to believe more than anything else.

D And that's a stress for you, that's

H Well part of it, you know what I mean

D The fact that you can't grasp, or accept, or understand why you're different? Are there other concerns there for you at the moment?

9/9 H Not really no, **lots of people in the course I'm doing don't upset me that they're getting on well.** When I got my results in ******** there was six of us altogether ******** and there was three from my class and three from other classes, and I'd say I was sitting like with those results, I'm going like, and all of them said the same thing, but they didn't show ..... like say I've met a couple of them since and like I didn't say anything to them about the results, so that's find by me you know what I mean. Like I'd sooner do my own thing, like I sort of just not to know and do my own thing, rather than to be passing on results like

D Can you see other stresses there for you now apart from the academic

H Not really no, I'm doing **********

D Where do you feel your expectations come from, what you expect of yourself? What are your expectations of yourself?

H Like say in say a year's time now I'm finished

D Your expectations from your work here in the college?

H I just want to get through, lets say I'd like to get on well, but I'll do my best and that's my best and I just want to get through and

6/6 **have a job finally** and do my best at the job.

D And what at home, do you feel they're a support at home for you?

H Oh ya, marvelous support. There's no pressure at all as far as here as such, they hope I get on really well and are very very supportive

D Right. You're sister and yourself, who else is at home?

H My brother and my granny. My sister is married and she's living with us

D ********** working on the farm. And socially, how do you get on socially. Do you mix much?

H I don't really go out an awful lot, because ..... in general I get on very well with people

D Do you have a lot of support from your friends around or socially do you mix much

H Here - not really no, I don't really have any interest to be honest you know. I'd sooner just ..... and talk to them and go to the canteen. I'm not really that interested in going out you know. I don't really, like say always out, when I'm finished then I'll go out then like you know what I mean. At the moment like say .....

D Do you have any close friends as such?
H Not really no, not terribly close no, I didn't tell them anything about this now like, I didn't talk to anyone. I haven't any terribly
ND/ND close friends I suppose **because of the fact that I'm not staying here** either and in the class now I'm not very close to them, like I didn't tell them anything.
D And it doesn't seem to bother you that much?
H No, people lets say, I don't really care whether they know much at this stage
D And so you're main support would be from your family, they're the people you mainly share with
H Ya, oh God ya
D OK just to look here to see, right now I see No. 7 in class presentation. Is that something coming up for you?
H No it isn't, but like I gave it one like you know, I don't really like giving class presentations, like say, I'd cope with it all the same, I'd give it.
D You might look at that. What I'd like you to do is go back over that and erase it in terms of today or this week and what's happening. I mean that's not a particular stress for you right now in other words.
H No it isn't.
9/13 D OK. **Pressure from upper class persons.** Do you feel that kind of a pressure?
H A bit ya.
D What is it about that that's a stress for you?
9/13 H Well certain people aren't but **certain people** who are very very, not stressful but **annoying** like. A couple of them would ask you how you got on and **sort of intimidate you a bit** like, I don't like that kind of thing you know and that really is the stressful
D They try to put you down?
H Ya, a bit ya
D And you also have here, fear of failure to meet the family expectations
H Not really family expectations, but it was my own expectations really
D And wanting maybe to do well for the family
H Ya, a bit ya
D What's the pressure there for you?
1/1 H Like say **always I've done well, since I was in school and I feel it will be a pity now** to kind of
D At home do you feel they see you as somebody who does well?
H Someone who does their best rather than somebody who .... ya, ya I suppose ya
D You've always done well so I mean why stop now?
H Ya,
D And how much of a stress would you see as that being to you right now? The fact that you've always done well
1/1 H At the moment, as I say, **earlier on it would have been more of a stress** for me, but now it isn't like you know.
D You're saying yourself now ..... you're not under great strain
H Ya
D I mean, I don't want to go into all these in any great detail, I'm just wondering if there's anything in particular that

now for you that you'd like to ...

H No not really, I've kind of told you everything like you know.

D Do you feel in the brief chat that we've had that I've got some understanding of what life's like for you now, there's nothing major that we've omitted or anything?

H No I've said everything

D And do you feel that we've got a meaning behind it as opposed to just the facts, we've obviously got some understanding?

H I suppose ya

D Because I mean you're the one, I'm just trying to check back with you to make sure that you've got it accurate and that we help each other trying to get it fairly accurate as to what's going on for you.

H Ya I think so, its OK

D Good!

D OK How are you?

H Fine, I'm great, no problems at all, so far anyway.

D How would you describe any particular pressures at the moment or?

H I haven't any at the moment really you know ..... the whether is about the only one, being stuck inside and I try to go out as much as I can. Obviously its around exam time that I have pressures.

D So right now you don't feel any extra pressures, you don't feel any great demand on you?

H No no

D Great. So we'll just glance through here. Academically right now, you were debating yourself.

7/7 H Ya, **everyday now I'm able to study,** I can sit down, in the evenings I wouldn't be as good like but **I'm covering all my stuff** and like you know I'm covering what I'm doing you know

D And so you don't see yourself having great difficulty in getting yourself to work

H No, I'm well able to get stuck into it like you know.

D What's the stress for you right now, in terms of doing well and getting As and Bs.

1/1 H Its not really a stress, **I just want to do my best and get through it.** Like if I could get As and Bs like it would be great like, but it isn't the end of the world for me like you know

D Right, if you don't get them its not the end of the world?

H No

D On the social side, I mean the stress of what its like for you when others are socializing and you're feeling on your own, is that a particular stress for you?

H Well it wouldn't really be socializing, it would be people being free, more than anything else like you know.

D For example?

18/18 H Well like **my sister now, she's out on Co-Op at the moment** and letssay **in the evenings she's free, so I find that kind of hard because we're normally free together** like you know, so I find its kind of hard to come in and study like while she's out and things like that, or she's free more than anything else.

D Right, so in terms of your sister, its not such that you don't have a pressure in terms of interacting with people

H No, oh God no
D You don't see that as being a stress?
H No
D OK. What else is there? I mean its a personal pressure to get good grades and fear. Right now, can you describe to me at the moment what the fear of failure is like for you?
H The fear of failure, it wouldn't be as great as what it was when I was doing the Uni exams or anything like waiting for the results. I don't think I will fail. I'm trying to think as positive as I can.
D So at the moment, what is stressful about fear of failure at the moment?
H What is stressful about it?
D How can you describe what its like for you at the moment, the kind of pressure you're under?
H I'm not under great pressure like you know, I just don't want to fail
1/1 like, but and **I'm confident that I won't** like you know. Like **last**
7/7 **term** a lot of it was my own doing, because I **hadn't studied enough** like and ... so it was my own fault like you know
D And this term you're?
H And this term I'm **********
D Any other pressures, rivalry with your sister, what's that like? I mean its a comparison thing isn't it?
47/ND H **It doesn't really bother me** like, its all my own doing, like I'm coming to terms with it like and she's a very good person like and that's the main thing like you know and I'd say it doesn't affect me as much as it did a month ago, I'm coming to terms with it and she hasn't taken anything from me you know what I mean, because she's that bit better like, I found it hard to cope with because I hadn't got on so well, so I just do my own thing now and as long as we get on, that's what I really want like, as long as we can get on well, its all my own doing anyway, its not her, we get on great like you know and that
D So in general at the moment, how would you describe how you are feeling?
H I'm great, I'm having no problems at all like you know
D So what is it about right now that makes things great compared to we'll say maybe this time last term when things maybe weren't so great.
H Well I'm still going, I have all my work done and **I'm up to date** like and that has given me great confidence in myself that I can sit down and plan stuff.
D On comparing, right now it seems to me that things aren't stressful for you so if you were to compare now on how things are well for you compared to maybe two months ago, when things weren't so good, what comes out for you, what do you see as the difference, how does one differ from the other?
H Lets say, I'm more in control of my life, that's probably the main
2/ND thing you know and **I'm more accepting** of what's going to happen like you know and I suppose I'm generally better, **my health is** probably
33/33 **better as well** you know. The projects ..... I try to keep the

evenings, I try to exercise for an hour or so and come in and watch the television for a half an hour and that kind of thing and I'm still getting my work done and that has given me great, I'm kind of getting great strength from that you know.

D Any other differences you see coming up, how does, well that's what comes out, I mean

H Being in control

D Is there anything else you'd like to add to the present situation for you now.

1/1 H Well **I just hope towards the exams that I won't crack up** as I did last year like you know, that is my main hope and that you know, I've tried my best.

D And how do you feel about that?

1/1 H **I don't think it will happen to me** because I think **I've done my best** in fairness like.

D We'll come back, we'll talk to you in 12 weeks time and see how you were

H I just hope that the course .... that I can relax, but I feel I am more relaxed like you know, and do you know the way, the thing you gave out to us on Wednesday ... I found that very good with all you know about not being prepared etc. I found that very particular to me because I was beginning to worry, I do think a lot about myself

D OK well its good to see it working
OK will we leave it at that for now.

Ha Now just before we start, is there anything that has been causing you stress lately?

1/1 H No, no mind you, **I feel I'm well able to cope with the exams than what I was say two months ago**

HA So you're not the same now as you were, say two months ago?

H No I don't think I am anyway, not at the moment anyway

HA So what do you feel has made it easier for you now than it was a few months ago

7/7 H Well I suppose **I have studied better** than I had for last term you know, and also I suppose the course helped me as well, **it gave me a more positive outlook in myself**

HA What course was that?

3/3 H **The Body-Mind**

HA And was there anything specific in that that you feel?

H The **relaxation** and also the **positive thinking**

HA And OK so positive thinking, what could you identify anything specifically?

H Like say, I used always think that I would feel that I wouldn't be

9/9 able for it and **I would always feel that I wasn't as good as other people** like you know, whereas now its up to myself like whether I am or whether I'm not, I'm doing my bit and that's the main thing like you know.

HA Sounds like

H Well hopefully it will last for another two weeks, like you know

HA Well that's positive thinking

H Ya, its positive at the moment anyway

HA Right, so there's like on the academic the highest you scored is 4 on studying for a test, that's is that much lower than you had thought

H Ya, I had 7 or 8 the last time you know so

HA So you feel in a lot of ways that you are not under stress?

H Ya, I don't feel under stress now you know, I feel normal. I can cope with what I'm doing at the moment, unnatural actually at the moment, because I'm normally ..... I feel as though I should be like you know what I mean, but I'm not like you know

HA Well, what's that feeling, like you say its not normal for you

2/2 H Well **normally I'm very jittery and worried** and **I haven't things done and I'm worried** because I haven't them done, whereas now like even say even if I haven't certain things done like well like I feel I'm able to cope with it and I'll get them done like you know, so I'm

7/7 just, **my attitude has changed** like you know and I feel I'm more easy going about it and I'm not usually easy going at all, I suppose I'm just I'm not as nervy as I used to be.

HA And what's the lack of anxiety in terms of yourself?

H What do you mean?

HA Well you said you're not as nervy, you're not as anxious, have you any idea where that comes from?

H Do you mean the course like?

HA Ya

ND/ND H Ya, **I think the course helped me** and also that I worked hard as well and as I said I'm more easy going and I'm not as uptight as I used to be.

HA And what's that for you, not being as uptight?

H Its great like you know. I'm in command of the situation like and I feel positive about myself.

HA Talk more about being in command.

H I can study more, I can sit down and I can apply myself and I'm not worried, because normally I get worried and I wouldn't be able to study

HA What would you be worried about?

H Worrying about failing and the amount of time that I've left for study you know, failing really

HA And what would be the worry about failing?

H That I wouldn't be able to keep on the course, that I'd have to drop it and that's the last thing that I wanted. Now I feel more positive, so I feel that I won't fail like you know

HA Socially, you have concern about problems with friends, but then that's only 4, is it causing you stress?

9/9 H Well **a friend of mine is thinking of dropping off the course and I found it very upsetting because she's the best of the girls in the class** like you know and I feel her nerves are at her lately, like you

9/9 know, so I just found that upsetting because **I have the same kind of problem** and I was able to identify with her like you know and eh

HA So what was that like for you, identifying with her?

9/ND H Well I suppose **its kind of a comfort really**, that at that stage **that someone** else is feeling or was feeling the same or **is feeling the same as I was**, but also its upsetting to know that someone could have been as desperate as I was like you know and that someone is that nervy and anxious and mixed up to think of dropping out of the course.

HA So that's upsetting for you?

H Well it isn't generally, it isn't unduly upsetting for me, it isn't keeping me awake at night, but I find it upsetting when she's there

ND/ND now, I find it, **I feel sorry for her** like you know.

HA So its upsetting and you feel sorry for her? So what's that in terms of say causing stress for you.

H Well I suppose actually the fact that she is very very good and the fact that she is dropping out and you say to yourself well if she

9/9 **isn't able to cope, I mightn't be able to cope as well** you know, but

3/3 I think its just her frame of mind that's gone on it, that she's kind of got no drive about it or she's kind of got no goal like you know, more than she not being able to cope with the academic side of it like you know.

HA So the nervous stress is that that might happen to you.

H Well I don't feel that it will happen to me like but, how would you say, it is upsetting all the same that someone else is in the same boat as I was

HA Have you talked to her at all?

H I have ya, and like I told her to come to Declan or to you, you know, but she doesn't seem to be interested like, she's kind of lost her goal.

HA Have you, she wouldn't come here?

H I don't think so

HA Is there anything you can give her

H Well, I'll talk to her again now when I meet her, because she isn't going into lectures either. Like I don't really get on that terribly well with her, not that I don't get on with her, but like say she wouldn't tell me everything, she'd tell others before she'd tell me, but still I feel sorry for her like because you know what I mean like I know that by looking at her that she isn't well. I'll try and talk to her and if she doesn't listen then I'll tell some of her close friends like you know to come here.

HA Well I suppose not everyone would want to come here, but I was just saying did you feel that the things that turned things around for you was the relaxation and the positive thinking and maybe you could share that with her, I don't know. You don't necessarily have to come here to get that.

H Ya, but still like say, I feel that if she's able to talk to ye, like

11/11 **I find it a great help myself when I was bad, to be able to talk to Declan** like you know.

HA I'm sure that's true, its just that, its the old story that if she can't get the best, can she get anything? If she won't come in here for certain reasons, she made up her mind, OK like I say it would be better that she might come in here, but if she won't, maybe you could just ...

H Ya, I'll talk to her, I'll see her

HA It looks like your scores are coming on enormously

H Ya I was very jittery when I started

HA The only thing you have here in terms of personal, is fear of failure and personal pressure to get good grades

H Ya, like say even those have come down from what they were, I think they were 6 or 7 when I started. Still I say I have to have some bit of pressure on me because otherwise I wouldn't do anything.

HA Of course, anxiety or stress its like a curse, if you have none you don't get out of bed, and then it gets better and

1/ND Plus **20 or 30 new people had come in and they were exceptionally good.**

HA The bottom half of the class had gone and they had brought in new people who were quite intelligent.

H So that like that plus like say the course has got harder as well like you know, its about 3 or 4 times as difficult as what it was and you know

HA So there was a lot of these external kind of factors with the course getting harder, a number of people left, new people were coming in. How did you feel?

ND/ND H Well I suppose **I was kind of changing too** I suppose, I wasn't as sure of myself because of all those factors and I was kind of feeling of different thoughts as well you know

HA So you weren't as sure of yourself?

H No

HA What was that like for you, not feeling sure of yourself?

1/3 H Well like say then **I lost my confidence** like and I was thinking of failing and like the more I thought of it the more I was actually like you know what I mean, whereas if I had kind of said to myself look feck it like and do my bit like, do you know what I mean, I don't think it would have generally have gone as bad.

HA So that was where it was then?

H Ya

HA And in a sense it was kind of spiral

H Ya, and then it got worse and worse

HA And so now you're not in that situation

H Well like say its still very very hard and people are still, you know some of them are nervous in the class, that's not what I like to see,

1/3 the standard is very very high you know and **I still find it very very hard but I'm able to cope** and I do my bit and I suppose I work harder as well in comparison to what I used to, I have to.

HA So the big turn around for you has been, I mean you're saying that there are still plenty of very intelligent students, its still quite hard and yet that spiral is gone for you?

H Well I suppose a part of it is still there, in facts that like say, I'd be down in the class now, well I wouldn't be down the very bottom like but I'd be somewhere down in the bottom half like, but I suppose

7/7 I'm more positive and I study better like. **The fact that I am more positive, I can study better** and I think that I must

HA So its the positiveness more than the studying?

H It is, its the positiveness that is causing me to study more

HA But that's the underlying thing?

H Ya,

HA And what's the positiveness for you?

H I suppose I'm more, I'm not as anxious like, I talk more to my people at home and what else, I suppose I'm just more in command, like I'm able to feed myself with more positive talk and

HA So you're more in command?

H Ya, I am, that's basically it

HA And what's being in command for you?

H Being in command is that I'm not nervous, that I'm not uptight and out of that then that I can cope more and like say cope

more, like say the fact that I'm not nervous means that I can cope more and the fact that I can cope means that I'm not nervous you know, so I suppose its those two factors like you know.

HA OK

H So in a sense you're happy about it?

2/2 A Well I've an awful lot, **a much bigger work load this term,** last term I had only 4 subjects, this term I have the equivalent of 7 subjects, plus I have my business project to start, I mean I prefer **********

H So you have that pressure? Is there any other area of your life where you feel any pressure right now?

A Not particularly no

H So is the pressure you're feeling now to do extra work, is that any different from say when you're not feeling pressure, like say in your social life?

A How do you mean, is it any different?

H I hear you saying you gotta study and you're feeling pressure to do that and you're saying there is no other area that you're feeling any stress, so I'm just wondering what's the feeling about that, the pressure and the stress about studying?

18/18 A Well I feel it carries over really, I mean it does, it **carries over into my social life** and it carries over into, I mean it would be on my mind .....

H So its on your mind quite a bit?

A Yeah

H So it carries over, if you're out with people is it still there, the stress?

A I'm trying to think now, no .... I mean I was out last night, I was out the night before .....

H Did it cause you any anxiety that you weren't home studying?

7/7 A Maybe that **I went out two nights in a row,** the weekend and I was out and then I had a 21st on Tuesday night that I felt I

31/18 should go to .... and maybe **I felt I should have stayed and** studied instead, but at the same time **I felt an obligation to go to it,** because they're two friends of mine in class and then last night .....

H So it was a bit of pressure from one of your peers?

A No it was more from myself .... that I wanted to be there .....

H And how do you feel putting pressure on yourself?

A How do I feel .....

H Do you enjoy it, is it something you feel good about or ...?

7/ND A Well I mean ideally I prefer not to have any **pressures** whatsoever with me, I wouldn't say its something I enjoy, **its probably good for me ...**

H Where does that come from, its probably good for you?

A My mother .....

H What kind of pressure would your mother put on you in terms of it being good for you?

A Well like I say, I'm always a one to kind of leave everything to the last minute .... try and cope with it all then, so I suppose she realizes from talking to me that I probably would be under an awful lot of pressure then at the very end, so

44/44 **she'd prefer me to pace myself better ....**

H So she'd like you to have pressure earlier on?

A Kind of consistent pressure .... whereas I kind of have

about of pressure, I mean it usually works for me, it always has worked for me up to last term, its always been the way, I prefer it that way I think because I know I have a deadline I have to reach and whereas now I feel OK I have work to do but I mean I could take a couple of weeks off and then really work the following weeks, you know that type of a way ...

H And then, you hear your mother say do it now, don't put it off?

A No, this term, its what happened last term, I just don't want a repeat of that, so its more myself.

H So its you want to not have the same ********* So I'm just going to take a look at this booklet and we might get one or two things on it .... Now, in terms of like what's bothering you now, you have giving a prize presentation as the highest one on score, is that bothering you right now?

A Right now, no its not...

H Basically .....

A I was just saying in general if I had to ...

H If you had to ..... but you don't have to so its not bothering you?

A No

H The only one that you're scoring high on this one is on social,

9/9 is peer pressure **involving sex?** Is that happening now?

A Its not happening from my peers, my friends like are not pressurizing me into it, but I do feel a general, **very general social peer pressure** about it ..... I feel that, I feel most couples my age now would be sleeping together or whatever and I

20/20 **don't know if I'm ready for that yet.....**

H Do you feel some pressure, some anxiety, maybe you're not the same as all the others?

20/20 A No .... I feel that, maybe **I'd kind of question myself as to why I don't want** .... why I feel I'm not ready for it .... I mean I know why I'm not like but at the same time ...

H So your feelings of stress are from the other point, why am I not?

A I suppose maybe, well I'm going out with somebody now about 2 months, I was going out with somebody before for nearly 3 years, I mean he was my best friend, and it took me I'd say, well I mean I'm still friends with him but .... its about a

20/20 year and a half ago and its **just now** I'm kind of **over that and now I'm starting to go out with somebody else** .... I'm more, **I'm older now** like so **I feel I'd be more ready** you know ... maybe for sex ... you know I'd be more ready for it and **yet** I mean at the same time I mean, **there's no comparison to the way**

20/20 **I feel about this guy and to the way I felt about the guy I was going out with before, that's a conflict with me at the moment** ...

H But I fear your anxiety is not that you're having pressure to have sex, its more ....

A From myself, its all it is, totally within myself,

nobody is pressurizing me to do it, I just feel the conflict in myself like ....

H And the conflict is ..... maybe I should be, even though I'm not ready?

A The conflict is maybe I don't know if I'm ready or not ....

H Is that an anxiety?

A Kind of .... I mean its not taking over my whole life or anything, but its on my mind a little bit ....

H And that anxiety, Where is that coming from?

A I think its coming from ..... I always what I wanted, I always knew how I felt about certain issues especially about sex, I

31/31 just knew ... **I had my own** kind of **moral code** or whatever and then I hadn't to think about it for a while .... it didn't go in or out of me, because I wasn't going out with anybody .....

31/31 and now **I've kind of had to question it again and its not as clear cut as it was before** ...

H So its not as clear cut and how is that, feeling unclear?

A Why is it unclear?

H No, how is it, would you say its anxious not being clear?

A As I said I always knew what I wanted and all of a sudden I don't...

H Right, so that makes you a bit anxious ... and how is that, is that OK?

A I think I'd prefer to know, although I feel I'm just in the process of thinking about it and hopefully I will come to some .... I would prefer I think its important to me, **its an important issue for me so** ..

H Right

A So I would like to know how I feel about it ....

H And right now you don't?

A No I don't?

H You're undecided?

39/39 A Yeah, **I'd like to think that whatever decision I come to that I come to it by myself** and I'd be afraid that .... **I don't want other influences** to .....

H And what other influences would you be afraid of?

A Well maybe ..... in **my own sexual needs** or whatever ....

H So **it wouldn't be rational ?**

20/20 A Yeah, exactly

H And how would you feel about that, **if it wasn't a rational decision?**

A I wouldn't like it ...

H So then it would cause you more anxiety

A Yeah, it would yeah ...

H What about areas in your social life where you don't feel any anxiety, how are they different ..... or are there areas in your social life that lets say don't cause you anxiety ..... I mean here you have getting along with a room mate ..... become a member of a campus organization .... those don't cause you any anxiety?

A No .... well actually at the moment I don't have a room

mate ...

H Well peer pressure involving drugs or alcohol?

27/27 A No, **I wouldn't feel any peer pressure,** again probably pressure from myself, **maybe not to drink, I mean I don't take drugs** anyway but,

H Well lets stay with drugs now, that's something where you don't feel any pressure or anxiety ..... well what's different about that than about sex?

A OK ... the difference is I know I won't take drugs, I feel no inclination whatsoever to take drugs and I know I won't..... whereas with the other I might ....

H So you're more in charge of something ... is it something like that?

38/38 A Yeah, **I would be much more in control of the drug situation** and ...

H That's kind of where the anxiety is maybe lack of control?

A Lack of control and lack of knowing myself how I feel about it ...

H So uncertain ...

A Yeah

H ..... can cause anxiety ... in that area, I'm not saying in every area, I'm just saying in that area OK ..... would that be true?

A Yeah

H In viewing the first note, lack of self-confidence and dislike of personal physical appearance .... do they kind of go together?

A Yeah

H And what's that like?

23/23 A Its not great, I think you know **if you're more kind of happy with your personal appearance** whatever, **you would have more confidence** ...

H So you feel if you looked better, you'd be more confident? And where does that come from?

A I don't know .... I suppose your own self image ...

H Well many things come to my mind, like well I look at a magazine there really good looking and they seem to be having a great time, and I feel maybe if I looked like that maybe I'd be having a great time, I don't know .... is that it?

A No, its not something like that, its that .... I don't think I'd have any better time, I just prefer to feel better about myself that way.

H About how you look?

A Yeah, I don't know ...

H Am I causing you anxiety now with these questions?

30/30 A Yeah, **its very personal** I think, I don't know how personal this interview is meant to be .....

H Well I'm just trying to find out what makes you anxious, and if my questions on personal things makes you anxious ..... what's your fear about you know coping with personal questions?

A I think its the tape ..... I don't like to think you know, you're talking about something and ....

H So what's the fear of the tape?

30/30 A **I don't like to think that somebody is going to listen to it ...**

H Well that somebody's going to hear what you're saying ....

A **I feel a bit stupid ...**

H You feel stupid, well is that how you feel?

A Yeah

H That you'll be judged? Do you feel that?

A Yeah

H That you wouldn't be as good as some of the other tapes?

A No, nothing to do with the other tapes.

H Well is it to do with, I don't know ..... what's it like feeling stupid?

30/30 A Maybe not stupid, maybe **exposed or** ....

H OK so you don't want to be exposed?

A Yeah

H And what's that like for you? Is that, does that cause anxiety?

A Yeah, at the moment it is yeah, I don't know why?

H Well don't worry about why, you're just feeling a bit anxious, about possibly being exposed and someone else might hear you ..... and what about that exposure what would that be?

30/30 A It would be ..... for me **it would be** kind of **an infringement of my own privacy**

H So you value your privacy, and you get angry with others?

A I do, very much so

H So what's important about your privacy?

11/11 A **I need to trust,** I'd **have friends** and **very good friends,** I mean I'd need to really trust them, build a real trust with them and they're the only people I talk to, I mean I talk to the people about the weather or whatever but I wouldn't tell them anything about myself.

H And in terms of the others, is that once you get to trust somebody, how is that for you?

A Its great

H You don't have any anxieties or ?

A No

H How is that for you, sharing with others, how is that for you?

A Its great, I love to have good friends, very good friends and I have like and I'm.... its great

H So that's really good

A Yeah

H And that's just the opposite of sitting here with the tape

A Yeah

H What's the different feeling? One is a feeling of when you're sharing with your friends ....

10/10 A **That feeling is that they know me and** that **they'll accept me as I am** and **I've accepted them** and you know if you're going to

11/11 come out with something you feel a bit, maybe **something's bothering you, you can say it to them,** and they're not going to laugh, they're not going to ....

H What's going to happen if you say something with your friends?

A Say something like what now?

H Well say something embarrassing or say something?
A What will happen? Well they'll listen, they'll understand, we'll talk about it ...
H What's that like for you?
A Its just a feeling of, what is it .... I don't know?
H Well hear you say its a feeling of acceptance or feeling good ..... you're more at ease
11/11 A Well its more if you have a problem ... **a problem shared is a problem halved.**
H Does it do anything for your self confidence?
ND/17 A To talk about it, to talk ..... no I **think your self confidence is up to yourself**, nobody else is going to build ..... well they might boost you may need a boost to your self-confidence for the day or something, or for in the long term, nobody else is going to boost your self- confidence, its up to yourself
H Its up to yourself ..... so you're stuck in terms of anxiety about your appearance and your conflicts, its up to you?
ND/17 A Oh **its totally up to me.**
H And how is that, knowing that? ..... just relax
30/ND A **I'm a bit surprised at myself now, this has thrown me** .....
H And just to finish up on that is that the only thing that you feel you wouldn't want to talk to your friends about?
A I can't remember now .....
H So in terms of that, what's so anxious about them knowing that you don't think you're so great looking? What makes you anxious about them knowing that?
A I don't know, I think they know anyway .....
H What's the worst they could think?
A I don't know
H Have a wild guess ...
A I don't know, I haven't ever thought about it before, so I just don't know
H And would you rather not now?
A No I think I'll go away now and I'll start thinking about it .... probably, I probably will talk to somebody about it, I
43/43 don't know if I will ..... **I'd talk to my mother,** I'd imagine now I'd go home at the weekend, I definitely would .... I could talk to her and I could tell her even that I was talking to this counsellor and I realized that its a problem ..... I realized that I can't talk about it and I'll talk to her about it
H And how will that be?
23/23 A Great ..... 'cause I realize now that **its a thing that maybe**
11/11 **worries me** and I have her to tell and I find like **actually talking .... will be able to cope with it**
H Some of the anxiety ..... and talking to your mother is a possibility .... and how is that?
44/43 A **She's the only one I can think of that I'd say it to**
H So, is there anything else that's bothering you?
A No I don't think so

H Is there anything you want to say? Any questions or anything?

30/30 A **I'd like to know what you're going to do with the tape?**

H You're still nervous about that?

A What are you going to do, you play the tape again and again?

H Well I won't play it, its Declan and basically he'll be listening for what's stressing you now and possibly what the difference between that stress is like for example, like you say lets just say the one about your appearance and that's bothering you and what that's like compared to say ..... making whatever you put down for 0 ..... just seeing the difference between those two.... like the drugs .... that you were in charge, you got some of your own ideas, that's what you feel about it and so there's no stress and its fine ..... whereas in one area you were talking about uncertainty and unsure you know, and that was causing you a bit of anxiety ..... so even looking at those sides, both of those and then looking at you say OK in terms of maybe just discovering now to some extent that you had some anxiety about your personal appearance and also about your self-confidence and that anxiety you didn't even know about and then once knowing about it saying well yeah its something I just wouldn't talk about .... so in other words its OK (1) understanding there's a stress there and the second thing is what's your response to it, and I hear you say yeah oh my God, I didn't even realize I had it and then maybe oh I couldn't talk to my friends and you know, you become anxious and then realizing oh I can talk to my mother about it, and seeing that you have a certain way of coping so what I suppose what he'd be looking for is how people is actually go through and cope, how they do it, whereas other people might have the exact same problem and don't cope and how come one person copes and one person doesn't, is there a reason, now does that make sense?

A Yeah

H You're still nervous about the tape? Do you see Declan a lot?

A No

H Do you see him at all during the term?

A I don't know .... no I don't think so

H Are you going to be doing study skills or anything like that?

A No

H Do you think you might want to in terms of ********** exams or anything like that?

A No, I'd prefer not to do study skills.

H What I suggest is if you're really worried, I won't see Declan until Thursday, but I'll make a note that you're anxious about the tape and that possibly he can get in touch with you and you can have a chat with him and he'll assure you that he'll be the only one listening to the tape ..... it would be good to hear it from the horse's mouth wouldn't it? And make some arrangement with him that when he's finished with the tape you can

have it back, I presume that's what you'd like?

A Yeah

H So its how you cope, in a sense take control, and that sounds like how you cope ..... so rather than just let it go, if you're anxious about it do something about it... OK

A Yeah

H Anything else?

H How did it go?

A I didn't go very **********

H So are you having any stress right now?

A No, not really no, just have an essay to have for tomorrow because I have my exam I haven't started my essay yet. I had my exam yesterday and it finished at 5 and I was tired and I've been I've had lectures today ..... so I'll get started on that tonight.

H So you have a bit of pressure

A Ah yeah, but its fine

H So there's no, no other stress?

A No

H How was the stress of needing to do the essay?

A Well I haven't had a chance to think of the essay to tell you the truth

H So what have you been thinking of today?

A Well today I've had lectures since 9 o'clock so I've been on the go

H So you haven't been thinking of anything really? Not even the exam yesterday?

A Not today no

H OK, well let me just look at this .....you put in here for assignments 4 - I presume that's the essay? OK ..... the only one here is living in campus housing.

12/ND A Yeah I **moved** into a little **house** in the village and last week I moved out of the house I was in and moved to another house, because I ******** with the noise of the first years and I was trying to study for this exam .... **its still very noisy** where I **am**

H So do you find that stressful?

A Ah yeah it is really, its more annoying than anything else, trying to sleep at night and they're making noise until 2 in the morning, that sort of thing.

H So what's it like being annoyed? I mean what's it like, do you want to get up and do something or just lay there and suffer?

12/28 A **You can take so much** ..... like from 12 until 10 past 1 last night, I was trying to sleep and **I just got up then and asked them to be quite**

H And how was that, getting up and asking them to be quite?

A I was so tired after my exam that I mean I was just kind of meaning to get up all along then I didn't ..... then I had to get up then

H And how was that?

A I just got up and went out and said sorry could you lower the volume

H And how was that for you?

A Well its a bit annoying but **********

H What's that annoyance like?
A Its just annoying, I mean annoyance is just annoyance
H So the annoyance .... was that keeping you awake ... is that what's annoying and how does that feel?
A Ah well, they're not so bad as the last crowd
H Its not as annoying?
A No
H You have a couple of 6s here, difficult in making vocations ... is there much stress involved in that?
39/39 A Just .... I tell you **I was assigned a new project and I just haven't a clue what to do it on**
H When do you have to make up your mind?
2/2 A **I'm supposed to have made my mind up last term** and I just can't and **there's a lot to do down the road** ..... I don't know what to do it on, I just can't
H So is that causing you some stress?
A Probably is yeah
H And what's that like?
A Its just there all the time, its frustrating I can't come up with something and yet there's nobody I can kind of .....
39/39 **you're** just **on your own for it,** you just have to decide yourself what you're going to do.
H And what's the frustration about?
A Its a bit worrying, the submission to put in ..... the research to date and all this kind of thing, which I won't have any of it done ********** I really don't want to do that like
H What's that like being in ***** decision?
A Like I said its worrying
H What is that like now for you, the worry, is it stopping you from enjoying yourself, does it come up in the back of your mind every once in a while?
A Yeah its there
H And what's that like, having that worry there?
A I don't understand what you mean, when you ask me about what's it like
H Does it give you headaches, does it stop you from sleeping, does it stop you from enjoying yourself?
A Yeah it might stop me from sleeping
H And enjoying yourself?
A No not really
H So its when you're alone?
A Yeah
H What's happening now?
A I don't know when it is ..... I mean its kind of .... well not all the time, but yes I suppose
H Well hang on, is it or isn't it?
A Yeah it does
H And its worrying
A Yeah
H And that worry, is it something you're happy with
A Would you be happy with worry?
H OK I suppose well you haven't done anything about it, you could make a choice
A Its because I've been up to my eyes trying to other things

H So you haven't had the chance

A Its not so much I haven't had the chance, I genuinely don't know what to do about it

H So you're confused

17/17 A **Its a Catch 22 situation .... I can't go down to my supervisor because I'm supposed to know what I'm doing** .... and I mean I'm not going to get any help to know what to do unless I can go down to him

H And what's stopping you from going down to him?

A The fact that I'm supposed to

H Do it by yourself

A I mean we're supposed to, we're supposed to have decided on it last term and I mean if I arrive down a term later and say look I haven't a clue what to do ... I'm sure he won't be too impressed

H So he's be **********

A Yeah

H He wouldn't be impressed?

A I'm supposed to have the work done

H Has everybody else done it?

A Most people have their copy decided on

H How many don't have it do you think?

A Well there's 180 in the class

H So you couldn't know ... you haven't all got the same project supervisor? But I mean it sounds like a lot of this is in your head, you don't know, you're just presuming more or less, presuming he won't want to see you unless you've got something?

A I mean, I know we're supposed to have been working on it and I know he was very selective in what projects he choose and he

ND/ND **choose four,**

H What do you mean he only choose 4

ND/ND A **He only choose 4 projects - mine was one** - I put in a title, I mean it was the day we had to hand it up, it was last term, I put in a title, we had to put in one ..... I'm not interested in that title, I don't want to do it on that title at all, I

4/4 **mean I was talking about it since and it bores me to tears** ...

H And yet he likes the title?

A I don't know, he probably does yeah

H Well he selected it?

A He selected it yeah

H So you are in a Catch 22 and its all there, and how are you going to deal with it?

A I don't know, I really don't know what to do

H So rather than do anything, would you not?

A Well I'm going to have to do something one of these days .... I don't know what to do I really don't .....

H And its worrying?

A Yeah

H Is it causing you any physical worry?

A No

H Just nervousness ..... OK .... and lack of ability to make decisions?

A That's that I suppose

H Is it that or is it a general ...?
A Yeah
H Well what do you think, is it or isn't it?
A Yeah
H Does that worry you? What do you feel that .... I mean there's an old saying that not to make decisions is to make decisions ..... if you don't make decisions you make a decision .... right exactly, does that ever occur to you?
A That I'm making a decision by not making a decision ..... well I mean I'm trying to arrive at that decision, well I put it to the back of my mind I suppose to a certain degree because I don't feel there's anything I can do about it
H So you don't feel you're hoarding it?
38/38 A Yeah, I am to a certain degree, I hoarding it because I **don't feel there's anything I can do about it,** well I'm not avoiding it, I mean **I'm open to suggestions** if anybody could kind of ....
H Are you asking anybody for suggestions?
A Well I'm talking about it, but they're not exactly the people that are going to help me
H Well I'm just wondering, you maybe keep saying in a sense your keeping yourself in kind of a bond, you're open to suggestions and you're not talking to people who would be helpful?
17/17 A **I don't know who to talk to** .... I don't know who'd be helpful
H Well how many people teaching ********** any other insights, anything the teacher said?
A Well I can't specify exactly what it is, you know I mean I know generally what subjects interest me and what different ones don't but I can't pin point a specific area that I would be willing to spend 6 months doing a project on
H I mean does that panic you at all when you say that?
A No
H And what's that like for you?
A I don't understand what you mean when you say that?
H Well when I looked at you when you were saying that, you're eyes kind of went up and I said did it panic you and you said yeah kind of
A When I said it do you mean?
H Yeah
A Oh no just in general it does
H Yeah but what's it like, what's that feeling of panic like?
A I don't know what you mean
H Is it like a nervousness in your stomach, is it like?
A Oh no, its nothing physical, no
H Because for a lot of people it is ...
A Oh sorry, I didn't realize that ...
H Yeah a lot of people get a physical reaction
23/23 H The only other thing on this is **dislike of personal appearance,** is that still the same?
A Yeah, **sometimes it bothers me,** sometimes it doesn't
H Is that something you feel you could do something about

it

A I suppose I could

H I don't know, I mean I hear you saying there's somethings you feel you're kind of trapped and you can't do anything about and that kind of worries you and you just live with the worry, and I'm just wondering is that the same thing or is it something different?

A No its the same

H So how is it for you Annemarie in that your going around with a lot of these worries, is it causing you not to enjoy yourself

4/4 A Well to be quite honest **I'm totally fed up with the place at the moment**

H And what are you fed up with ..... give me the list ...

A I'm just fed up with constantly having to .....

H Take your time .....

7/ND A It just like **yesterday** I came out of the **exam** and I just felt like you know it had been worrying me and it was on my mind and here I was getting the opportunity to get it over and done

4/4 with and I worked for it and I mean **I love the subject** and I was really interested in it and I mean I read all around it and I went into the exam and ..... two and a half hours and I **just**

7/1 .... **wasn't at an opportunity to show how much I knew** and you come out then and its like, you know, its like a total anti-climax you feel, you should feel relieved because its over and done with and ..... at least that's one worry off your list ..... and then you have the essay to do and then .... if you're filing of your project and .....

H OK so what did you feel when you came out?

A Total fed up .....

H Fed up with?

A This college

H What does this college mean to you?

2/2 A Its just a level of 10 weeks of just, **you start at the beginning and as the weeks go on you have more and more to do and** you **have more** and more on top of you and ....

H And it gets to you in the end?

A Yeah, it gets to everybody like ....

H Well not everybody ....

A I don't feel that I'm not able to cope with it or anything...

H So what are you fed up of?

A I kind of .....

H Are you fed up with the exams, the pressure, not being able to express yourself, or not getting the time to express yourself well, not getting the time to do other things?

6/6 A **It** just **seems so work orientated,** there's no ....

H What's that like for you? What's being fed up like?

A **Boring and fed up**

H Were you bored? Were you boring or?

A Bored

H But whats that like being bored?

A Its boring
H Boring like all work no play
A I mean its not as .....its just you don't feel there's anything else there and its just ... and its just, I don't even feel at this stage that I can't take a night off and go, I mean
9/9 I'm quite willing to, but **everyone else is studying so hard** like that the whole environment of the college is just ..... study and you know, nobody feels that they can take time off to do something a bit more interesting ....
H And how's that for you? And what's the anxiety or what's the stress of being fed up?
A Its not a stress its just ..... I don't know
H You're all back in control now? Is that how you cope, just get yourself under control? How's that, what's that like?
A You get like, you start getting upset over things and ..... its a bit pointless.....
H Its pointless to get upset? But what's it like to stay in control? What does it feel like, does it feel happy, does it feel sad, does it feel angry, does it feel dead? Like the difference between you now and two minutes ago ..... you were really fed up and now you're ... you know?
A I don't know, again its pointless, I mean there's nothing you can do about being fed up, if the place is getting to you, its getting to you, just have to try not to let it get to you.
H And when it gets to you?
A I'm upset ...
H And what's being upset ********
A I just upset and then I stop then as well.....
H Well do you laugh it away, do you have a cry, do you get angry
A I could do a number of things, go around and totally fed up for a few days and then just cop on and say to hell with it
H But what happens when you're going around fed up.... do you just ...?
I don't know, what's that like?
ND/4 A Well today I was just **fed up**, I didn't want to talk about it, sometimes I might get upset and other times I might laugh at it
H And getting upset and not talking about it, that's one way ....
A Yeah, I don't know, that you're so fed up that you don't want to talk about it .....
H And is it that bad? I mean I hear you saying that...
A Yeah, today and yesterday the place just got to me, just really got to me
H So you call that quite a bit of stress?
A Its such an anticlimax after my exam, and last night, I was just ...
H The kids in the house?
A No, last night I just, I was too tired to study, so I didn't and as there is nothing else to do, you know

H OK well I'd like to end it now ...
A Well I mean, I just have to make a statement or something is it?
H It doesn't matter ....if you don't have to say anything. All I want to do is, as far as I can see from what you told me, doing these course interviews is more stress than you want, is that true?
A Yes
H And you'd rather not do them anymore?
A Yes
H Is there anything else you want to add, in terms of, maybe a criticism of it or is there anything you want to say about what the process was for you or ..?
A OK .... have you it turned on, oh the tape is on, I didn't
30/30 realize the tape was on ..... **I'd just prefer not to do a third interview because I found the other two upset me more than I want this one to** upset me this time. In terms of a criticism of the whole thing, I think that for your benefit,
30/30 your getting your research done, **but I don't feel that on my part,** that **I get any benefit from it,** so next week being week 10, I'd don't feel, I prefer not to do the interview.
H In terms of you don't feel you got anything, do you feel there would have been a way you could have gotten something from it.
A I don't think so, I mean basically we just answer questions, it was like just filling out a questionnaire, I mean if you were doing a marketing research project or something, and you send out questionnaires, the people filling in the questionnaires aren't getting any benefit from it, because its your research, they are going to return the questionnaire and they're not going to get any feedback.
H So that's how you felt, like somebody just answering a questionnaire, you didn't feel you got any feedback?
A No
H So is there anything we can offer you that might be different, in terms of this, instead of this?
A No
H So you'd just rather not have anything more to do with it, with this?
A Yeah
H Is there anything that the counselling section or ...
A Well I don't know enough about the counselling section to know what you have to offer, to tell you the truth, I mean the first dealings I had with it was when I walked out of the exam last term, it was the first time I ever met Declan, and then all of a sudden I'm roped in, well I wasn't roped in, **I totally**
30/30 **volunteered,** I'm not saying that like ..... **but I didn't really know what it was**
H And you're really not happy with the results?
A **I'd prefer I hadn't done it.**
H Well anytime have you done the body mind, or have you done any of these ....

A No I haven't done anything else
H And have you seen anybody besides **********
A No
H Well how do you feel you're going to be doing coming up to these exams, do you feel you have a better handle on it?
A No, I had 4 exams last term, I have 7 this term.
H So you think its going to be just as tough
2/2 A No, it'll be worse, well **it'll be worse in terms of workload,** I've twice as much more or less work to cover.
H Have you had as much to do before?
A No, never
H And how are you coping so far?
A I don't know, I just can't understand what they expect from us,
2/2 I mean 7 **modules** with, I mean even if you had the whole term to do one of them, you'd have something to do, you wouldn't be idle, I don't know, **I don't know how they expect us to cover the amount of work they give us**
H Have you talked to some of the other people in your class?
A My friends, oh yeah, they all feel the same, its ridiculous
H And what's your **********
A Well I've repeated the other exam, but I haven't the result of it yet, so I still have an F on my transcript
H Not counting that, what would it be if you didn't have the F?
A About 2.9
H So you're not doing too badly?
A I'm doing fine, but ....
H Well you're doing fine?
A A lot depends on this term, this term is worth the last two terms
H How come?
A Because up to now I've done 9 modules, and I have 7 modules this term, so I mean the waiting is in favour of this term
H Yeah, 100% each way, you still have two or three modules ahead of you
2/2 A But I had two terms to do that, I mean I have only, **I have one week to cover 7 modules**
H How is it...
A Well I have a book that size in Management Accounting and a book that size in Tax, and a book twice as big in Law, so I mean .... then I have three other subjects .... each with a book as big
H How are you in terms of your quests, are you in the middle, or are you above the middle...?
A In terms of grades?
H Yeah
A I'm up .... a little bit above the middle.
H So so far, you've been a bit above the middle, so everybody else has a book this thick and a book this thick, and a book this thick, right, nobody has anything different right?
A Well depending on your option

H Yes, all your classmates that are taking the same module as you have the same size books?

A Yes

H And if you're in the middle, or above the middle, in compared to them, then you're going to do as little as what they will do probably in the exams, unless something happens ..... how can you look on the positive side of yourself?

4/4 A **You try to go through this system and you won't be able to look on the positive side either.**

H OK I didn't go through this system, I went to school until I was 27 and I took a lot of exams, and eventually I got good at taking exams.

A Well I mean I used to be good at taking exams, I used to be - I used to be able to go into an exam with absolutely nothing done and come out with top results ..

H How do you stop yourself from doing that?

A I don't know, I think I'm better off doing nothing rather than doing anything, that's the conclusion I've come to. In first and second year I was, I wasn't all in first class honours but I was kind of near enough, I mean I didn't do a rap, I didn't study, I enjoyed myself totally ... I'd study the night before an exam and I'd go in and I came out flying and all of a sudden I put in a bit of work and OK I'm getting OK results, but they're not by any means .... I mean I could do better.

H So what happened .... do you think you're studying too much, you're not enjoying yourself?

A Well I'm not studying too much either like.

H Are you enjoying yourself enough?

1/1 A No the **pressure is there this time, before I didn't care,** it was first year, it didn't matter like, I'd take a chance, I'd go into an exam and I'd take a chance, now.... in second year it was the same, it didn't matter.

H And how come its all of a sudden a matter to you?

1/1 A Because **its my degree** ..... it wasn't my degree in first and second year, there was no pressure on me.

H But when do you have your degree?

A Next year .....but this is my degree, this is my exams for my degree.

H When you took exams, if you didn't pass last year, what would have happened?

A Well I just didn't have any pressure to do well, just the pressure to get through, it wasn't there because I knew I'd get through.

H You know you're going to get through now don't you?

A I know I'll get through, I know I'll pass, but I want to I suppose I have expectations of myself, that I feel I'm not living up to.

H And what are they?

A Well I feel I'd like to do well, I'd like **to do better than what I'm doing** I think.

H Are you relaxing now? It sounds like in first and second year you just did what you felt like and you study a bit before you went into your exams, have you gone all the way over to the other side, now you don't

relax at all?

A I'd worry more about them, I mean I don't sit down and study

7/7 for hours on end, I can't do that, **I've never been able to sit still,** I mean an hour, **if I do an hour's study, I'm doing well** ..... whereas now **I feel I have to sit there for three hours and as a result, I don't do anymore than what I'd do in an hour**

H So why do you sit there for three hours?

A Because the book is that size and I know I have to get through it. And the more I feel I have to get through it the more I don't get through it.

H So why don't you get up and do something else for an hour?

A And then I don't go back, that's what I've been doing, every night this week I've studied for one hour, I mean my exams are in one week and I've studied one hour every night, I mean its not good enough, and then I'm taking a break and I'm ending up not coming back ...

H Ah well, that's not the object of the exercise is it?

A No

H So maybe you'll be OK on the day

A Maybe

H Certainly doing three hours and only getting an hours work out of it, that's useless right, I mean OK, now you said I'll study for an hour and then I'll come back, so you haven't come back, well it can't be any worse at least you're getting away from the subject - you're doing the hour, you say you don't get anything out of the next two hours right?

A But I'd like to think I would.

H OK well, how can you get yourself to come back after an hour, to do another hour, how are you stopping yourself?

A Don't take a break.

H No, take the break, how can you take the break and still come back?

A Well I mean I always intend to come back, I mean I have the total, the intention is there ...

H We all have great intentions and they don't work half the time .... what happened the last two times that you went after an hour, how did you stop yourself, what stopped you from going back, were you having such a good time or?

A Oh no, I wouldn't go away and do anything exciting or anything, you know I'd say I'll take a break, go away, the other night I took a break, studied from 7.30 until 8.30, and then I was to ring a friend, so I went and rang her and I was talking to her for 20 minutes, and then I went back and had a cup of coffee and I was talking to a girl in the house for about a half an hour and then it was 9.30, and then I said it was too late.

H I don't know, its up to you, why not half an hour, you can go back and do a half an hour .... what time do you go to bed?

A Depends

H Do you go to bed early?

A Well, I would if I didn't feel like studying, I'd convince myself I was tired and go to bed

H And do you go to sleep?

A No

H Well at least that sounds more exciting than studying for three hours and only getting an hour done and worrying yourself crazy

A Well I mean I still worry

H It doesn't sound like you worry too much

A Yeah

H I don't know, like I say you do the hour and then you take a break and I think that's ********** and then its how, and if I can do another half and hour or an hour.

9/9 A I suppose I just don't feel its enough, **I just feel I see other people in my class and I just see how much they study** and I mean I'm just in shock, and I suppose **I feel I have to cover what they have to cover,** they study 4 hours every night, plus they study all day long. I just feel if I don't do that, I'm behind .....

H That hasn't been a reality ..... they study more, you study less, you still got to be in the middle above them, didn't you? So what's the truth ..... you don't have to study as long as them ..... I mean up until now, the reality is you didn't have to study as much as they did, so how come all of a sudden you've made a new rule, that you have to study as much as them?

1/1 A I suppose I want **to do better than what I have been doing.**

H That's different, that's you deciding what you want to do for yourself .... so they're irrelevant, right?

A Not really, because I feel .... no I suppose your right

H Well I don't want to be right, I'm just pointing out, so far when you study the amount you study, you stay above them and you said it wasn't that much study .... I would have imagined you studied a lot more, so your experience so far is that if you study a bit, you'll get middle or above, now they could be studying all the time, so far your amount of study that you do, gets you in the middle, now if you want to get a bit higher, OK do a bit more study .... not a lot more study, certainly if you're going to worry about the fact that they're studying a lot, all you're going to do is make yourself depressed ... and also you'll feel you're not getting anywhere and if you keep telling yourself that you're not getting anywhere there's a good chance that you won't get anywhere, so I would suggest that you just up your study a bit and be happy with it. OK you said you want to do an hour and then break and then do a bit more, just try that and don't be looking around at other people, because you've done quite well, doing it your own way so far, believe in yourself.

A Yeah

H I would suggest you start saying, Annemarie I can do it *********

But the evidence is that you're doing quite well and that's without doing too much right, I mean according to

yourself and the result that you've got so far and that's not a lie, that's fact, so stay with the facts ..... Annemarie does OK when she doesn't study too much .... all you've got to do is believe, one way to do it is to tell yourself, instead of looking to other people and saying My God they're studying a lot ..... Anything else?

D What I want to do this morning is have a conversation with you, mainly covering some of what we discussed last week just. It's just really to get an idea of what's going on for you at the moment, okay ... and come back and we'll talk later on during the term. But right now the purpose of the conversation is to try and get some idea as to what's going on for you, some understanding as to what the pressures are pending there at the moment. So I mean I'll just hand it over to you and just see how you'd describe what's going on for you at the moment

1/1 B I suppose **the biggest pressures are exams**

D Are they there at the moment? Is there a positive crisis?

B Yeah, I think

D A positive crisis

B Yeah, even now I think

D Yeah

B I think when you get to a stage where OK other colleges .. they all go in and they're on a level now

D OK fine

B To their exams, they're all the same and they don't know what the situation is ..... whereas here they're up . against guys with, who have QCA no 3 and 4 you know, so you know if you're going to be under 2 you're below, you know even, say guys from other colleges who are better off than you

D So what's the pressure for you, right now, with regard to that?

2/2 B Its just work, **you have to work now**
You know, **and you always have this dread** like that OK you might work, and **you might** have the stuff done but can very easily **have**

1/1 **a bad exam,** and you can get a bad mark, have a bad mark or bad extern or something like that

D So right now that would be your dread, the dread would be.....

B That would be a major dread

D The dread would be that you might have a bad exam?

B You know like that you'd have stuff to do and you'd probably do it but you're always saying what if I come and get nervous

7/7 inside, or like you'd **screw up,** you can screw up an exam very easily, **you might know everything and** you might **still screw it up** and you know the situation in this college that you get one F you're in big trouble, 'cause it pulls your QCA right down, below 2, and if you're below 2 already like I am, well then ...big trouble ... so you're always worried ... that's about it, that's a major one

D And would that be right now you dread ... would you see it at being a very real possibility that?

B Oh yeah, its all pretty real ***? The fact that you see that you did, you've done 2 sets of exams and you've done that already, you know you can do it again, especially if you've done, if you haven't done it before, if you haven't d'you know messed up an exam before then you're confident ... you know if you tend

D I just want to explain that the purpose of the session, which is really spending roughly half an hour or so talking to the student and trying to gain some understanding of what's going on for you and to record the conversation. Its really just to talk and to see what's going on for you at the moment and I suppose in particular to look at kind of concerns or manic pressures of concern at the moment, so I'll leave it over to you to see what's going on for you at the moment.

F Ah well, week one or week two there's not that much stress on me. I suppose last term really - the first term is the worst really, just getting accustomed at the moment, expecting the exams. Its mainly the exams I suppose.

D OK so really over the last two terms there were times when you've been under a lot of pressure, what I'm interested in for today is to look at what's happening now because when we follow up during the term it will be interesting to see - so for today, what would you see are the concerns and how would you describe the concerns?

F I haven't really thought about the pressures now

D Well just what's going on for you

F The way it is is that there's not much, if there is much pressure on me its minimal compared to what I'm expecting.

D As you say week two there's not a lot going on yet

F I'm not expecting much you know, and the way I look at it is that whatever happens now is nothing in compared to what is going to happen kind of

D What is the difference, what do you see is the difference, what is it about now that's not stressful for you?

7/7 F Mainly exams, this term **there's not even that much pressure to study,** just go over your notes and not actually, you know you can take it easy, watch a bit of telly and go out, its not too bad.

D What year are you in?

F First year

D First year

F There's not all that many pressures at the moment

D What's happening, you can look at other areas, do you see any other particular concerns for you at the moment in terms of your own life and what's going on for you?

F I suppose you have more time to worry about the family

D What would be your worries at the moment?

42/42 F **My father is after starting his own business** and you know, **I hope it works out.** The more time you spend on the hop the more time you tend to think about these things and eh you know

D And that's a worry at the moment, you'd be worried about that?

46/46 F **My brother is in college as well** and sometimes **I'd be worried about him and hoping that he'd get through, he's in his final year now.**

D And what about your dad, what is your concern there, what's the stress there about your dad's new business?

42/42 F Well I wouldn't like to see the business, **I worry about him personally, I suppose I worry about the money as well**

D And when you say you're worried about him personally, what would that be about?

42/42 F Well **he took early retirement,** because he's always wanted to start his own business and you know **maybe it might be a bit of a blow for him**

D If it didn't work out?
F Ya, after making the effort and .....
D And your brother, what's the stress there?
F Well I get on very well with him and we even went away to work last summer and he's done an Arts Degree for the last three years, and he went over to England then to do a course in Personnel Management and the course is a lot different. You know anytime he was doing his
46/46 Arts Degree I was worried about him, **I nearly worried about him more than he worried about himself in a way**
D Right
F And eh, I just like to see him doing well, I think he's had a hard time.
D So basically you have concern about your dad and your brother and how things will work out. What is it about those people that's stressful to you, you worrying about these people?
46/46 F **I think its wanting to see them happy more than anything else.**
42/42 D OK, do you feel they are happy, do you worry that they're not happy?
F I've never really thought about this, I thought about them being happy in the future kind of a way
D I'm just wondering is that the something
F Ya, I think they are ya, but I think they have pressures too, they have pressures on themselves and they're not thinking about them
D What goes on for you, are you close to your dad
F Ya fairly close ya
D Do you go home like
ND/ND F **I go home every weekend**
D So is there a lot of support in the family
F Ya, they're happy if I'm happy
D You wouldn't experience any demands coming from home
F No not really, well personal demands I think, I want to satisfy them, I want to keep them happy, well not, they've always said in any exam,
44/44 you know, you can only do your best, you know **if you're happy** you know **we're happy**
D And do you feel OK about that, what's the extra pressure you put on yourself?
1/ND F **I always put pressure on myself, a** bit of a worrier
D Does that comfort you or upset you, that you worry too much?
F I think I can get worried too much
D In what way?
10/1 F Economics **last term, first term** I kind of **psyched** myself up, **I nearly crashed out in the middle of the exam** and I had to, I went out and **I left the exam and went to the toilet** for a while and sat down and said **pull yourself together and I went back in, I did OK** you know, things like that.
D Its interesting, I'm interested in how you coped and you just went out, you took time out and .....
F I knew I had to leave
D Right, because you might have passed out or something?
F I'd say I was going to go you know, faint or something, so I just got up and walked out and eh, and I nearly fainted at the bottom of the ... 10 and I sat down you know and one of the guys he opened the door and I just sat by the door before I went into the toilet

D I'm interested in the pep talk you gave yourself, it might be useful for other students

F I just kind of said you know, the exam is out there, its waiting for you and you're not helping yourself by doing this, and there's nothing more you can do about it, you do a good job of it or a bad job of it and I just ...

D And what was the pressure in it for you at the time?

1/1 F **I was afraid of failure ... it was the first multiple choice I'd ever seen** and I was afraid of messing it up

D And what does it mean to you to fail?

F Grade or getting an F

D And what would that mean, to get an F?

1/1 F Well I got an F, I did quite well in the Economics but **I got an F in the acknowledgment principles and I just wasn't expecting that at all. I was fairly devastated** I think when I got it because **I wasn't expecting** it at all I really **wasn't expecting it,** and God I didn't

4/4 know what way to turn, you know, **I didn't understand the system totally either,** you know they gave us the orientation book but I feel it wasn't said to anybody. I mean I had worked for it, it wasn't as if I hadn't, you know it was just totally unexpected, because it was one of the subjects I like and I didn't answer what was asked in the paper basically and you know, so, but

D And we're talking about stuff that happened in the past you know, right now that wouldn't be a particular stress in your life right now.

1/1 F In a way it would because that's one F on my cards that **I'm worried about, getting another one**

D So that's an ongoing thing for you so ?

1/1 F .... my first year like, **I'd like to have cleared it,** you know it would have taken a lot off my mind if I had cleared it, because the fact that you know I went down in something as well, is just you know, I never, you know, nobody likes failing and the fact that you kind of have this on your cards the whole time is .... as well as that its you know, the fact that you get an F, I saw other people who, sounds stupid, I say other people who maybe didn't work as hard or didn't ... you know and I'd be happy to ..... but at the time I was looking for a fairly high grade

D At the moment the stress in that for you is that, with regard to that would be to have that hanging over you and you haven't cleared it and you can't afford to ..... anymore

F Ya, ya

D Can you describe what that's like for you at the moment, having that hanging over you?

1/1 F **Well its always there,** it won't affect me as much now, I tend to forget about it now but it will come up again before the end of the term and I'll start thinking about it and God I've got to do well in this now, because I can't afford to go down in it, don't want to go down in it.

D What other areas, Fergal, we've touched on home and academic stuff. Outside of that you know, socially what's going on for you, are there any particular demands on you?

18/18 F Well here, I don't go out all that much here. **I go out every weekend at home. I have a good few friends here,** you know the way I see it is that you know, Monday, Tuesday, Wednesday,

Thursday are the only night's I'm here, Sunday, Monday, Tuesday, Wednesday, Thursday, five

11/11 nights and I **go out Thursday night here** and that's Thursday night gone, because I never do anything at home over the weekends, nothing - rarely, you know except I might do something coming up to the exams, so that's another night gone and the chances are if you 're

7/7 going to go out other nights, **Friday morning is going to be out as well.**

D Ya, I was just talking about the social stuff about you were saying that you don't really spend an awful lot of time here, do you have many friends here?

F Ya, a few, I don't know all my class as yet, but I know a few.

D And how do you find you're own mixing

24/24 F I get on OK with them you know, I get on OK, but **money is a bit of a problem** too, like every student has their problems you know

D What's the problem there for you?

F Well I like going out, but, I go out the odd time here, but its expensive to go out

D And would that be a stress for you, the actual money, or I mean lack of money?

24/24 F No not really, **I have enough, if I budget properly** and like I have all my money in an account and I just use it when I want

D How do you feel about your overall ability to cope, I mean do you feel you're able to cope with things right now do you feel you're coping?

F Ya, I'd say I'm coping pretty well. Again, I'll probably be sick later on.

D Yes, well that will be interesting to see, I mean what I'd like to do is to maybe meet you in 5 weeks and then 10 weeks time and it will be interesting to see the difference. Just looking through here, on the academic stuff the highest scoring ones would have to do with failed assignment, would that be a particular stress for you now?

2/2 F No I haven't got any **assignments** to do right now, even so I try to get them done as quickly as possible.

D Right, so in terms of the 8, would that be a reflection of if you didn't complete one or ...?

2/2 F **Asking if I didn't complete one, I'd be very very worried**

D OK, what I'll actually do is give it back to you to actually go through it and grade it on the basis of what is now as opposed to what would be, do you know what I mean, because some of them then may change and that wouldn't in fact grade quite high but in fact you're not under that particular stress right now, OK.

F That's kind of hypothetically, if I hadn't have done.

D Well I was trying to explain that to you the first day and most people would have that difficulty when it comes to filling out these that they would see as being hypothetically, so I've been basically asking people to go back and revise it briefly and on the social side I mean that's probably an on-going one, meeting new people, an average stress and kind of ...

F You know, until you get to know the person in other words.

D What is it about that, that's stressful for you?

14/14 F **Not knowing what the person is like,** I suppose and **not knowing**

if they're going to like you.

D Ya

15/15 F Just as well as that, **its an effort to try and get to know a person,** because people have to put an effort into it to get to know the other person

D And when you say whether they like you or not, I suppose the stressful part of that is that they mightn't like you, OK and you have to put an effort into it. Is that demanding having to put an effort into it?

F No but its you know, its just that you have to try, there's no point in just sitting back and letting him do all the talking ..... and have a friendship that's kind of give and take

D The areas here, contemplating suicide, is that an issue for you at the moment?

F No but, you know you think about it, everybody thinks about it, you know. Its you know, well I don't know how everybody feels, but sometimes you feel, God you know, am I better off here at all, but I never actually seriously, you just think about it and that thing.

ND/ND Well **a friend of mine did actually commit suicide last term,** I went to school with him and I knew him fairly well, you know. I repeated the leaving cert., there was 10 of us repeated it and he was one of them and he was in Cork RTC and he killed himself

D So that kind of brings it closer to home?

F Ya

D So I suppose it is something that's an issue, its there on your mind, I mean its always there someplace.

F You know everytime I go home I see the ********** Its horrible to see him there, especially you know like, he was the last person, you know I've always heard people saying this but its

ND/ND true like, **he was the last person I ever thought would do it,** you know, never, the very last.

D And what is it, I mean is there a stress in it for you now or an impression on you now in terms of the actual thought of suicide?

F No not really, in a way you know, I see it now and I see how it has affected his family, you know I could never do it. I wouldn't have the courage to do it anyway, but you know its selfish I think. I think selfishness comes into my mind when I see how much the family suffered, its devastated his family.

D Right. You say **fear of failure** on the personal side, I mean I know I guess we're talking fear of failure of exams and stuff, what's the stress for you in terms of fear of failure, what is it about that that's stressful for you?

1/1 F **I think I have extremely high expectations** and I don't want .... that's mainly it.

D And where does that come from? How come you have set such high expectations?

24/24 F I suppose one of the things **I want** is **money,** one of them that it, I've always wanted to have enough money, have a nice car and a boat or whatever

D What is it about having these high expectations that stressful for you?

1/1 F **I want to succeed** and things like getting that F didn't help me in any way

D So would I be right in saying that the stressful part of it is that you mightn't achieve what you set out for
F Ya
D And what would happen if you didn't
F If I didn't?
D If you didn't reach your goals?
1/1 F Well **I know I will eventually**
D You'll get there
F **Eventually, you know, I'll get there, I could never be happy unless** you know, I think **I'd have to try** and strife with something, educational qualification, I feel that that's .... **I'd like to have**
1/1 **an educational qualification,** not only for ... but **to have the benefit of an education, that is one of the main reasons to succeed**
4/4 **and I feel it is my form of success,** it will eventually help and **I like this course,** I do like the course.
D So it seems to me that the stress about it is somehow reaching for these goals and the fear of not actually making it and what, I'm just saying is there something about that? I mean I hear you saying you will make it and is there some doubts that maybe you won't?
1/7 F Well with the F I didn't. **I take it one term at a time, its all I can do, its the best I can do.**
D Right fine, you have concern over family members. Is there someone sick or?
F Well my dad's *********
D Health concern, is that ....
42/42 F **Well my father had a kind of a lung problem there over the summer** that helped to kind of make ******** **I was worried about him** over the summer, particularly about the fact that my parents didn't tell me anything.
D Right, we've touched on all the areas, I don't know have you felt from the discussion so far that we've touched on the important things that are going on for you right now and we've got some understanding or?
F Ya I think so, most of it
D Is there anything significantly that we've missed out on?
F I don't think so
D OK, we'll leave it at that.
D Its four weeks ago now since I last talked to you, what's it like at the moment.
2/2 F Week 6, **a bit of pressure** mounting up now
D Right, what's that like?
ND/ND F Its OK, its not too bad, I think in the **summer term** there's a lot of people got a lot to be worried about, exams and stuff, **looking forward to the summer** and everything
D What's the pressure like at the moment for you?
F Well I have a lot of work to do, I have to get through it, a bit of pressure. There was a lot of pressure on me yesterday I was going
5/5 for an **erasmus interview**
D OK
F It went OK anyway
D Did it?
F Ya, you know just a bit more weary than week one, that's all
D So how would you describe it at the moment, what's the stress

for you at the moment?

F I suppose its average stress really, the exams are just on the horizon kind of a way, you see them coming and have to prepare a bit for them. So I think what helps is the fact that you will have

ND/ND holidays afterwards and I think it **keeps the stress down** a bit I feel, its a lifesaver.

D So what would be a particular stress right now for you at the moment, what would be a particular stress?

F Nothing in particular really, just basically the whole knot

D Nothing stands out, nothing specifically stands out? And the whole lot together being the whole academic stuff, or ?

F Ya, the academic stuff, I go home at the weekends so there's no stress there or anything.

D So what is it about the academic stuff that's stressful right now?

1/1 F **Fear of failure,** or going down or anything like that.

D OK. What's that like, at the moment what's that like?

F Well I don't want to fail in anything. It means having to work extra so that you make sure you won't.

D And right now would you be afraid that you might?

1/1 F It would be at the back of my mind, **its always there** like, no matter what or how well you do.

D Is it there as a good thing or a bad thing for you?

1/1 F Well **it motivates me** at the moment, but in a sense you can but especially coming up to the exams it can effect you badly, now it motivates me like I said before.

D So is there anything else that's putting you under pressure right now?

46/46 F I suppose again in the family, **my brother has exams in a couple of weeks,** I'd like to see him getting those.

D And what's the pressure there for you?

F Not really, just a certain amount, I wouldn't like to see him going down or anything like you know, and I like to see him doing well and getting what he wants.

D What's that about, I mean is there something in that, that you feel he mightn't do well or that ...

42/42 F No, **he's a bit of a worrier,** more so than me like, he gets a bit down before exams.

D So what would be your concern for him?

F I would just like to see him getting a good job and be happy with himself, be happy with what he's got, so I'd like to see him well, I suppose as I said to you before my father is setting up his own shop and he's apprehensive about that still and in the end I'd like to see him doing well as well

D How's that at the moment?

F Its OK, its not too bad.

D Did you say you're the eldest are you?

F No, the second eldest

D You're the second eldest?

46/46 F Ya, I suppose with the family, you **worry about their welfare,** you know hoping that everything will be OK

D And can you say, what is it about, what's the worrying like for you, I mean is it .....

F Excessive, no I think its just natural worrying, you know especially at times like this when people are doing exams,

they tend to worry a bit more like but, its not getting me down or anything like, it won't probably effect my work, it won't effect my work.

D Right, so its more of a natural worry as opposed to being a stress, I mean do you find it a stress on you right now?

F No I just think its not to worry.

D Any other concerns at the moment? Stresses there for you?

1/1 F Well again the **erasmus, I feel under pressure to get it,** personally, but I put that on myself, because its something I wanted to do, more so than go on Co-Op or anything, its important for my course. A lot of people would have better standards of **French** than me so **to want to**

9/9 **stay up with the rest of them I have to go,** so that's putting a bit of pressure on me I think. But the interview is done now so there's not much I can do about it,

D Right now there's stress in waiting maybe, when will you find out?

F At the end of the month.

D What's that for? What was the erasmus thing exactly, what does it involve?

F French University for 6 months.

D Over the summer or next September?

F Well for the Co-Op period, you know from Christmas on. I tend to worry about that a bit as well, even if you do get it, **you worry what's it going to be like,** kind of

D What else is going on for you at the moment like?

F Not a lot really, its just getting down to work really, trying to get the work load, catch up and things like that.

D How confident are you?

2/2 F **This term is fairly hard**

D What's your QCA at the moment?

F 24.8. I won't say I'm confident but you know again as I told you Iwent down in the first term, so I don't know what to expect, you know, its, I don't know what to be doing, nobody wants to go down, I'm not expecting to get a 3.5 or anything like that but I just want to be happy.

D So what's your attitude at the moment to the college?

F I'm nearly through the year, I suppose the main thing with attitude is trying to get through first year and kind of then settle in a lot more.

D And do you feel you're coping well at the moment?

F Ya fairly

D Ya, maybe we can pick out maybe a few of these. Being on probation, are you on probation at the moment?

F No

D So that's, or being suspended, so that's if you were suspended,

F Ya

D So this doesn't actually apply as of now, so I'll change that so

F What's that question again?

D Being suspended or placed on probation ... you have an 8

F I would be if I had

D And similarly if you were getting a D or an F on a test

F Well I've got one

D OK and right now that's a lot of pressure for you?

F No but its there all the same, especially coming up to exams

you just think of it a bit more

D What is it about getting the D or F is a stress for you right now?

F Well it means I have to work harder, I can't take a chance, Nobody wants to have two Fs on their cards

D So having one F means that there's pressure on you right now and you can't afford to get another one.

F Fear of being kicked out as well

D OK, and what's that like for you at the moment?

F I just don't want to get another F and I have to drag myself

D Personal pressure to get good grades, I mean do you, are you putting a lot of pressure, is there a lot of pressure coming from yourself to actually do well

F A certain amount yes

D And do you feel you're in control of that yourself

1/1 F Ya, you know **I'll put a lot more pressure on myself in the next couple of weeks**

D What is it about you and the way you're approaching things now that you say you feel you're coping, you're in control. What do you think is making it not a stress or not stress for you. What are you doing right, what's?

F Do you mean what's helping me to cope with my stress?

D Ya

7/7 F Its just **keeping up-to-date** I think, getting, trying to get a bit of revision done, just trying to stay a bit ahead of myself.

D Right and you're attitude to the college in terms of succeeding here and doing, you want to do well

F I mean, I want to finish

D Is there anything else you would add to that for yourself at the moment, you say you have to repeat an assignment, is that a present stress?

F Not of failure, but we have one maybe for next week and its fairly big, its 30%

D OK and will you be afraid that you mightn't get it finished?

13/2 F Well **its a group project so I've done my bit** and **its up to the others**

D And what's that like for you at the moment? What is it about that that's a stress for you right now?

F Its just slightly stressful, because I want, you know I hope, there's 30% involved, I have to get it in and **I'm depending on others to get it in,** if they don't do there part this part's out the window

D Is there a conflict with one of your lecturers at the moment?

F To have it done?

D Ya

F No

D Well there's no hassle with that. Do you mean class presentation, would that be one at the moment?

F To have it done?

D Ya

F I can't even think when I was taking the erasmus course like you know, because, really what I was worried about that was that we were told what we had to do, was speak a certain amount of French

D And completing your research paper?

F In public marketing

D So we haven't gone into an awful lot of stuff this morning, but do you feel that we've covered what its like for you at the moment, or would you, is there anything that you'd like to add to that about what's going on for you at the present? What's happening socially, I mean, do you have lots of friends and stuff, do you mix, do you get on well with people here?

F Ya, I get on fairly well

D Are you involved in clubs or sports or anything?

F I haven't been involved in clubs, I do sports, but mainly at home at the weekends

D Have you made friends here in the college

F Ya

D So you feel you have support, and you go home every weekend?

F I do

D So other things aren't so bad. So I'm happy enough to leave it there if you feel we've covered what's going on.

A Any pressure or any nervousness?
B Well, I had done very bad last term in my exams and I did feel a bit nervous because we need to get over two to
1/1 get out, but **this term I did very well in my exams** and I was very surprised at the result so as of that like at the moment I'm not feeling any pressure there.
A So how well did you do?
B Well I got a 3.
A A ha! so, right!
B I came up from a 1.2 to a 2 so that was decent.
A So in terms of right now there's not much bother
B No, well .... I have a few family problems alright ..... so, I
25/35 **I try to keep that to myself at times** ..... but it's hard at times you know ... study gets to you after a while and **you feel**
25/25 **like you know, pack things in** .... like that's what I was thinking of last term like you know, 'cause **a brother of mine died there last term,** so I was just thinking about that, if the exams this term didn't go well that I'd pack it in, but I was very surprised at the result like, so ....
25/25 A **How long is your brother dead?**
B **Two months**
A Two months
B Next week yeah
A I'd say that was tough
25/25 B **It was... very hard to try and get back down to work again like.**
A And was it an accident?
B Ah he's been, he's handicapped like, you know ..... he had a brain tumour there for years and he'd been sick for a year like
25/25 .... **we knew it was going to happen like and that made it a bit easier like but still ....**
A How are your parents?
25/25 B Em, well **I couldn't get over how well my mother took it** especially like .... 'cause its very hard .... see, the thing is, see .... **we were in an accident years ago** and eh .... I had **another brother** .... he **was killed in that** so this ... **this is the second time like** and em ... she took it very well although I'm amazed, but **I think she's relieved that he's gone before her** like, that we wouldn't know what to do with him when she's gone .... 'cause we knew he wouldn't have a normal life span like anyway, but we were just taking it day by day, as they say, so.
A And, are there many more in your family?
ND/ND B We're a big family yeah, there's **eight children** now left and two girls, so .....
A So you feel that in terms of that your mother and the rest of the family is pretty well over it?
25/25 B Well, **we'll never really be over it** like but eh .... it's just you know I thought like sometimes you get fierce depressed like you know you're there just, you're thinking ... and if things aren't going right for you, you say ah hell like things aren't going right so you'

just decide to just sit there and say what'll I do with myself like .... give it all up and just ...

A So do you think that sometimes?

B Oh, I do , oh I do, a lot of the time,

A A lot of the time

B A lot of the time yeah

ND/25 A And what about, **did you think of committing suicide?**

B Well, **it certainly crossed my mind** but not in a serious sense you know, it did cross my mind I must admit now .... not in the sense that you would go about it like, but it definitely crossed my mind alright.

A I mean its quite hard to ..... follow habits of everybody***

B Yeah

A What's ***

10/10 B Em ..... I just feel like, well I suppose **I feel very lonely** and

25/25 you don't want ... **the last thing I want is to have people trying to cheer me up ... it's just a stage you have to get through like** ... when I was younger as well like you know, I

28/28 had this problem, I don't know what it was, **I had this problem with sleeping** ...I was about what, I was about 12 and em .... I don't know like, it must have been a fear of something anyway because when I used to go to bed at night I just didn't want to go to sleep and that just **got me down** as well for a good number of years .... it might sound stupid like, but it did get me down, like, the thought of when you go to bed at night, not being able to sleep ..... like to one of the questions in the thing there I said I don't have a problem no, I'm after getting over it like but I just put down like I did then. For four or five years I used to dread going to bed at night even though I would be tired like, I used still dread going to bed, so in sense like that I'd get depressed sometimes and eh, you know,

14/14 **others couldn't relate to it at all** and they'd say what the hell is wrong with you like you know, and you don't ...you just ... it a phase you go through I think and you don't want anyone to eh ... I don't want anyone, as I say, feeling sorry, you just want to get through it yourself, you don't ....

A You don't want to show it either?

B The last thing I want to do is show it then

A So you wouldn't show it ....

B No

A And you wouldn't say anything?

B And I wouldn't say anything, no ....

A So is it the same as your brother, I mean, after he died?

42/42 B Well, I em, **I'm sort of relieved now** because em ... when I used to go home every weekend **I used have to drive 60 miles twice a week** like, to see him and eh, **it was hard on the mother** like as well especially, so in that sense, I'm relieved, but the fact

ND/ND that he's gone like, **it's hard** like because he was, ... **he was loved more as a brother and son, than anyone else in the family because it's just a natural thing with a**

handicapped child I think anyway with people.

A And that's the way it was in your family?

B Yeah, it was, and he had this sense that he used to love cattle
and eh, he'd be up at 6 o'clock in the morning and he'd go out and like we were living on a farm and he'd sit out with the cows all morning ... he'd get up on the tractor, he could do nothing as such ...he could speak to you perfectly but he would repeat everything you'd say to him, you know if you told him get out of the way ... you know, he knew you were angry and he'd just play on that like you know, and he'd sit there and wait for you to come over to him, and then he'd run away to get out of the way because he'd know that there was something wrong .... he had a lot of sense in that sense you know but eh ....
you know its just the way like, it was a brain tumour he had .... and at the end, at the end of his life he got fierce, every second word was f'in and blindin' .... he irritated the mother like fierce altogher so we were lucky he was down in that place in Lota in Cork, we were lucky to have a place like that and we used to go down to visit him every week.

A And did you talk to anybody about it since his death?

B No

A So you feel you should just keep it inside you?

25/25 B Well, I talked ..... I talked to him, **I know for a fact that he's not gone** ... he's physically not there, but I always talk ....**I talk to my other brother as well** ... he's been dead 9 or 10 years and that helps me a lot, I feel that that helps me but sometimes when everything is going wrong, if things go wrong, maybe not the school but, things are going wrong at home and ...

43/43 you'd just be there and I'd sit down and **I'd never talk to the mother about** it really like ... I don't know I just feel like well, **we're not that sort of a family,** we're well knitted like we don't go round talking about feelings to each other really like, **I do to one of my brothers** ... the fella next to me, he's the one in Dublin and I'm very close to him ... we're sort of, we always palled around at home, you know, it was a case of there was so many of us there that I had another brother and he used to hang around with another brother, so that's the way it is ..... I talked to him now, after Noel (Noel is his name,

11/11 Noel is dead) and you know, **it takes an awful lot off you when you can talk to someone I must admit** ... to get it off your chest, **but I wouldn't like to talk to a stranger about it** ... that's just the way I am, so ...but like I do talk to him, so that relieves a lot of pressure ... you tend to get depressed you know, so anything goes wrong you say... the depression seems to deepen somehow, you know I don't get depressed too often now but when it does happen like ..

A You're not feeling that way now?

B No, I ... because I suppose the exams went well, even though I

1/ND wouldn't be that worried, I'm the type of person that if exams go bad for me they go bad, it's as simple as that, I wouldn't worry about exams, I'm not like that at all ...

A And how come you went from going down to going up?

4/4 B Em, I ... last term I think I picked the wrong options like and

7/7 em ...this term, last term I did nothing, it's as simple as that, coming back from Co-Op like I was 9 months out of college and we had 6 exams last year and we had only 4, or since Christmas and we had only 4 this term and em, see I like maths and see we had a lot of English and Psychology and see I can't associate with that at all like, I'm not... I am maths orientated that's why I picked the course and the 4 subjects were maths orientated like and that's why I got on so well, 'cause usually a subject like psychology or something like that would bring me down... D like, we were never good at English any of us in school. We were never really taught it, so I was never

41/41 good at English, so that's the main reason the mother would tell me why don't you do Business Studies, you know, everyone around

4/ND is doing Business Studies and eh ...that would be the one reason I didn't go into it like, I think you would need to be good at English to be in Business Studies 'cause you won't get good results otherwise, so that's why I went up like ...

A So things are going well for you now?

ND/ND B Yeah, at the moment, yeah

A How are things at home now?

B They're good, we went up to Lota there, the place for a mass, a month mass, you know, very close to the crowd you see he had the constant care all the time like, he was up there since he was about 10 and like he needs, I won't say it like, he can walk around and do everything, he can eat, he can put on his clothes, he can do all that, but eh, somebody has to look over him... when he was younger he used to run away at times ... it was real scary altogether, he'd run off down the road for miles like, you know, he'd just get this feeling of going off somewhere and he'd just tear off, so, we went up like, we went up to Lota there just before my exams and we had a day out up there and eh,

ND/ND like we're really close now to the crowd that looked after him, so I think in that sense that relieves the mother an awful lot, to know that there was someone caring there all the time like, I think things at home like are coming back to normal now ...

ND/25 we're busy, everybody is busy 'cause its a busy time, the cows calving and all that so they haven't much time to think like, which is probably the best, work is always .....

A That's the way you feel, if you work you ...

B Ah, I worked during Easter now, I worked all the time ... its when you're sitting around doing nothing, that's when it sinks in .... so the more you work the better it

is like ... that's the way I see it anyway ... that's physical work, like, not sitting down studying...

A Does that get to you, sitting down studying?

B Yeah, it does, I tend to drift, I drift very easy like, I reminisce ...I'd be thinking back on things like you know, you know when he was alive and all this ... do you know, you'd be sitting down and if you're not really interested in a subject, like you just sit there and unknown to yourself your mind would be gone off and you wouldn't realize until 20 minutes later, God I'm just after wasting 20 minutes there like and em, I found that an awful lot last term, you know just your mind would go off so more or less I'd only spend, try and spend an hour studying and maybe take three quarters of an hour break and I'd sort of do that through out the day, I'd do 6 or 7 hours of that throughout the day for the last two weeks, that's the way I used do it like.

A I just want to look through here and see what it is you've got big marks on ..... Conflict with my instructors?

16/16 B Well, I've a tendency with you know in class, **if the lecturer asks me something,** you know I just, I don't feel at ease answering him, you know the way he comes down upon me, well I won't say he comes down upon me but I just don't feel at ease if lecturers ask ..... like for instance in a big crowd if he singles me out ... I don't like that at all

A You don't like that?

B No, I don't like that at all.

A What's that feeling like?

16/16 B I don't know ..... **its a feeling of fear** more than anything, I think because the heart starts ..... you know when I'm sitting down talking to a person it's totally different altogether .... its just when a lecturer and the rest of the class are there, they're all looking at you, that sort of thing you know

A What are you afraid of do you think?

B I'm not really sure like, maybe its something that when I was younger like, you know, I just have that tendency, that's why I don't really ask questions in lectures you know, I'd go to him afterwards rather than ask him, well not in our own class now 'cause we've only 29 in our class like so ...
and eh, its my third year in college and I know them pretty well like, but we'll say in first year now if I was at it and we were in with a lot of people I'd never put up my hand to ask a question, you know its just the way I am.

A None of that's bothering you now?

B Not, if I had to do it now, if I was put into a room with about 500 people and I wanted to ask a question, I wouldn't, I'd wait until after the class to ask the question.

A This isn't happening for you now?

B No, no

A But you're fear would be if you ever did, you wouldn't?

B I wouldn't, I know I wouldn't, I'd just rather go up and

ask him afterwards. The problem I might think its a stupid question to ask maybe, that could be one of the things like ... that everyone else would be laughing at the question you asked like ...

A So you would be nervous then?

B Yeah, the nervous

A But you don't have that problem in your class now?

B No, not in the class

A In the social one have death of a friend, I presume that's ...

ND/ND B Well I have the **death of a friend** as well ... he wasn't, he wasn't really as close to me as ..... em, it was **my brother's friend**, but like, **when I was in first year** now that happened, **just before the exams** as well so I got a 1.83 in that like and I didn't tell anyone about it, but it did have a big effect on my exams I know it, like I was on a 2, 2.25 and I went down to a 1.9 and they were asking me ..... and I said eh, just bad exams you know ...

A So whenever something happens that effects you ... what's the ...

19/35 B I don't really know like really ..... **I just don't feel right telling my troubles to someone else** you know, I don't like people feeling sorry for me, I don't like that at all

A What ..... is there a nervousness there?

B Probably again like, there probably is, I can't really pin it

25/25 down like, but **the class** like, you know, they came out to the funeral as well like you know. I'd say they were probably wondering what they would say to me, I know I would like, when I come back into **the class** like you know, but like I went out to a party with them that night and I just told them all I said you know **just behave normally** like don't feel sorry for me .....

A So you're back again, wondering what other people are going to do?

B Yeah

A They're nervous maybe, they don't know what to say to you so you're looking after them

B Yeah, yeah,

A So does that make you nervous then ... you've got to look after other people ... does that cause you stress?

B No, not really, how do you actually mean now, looking after people?

A Well, saying you were thinking of all the people coming out to the funeral, they were wondering what they were going to say to you ...

B Well in that sense yes, but in any other sense it wouldn't, but stress in that sense, that a special case then like, I know for a fact that if I was in the other situation you'd wonder what is the right thing to say to them when they came back like, you know, do you say you're sorry for their troubles or do you say

11/11 anything at all to them? because there was another girl **in our class** and em ... she told me **her brother died** a few years ago as well and it was just before she came

5 weeks and another one in 10 so its just to see like now is the beginning of the year and you'll be in one state and who knows what you'll be in 5 or 6 weeks, you know its just to get a record of how you are all this term from the beginning to end. So is there anything stressing you or making you anxious right now?

B No not a thing at the moment.

A Just sitting here in this room?

B No

ND/ND A No ... **just you're sitting way on the edge of your chair** ...

B Ah well, sitting back like this I just feel I suppose I'm totally relaxed here now as I say **this is the way I normally sit** like

C Do you feel that we've got a sense in talking to you like we've got a sense that all three of us have got a sense what its like for you at the moment?

B Yes I think so yeah?

C There's nothing major we've missed out on there ... we've got some sort of understanding what's meaningful to you ... well my, I'm just interested in two things - one that strikes me about -

28/28 you were saying about the **sleeplessness**, I'm wondering how ... did that coincide with the car crash?

B **I'd say it happened after it** yeah

C I mean that was more than likely related there and you probably had nightmares and stuff that were keeping you awake

********* crash?

ND/ND B **Yeah two years ... I was nearly killed in it.**

C Oh really, because that's pretty major thing to happen in the past.

B When I was probably that young I probably didn't realize it was probably the car crash just as you get older you realize ....

C The other issue is that with the mentally handicapped - my eldest sister-in-law is mentally handicapped and we were only talking recently about (my wife and myself) about what happens when her parents died and all that - her mother is of the same kind of idea as yours, that she'd hope that Mary would die before her to have someone to look after her, but I'm from Cork and I worked for three years in Lota and my wife five years in Lota and so I know there pretty well and all the set up down there, but you're brother's name was Noel, Noel is it?

B Yes

C How long was he in Lota?

B 10 years I'd say ....

C I would have been in Lota roughly 10 years ago... 10, 8

B Well about 9 ... I'm not really sure because he went to Charleville first and so ...like would you know all the faces - they have all different prefabs there ...

C Would I know the different faces, section like you mean ... milds, moderates and stuff ... oh yeah, and I'd know the people there, I'd know who you met, staff wise. Do you remember the people who were looking after him?

B Catherine and Cathy

C Cathy ... the heavy girl ... yeah, she's still there Cathy. I used to manage the workshop ... did he go to the workshop at all?

B Well you see the thing with Noel was that you couldn't get him to do anything you just to look at him you'd think he was normal like you know, you'd never think he was handicapped, that's the way it was and its just that he couldn't keep his mind on anything.

C Sure, he couldn't concentrate ...

B He couldn't concentrate yes

C OK so, I'm just trying to think now back ... I actually met you the first time that Hank met you and then we didn't meet

B We didn't meet last week no

C So I'm just going to go back to what ... what's going on for you at the moment really - rather than go back, I'm not going to go back on what was happening. Right now I'm interested in what are the important things in life for you ...

25/25 B Well since that last time I think they've improved a bit **I seem to be getting over the death now of my brother pretty well** like you know so it doesn't ... the last one I suppose was just feeling down I suppose ... like these days you go through like so - at the moment like its a bit indifferent like with exams coming up now so it'll keep me occupied for a while and ********* study and all that.

C Right - what's that like for you at the moment? Is there pressure there at the moment?

B Not really at the moment like next week on I hope to get a good couple of hours a day like

C What stands out to you as being pressure at the moment?

25/25 B **Well it is the death of the brother I suppose more than anything.**

C Do you want to say what that's like for you at the moment?

25/25 B I don't know its a very hand feeling - **you know you just feel indifferent all the time, you feel like you're walking around with something which was and which you can't get rid of ....**

C **********

25/25 B **It is very painful ... it is like but .... as I say** slowly but surely getting over it .... Still there is like, **there would be stress walking up to the house - its when you're on your own you really start thinking about it** - when you're in company you can deal with it - but its when you're on your own you'd be walking up to the house and just thinking back - see back to the good times as well ... that's like more or less what I've been trying to do now - **thinking more about the good times than bad** because as Hank was saying the last day, he won't want me to be sort of feeling sorry for him when he's dead you know but ... sort of trying to remember him in the good times so that's what I'm trying to do at the moment anyway, so it seems to work a bit so in that case I'm beginning to leave it go a small bit now.

C But you say it still hurts

B Oh it still hurts, all is well its just the way you cope with it

C And at the moment you're coping with it by mainly concentrating on the good times

B Yeah, at the moment more than anything else yeah.

C Can you describe what the feeling is like?

B Well I think it was much nicer I think even though its harder knowing he was going to die, that's the way I feel now - before hand because I'd go home every weekend and we'd make trips out to him like and it was very painful to see like I remember the

25/25 day of the rugby match ... **I'll always remember this now** ... at the rugby match that ... Ireland were playing the first match and I went up that morning and I stayed up there all day and my mother and father went up there in the morning and my brother had another car, Tom, and he went up in the morning with my mother and father and I went up later on so that he could go home and my father could go home like my father would come up

25/25 again that night but **to actually see the change** like in the morning he was unconscious in the morning but he was breathing fairly OK and they were sitting down by his side all day and to

25/25 actually slowly see him go sort of all ... you know **the colour of a dead person** ... a greenish colour to start from the toes and go up along his leg and then the most amazing part was to see one side of his face before he actually died like and ....

C Was that the day he died?

25/25 B That was the day he died yeah and that was afterwards - **its not as bad afterwards if someone was in a crash** ... I had another brother now and he died in a crash like and even though I was young at that stage - I was only 8 at the time like or I was 11

25/25 and I didn't , **I couldn't really cope with it,** I didn't really think of it as such, if just thought like where is he and all this. **Its just when you're older it seems to hit you more actually but I'm glad in a way that we were prepared and especially for my parents because they lost a second child** ..... **********

That day was hard alright, I'm glad in a way its easier to get over once you knew but like to actually see ... I'd go up every weekend and to actually see the change in him every weekend was very hand. I came back from America in September and I used to go up to see him every weekend and until Christmas he was running around the place. He came home for Christmas and he was gettinghard to handle so we were thinking of whether to leave him at home or else take him back up and we decided to take him back up 'cause the mother wasn't going to be able to handle him at all because it wasn't really him it was the tumour in his brain that was doing everything like - he was cursing all the time ... he was not his usual self ... the crowd above like ********** He'd have an impression there that no one would be able to take away - he was the man of the place sort of like, he was always cheerful like no matter - he was never down in the dumps,

that's the way he was, just the way he was - he loved animals and like that's all he wanted like was animals so like to hear something like that was very comforting to know that he really was .... if you ask me his first family nearly was above there - he got so used to the place and made such an impact up there, but I'm still glad we sort of knew it and it wasn't sudden ..... so in that way we knew it was coming, but its still hard to accept it when it happens, like you know ...
The thing I was worried mainly about was how the parents .....

C How's that now? What's it like at home at the moment?

B Its grand at home now like. I think the mother is delighted in a way - before she goes like she knows he's gone to heaven like so - that was her main worry what would happen to him like ....

C Do you talk a lot about it ... I mean do ye talk .....

43/43 B Well **we talk usually** like you say to yourself well not so much now, **its just starting now** maybe like you know ... we'd have no hesitation in saying - oh Noel did this and that, you know before at the very start like you'd be very hesitant to say ..... you know he's gone now and should I say this like we made out two pictures ... we have a nice case now with two pictures in it of the two brothers and we talk openly about it and like we'll say - oh that's Noels but you know even the brothers, the younger brother .....

C Ye don't hide it?

43/43 B Oh **we don't hide it** - which I think is a good thing anyway - like I **tended to do that with my other brother** because it was such a sudden thing that I couldn't associate with it at all like .... if I was older I'd say that would have been much harder - and I was thankful that I was that young.

C How does it affect you now in a sense of, I mean yes, you seem to be you're gradually going through coming to terms with it I suppose, does it affect you in the sense, does it keep you awake at night ... and keep you away from your study for example or .....

B Well last term now ... I don't ... the one thing that kept me going last term was I said I'd prove to the mother because she asked me ... she said I know it'll be hard now so ..... it does alright because I tend to lets say, after an hour's work I tend to dream off about something - I was telling this to Hank too that you suddenly realize that after 20 minutes - sometimes I'd be dreaming away for 20 minutes and then an hour and suddenly come back to reality and you might just start bursting laughing at something that happened and that I reckoned was a good 'ol laugh, so in that sense like it takes away - not too much - like when I really do want to get something done I get it done ... in that sense it doesn't really.

C And does it affect you in any other way, does it affect your sleeping or eating or ....

B Well not now but actually, the other brother's death did a lot ... I found it first year and second year at school

I found it 3 o'clock and 4 o'clock in the morning and I didn't really know what the problem was but there's a good chance that that had something to do with it ... just couldn't associate it with it and if there was a problem, I couldn't sleep at all after it - it was after the car accident actually it started so I'd say it had a lot to do with that but I just didn't realize then like .....

C That's right .... when you mentioned this to me the first time and that it more than likely was in relation to it ..... are there other things at the moment that stand out for you of concern right now?

B Not really no, I don't think. There's nothing really inside here I don't let books or anything like that get to me no matter

1/1 what, **if I fail, I fail,** it means nothing ... well, it does mean something to me not like I know other people like they go black and blue after an exam if they know they failed. If I fail, I fail its as simple as that - it doesn't worry me at all. **If I get my degree I get it,** if I don't I don't, that the way I look at it, I'm not too upset about books really but I'd still do what I can ... I do my best. It isn't a case of just sit down and do nothing - other than that I don't think I have ... I don't really have any other problems. I don't have stress in anything else as in enough to go out jogging and all that and that's great to actually get it off you more than anything else so.....

C And while you're up here do you have friends, do you actually talk to any of your friends here about Noel?

B No I'd never do that ..... I don't know what it is ... it seems to run a bit in the family but I don't like sharing problems like that ... I talk to, I have a younger brother now that I get on with that does, well he's next in line to me, he's up in Dublin in UCD now and I talk to him ... straight after the funeral now we talked about the good times in the past and we

11/11 just talked about it .... and it was good but **I don't think anybody here** ... I suppose I'm wrong but any of my friends like **could associate with it unless** ..... this might be a bad thing to say but unless **they had a handicapped child and he died** as well like ... **I don't think** you can really ... they as they can say, they can comfort you, but its different ... so I don't feel its right to be going on and telling someone like you know, well

11/11 to talk to someone about it, I do ..... **there's a friend of mine alright, he's in the same house as me, he helped me a lot** ... I missed a week or two during the funeral and I was debating whether to go back and do an exam, but he helped me through that, we had a project to do and he did it all for me so, and he never really knew the brother but he went to the funeral and you see no one even, no one in secondary school like .... since Noel was down in Cork, no one really knew him like, so I didn't feel it was right to start talking to anyone about it. I suppose it might have been wrong but I just don't ...

C I was just wondering while you're up here .... being so aware about him and you don't really share it with anyone here?

B No, I don't actually ... I suppose it could be the worst thing for me but its just .....

C I mean you were just saying and you know ....

B It isn't that its really killing me inside you know, it was before, but I am beginning to cope with it and ...

C You just have memories?

B Yeah, memories ... it isn't really taking over me altogether like ... its just I wouldn't really feel comfortable talking to other people about him anyway.

ND/ND C How have you felt talking to us here?

B Well I felt that was great - I enjoyed every bit of it.

C Good

B I think that's different though, especially when you've been down in Lota as well like you know.

C Its a pity I wasn't there for Noel but when you talk to me about it, it all comes back .... what it was like ... OK well lets just see from here what things are here .....
Conflict with lecturers ... is that an issue at the moment - do you still have hassle there?

B Well I sort of .... that was before, this is last term actually, maybe I shouldn't have put it in there but it still sticks in me

34/34 that I was accused of cogging inside in the exam and what happened was , I was ... I had to go down to xxx xxxxxx like, the whole lot and he was going to throw me out for the year, only for my supervisor ... but what happened like was I had notes, I was reading notes and I went down and I threw them into my pocket you know and I knew I'd be taking off my coat and I just threw them in my pocket because I had spent about two hours writing them out and I wasn't going throwing them away and of course one or two of them fell in, I had the calculator inside with it and I know your man thought this was very suspicious but I had no intention of cogging at all like and your man said ...

34/34 I pulled out the calculator in the middle of the exam and I working away as like the note and it happens was staring me in the face and I didn't even see it 'cause I was doing my question away like and your one comes up to me and says "Excuse me there's a note on your desk there" and I goes what and I look around and the next thing I saw this and I was dumbfounded, I said "where did that come from" first and I realized , oh that's

34/34 where it probably came from and I knew well she had to do her duties and she wouldn't believe me and I went up to the lecturer afterwards and he said there was nothing he could do about it so it had to go through the committee and it was only for my supervisor or my advisor that actually kept me in.

C What's his name?

B Mr. **********
So he had good faith in me, but I'd say I couldn't but and I talking to him then as well I suppose I knew you

had to have a strict policy with it like especially like I didn't, I had no intention of cogging at all like and I knew actually as it happened, I got, I never even used the paper like and I got a B in my exam, but
****
so I have to repeat it...

C Oh really?

34/34 B Yeah, **I was really sour at your man** anyway you know and I thought, you see, I couldn't - no xxx xxxxxx - no **he had to do what he had to do** like still he didn't see my point at all like, he thought it was just a straight cog like and the **supervisor**

17/17 **stood up for me and he said he knows me and I never pulled out a cog in my life in an exam** so.....

C When do you have to repeat that now?

B Its next week actually ... statistics, I shouldn't have any problems so I'll get that out of the way .....
I suppose I shouldn't really have put it in 'cause its before like but it still niggles me like.
Another thing too, that I have down there is I probably said this in the first time as well, that actually made to stand up in the middle of a lecture, maybe talking or being asked questions like that's one thing I can't stand in lectures either like.

C You mean class presentation? What's that about?

B I don't know

C Of being called in a class?

B I wouldn't like that now at all .....

C What's the pressure in that for you?

B I just feel you know my heart stops beating, even if a fella just calls down there, he just calls me and I go "what?", you know like this and my heart would start thumping a small bit - I don't know what it is like ... its just in me and once I start talking at all then I'm grand, but the actual initial thing that he just called you like you know.....

C What is it ... what's the pressure in that for you, the pressure or the stress of being called on?

B I don't know ...I couldn't really explain it because it must be in there, maybe something happened when I was way younger that ..... maybe when I was in school the teacher might have done something to me because its one thing I've always noticed that if I was called on in class I get fierce tense .....

C And is that what the stress is about, getting tense?

B Yeah, that I'm going to get tense about it ...

C And you don't know what the tension is about?

B Yeah and like if I was making a presentation now, if I didn't have it well rehearsed, if I had it well rehearsed I'd have no problem - if I had it only half, I'd go totally jumbled with my words, if I was making a presentation in front of someone - I'm just not that easy in front ....

C Well lets just look at it - what is it about being called on in class that's difficult for you?

16/16 B I suppose more than anything, to say something, you might **be made a fool of in front of the class**, that's probably

a lot to do with it like, even though , even if you were only giving an answer like it would probably be different but that's probably the main reason you know, being made a fool of in front of the class like

C That would be your fear?

B That's it more than anything - fear.

C There's stuff there about well there's a number of them - concern about physical health - so what's your concern there?

33/33 B I don't know, **I just always tend to always look after myself, I'm always conscious of picking up a cold,** whatever it is as well like **********

C And is that a pressure for you - are you very concerned?

B I won't say its a pressure but it is a concern.

C What would be the fear?

33/33 B Well you see, I ... it maybe one reason that I very rarely get sick, but **when I get sick I get an awful dose of it** you know, I really get an awful dose of it ....

C So you dread that?

B I dread going through a week of that more than anything. Its just that I don't go round pure health conscious altogether like, eating this, that and the other. I'm not like that at all, its just the actual fear of you know inside the kitchen if I saw something on the ground or anything like that well especially now , when we had a young fells there in the house for a while

46/46 and **I'd always clean up the floor in case he'd go away eating** - that would be my concern for him now more than myself that I'd always keep the floor clean like in case he'd pick up something bad like.

C Such as?

B Well do you know one day he was going to pick up glass and put it in his mouth - we'd broken a glass and - so I suppose I wouldn't be really able to explain it?

C And have you had some bad experience in the past?

ND/ND B Well .... **I got an awful dose of jaundice when I was younger,** I always remember that - I had that for ages - and then sure I was **in a car crash** and I was **patching up from that after two years,** so that really .... I'd be very wary how, well even I play a lot of rugby but I would be wary of some things too, maybe not on

26/26 the rugby field but walking around like I'd be **very wary walking up against a fella** you know you see **some fellas walking down the street** and they just walk along and I **always step out of the way of some fella walking** ... I don't know

C What might happen ... or?

36/33 B Well the **doctors have always told me I shouldn't play rugby at all** like but **its just that I've a keen interest in it** 'cause of my shoulder like .....
***I do this side alright ...I might walk, but I always take this shoulder I suppose, more than anything ... my left **shoulder**

33/33 like, if anything ever happened it again like 'cause I was told ... **that's probably why I'm being very protective of it** like.

C **Is that the fear of personal harm is, that what that is**

as well?

ND/26 B Yeah, like **in my younger days** too - these two small little fellas, I used to do a lot of racing when I was **younger** and **these two fellas** came up and they **started fighting with me** like, **they were two knackers** we'll say, and I was about 7 or 8 at the

26/26 time and that was that - **fear of physical - that still comes on me now,** if two fellas come up to me again **I'll always remember that** like you know - Just as I'd go about defending myself now I said this to Hank now as well, that that was the main one in that - the car crash added to that as well but the main thing was definitely those two boys who came up to me and something like that never happened me before and happened me so young like you know.

C Did you get a thumping or ...?

26/26 B Oh yeah .... well **it wasn't bad like, it was only they boxed me** around a bit, I'd always you know, even if you know, walking along the street and a traveler or something you know, the old fag and all this .... my first reaction is you know better watch myself here now like you know - you're prepared for something and you know I'd always think of that .....

C OK, so what's that like for you now - what's the pressure in that for you at the moment?

B That - fear, definite fear of probably - in the rugby field you know if an old scuffle turned out, I wouldn't be - the only time, if a young fella hit me first, I wouldn't go away and

26/26 start it first like you know, **that'll always come to me in the rugby field as well like** - you've always these toughs in the middle of a match - so its a definite fear from a younger age.

C Right - A change in personal habits? Sleeping? At the moment what's .....?

B Well, like, I suppose maybe I should have changed that one a bit but, its , I won't say deep, its a mild dose of depression going in and out between it like you know ....

C ********** at the moment would you see going in and out of it **********???

B Its just that today now I suppose I can only see that as around 6ish like

C What's that about? Is it a depression to do with Noel?

B Its just that I'm walking around on my own. Its just I can't seem to get it out of my head - more than anything but it isn't total depression in that sense - its not completely that I'm totally down, as I say, I'll always remember the good parts still you know - a lot of it is to do with you know he was only 18 too, like you know he didn't even .....

C Its more grief ... its a grieving ..

B Its a grieving yeah.

C That's natural - its not that long ago. It goes through a normal process and you've got to go through it I guess and its not easy.

B But like, I was there too and I was 13 or 14, I used to get fierce depressed - you wouldn't blame me because I

couldn't sleep at night.

C You got depressed because you couldn't sleep?

B I got depressed - I was thinking about it everyday. I used dread going to bed everynight because I knew I ..... I got myself so muddled up that no matter - I'd be tired everyday and I'd be yawning like in class inside in school and I'd nearly be falling asleep during the day in school, yet I had a fear of going to bed at night and it wasn't a fear of darkness or anything like it was just a fear that I knew I was trying to put myself to sleep and it wasn't working at all.

C And a lot of that - it seems a lot of that probably came from the car accident and repercussions and you never got any kind of - nobody ever sat down and kind of worked this out with you or talked with you about it?

ND/ND B And like, as I say then I was - **I never even thought it was the car crash until I was about 16 when I actually got over it** - ****** 2 or 3 years I looked back at it then and I said .....

****

ND/ND B **At the moment I'm a bit down in the dumps** ... I don't know, maybe its a phase I'm going through, I just, looking out there

1/1 now this morning - its well, I suppose **these set of exams now are going to be pretty tough so,.....** and **I'm only scraping through at the moment** so ...

A What's stressing you - the fact that you've got all these exams?

7/7 B Yeah and study and everything you know - **study gets to me after a while** - I spend every moment at it like.

A Are you being effective?

B Monday and Tuesday now I was - but today I haven't done a stroke I'd

B Yes

A And what's that like?

B You get fierce, well you get a bit excited but in the wrong way you know - for the wrong reasons.

A So you feel excited and whats that like - the excitement?

B Funny feeling .... I suppose I'm a bit cheesed off of things as well ... and that excitement is about and it isn't alone the

25/25 exams like you know - **my brother thing now still, getting over that** as well and ... I don't know really how to describe it, its very hard to .....

A Well you say its excitement, is it anything like excitement you feel when you're going out to play a match or ...?

7/7 B No, its just **you feel you have to get something done and you're not getting it done so you get pissed off and** things and that's what happens and you feel **what's it all for at the end of the day if you do all this study and you don't pull through.**

A What's that like ..... you may not pull through?

B A fear I suppose ...

A What are you afraid of do you think?

B I'd be afraid if I didn't get over the year like ... I wouldn't

1/1 repeat anyway so ... that would be college gone down the tubes like so ....

A And what's that for you? Not going to college or not finishing college?

1/1 B Well especially the fear of not succeeding mainly, but after doing three years of college not to go away and get your degree after it.

A What's your grade average?

B 2 - 2.1.6 ..... grade average is I'd say Cs - just about Cs, that's incorporating a couple of Ds and Bs - so its just barely on the limit.

A How barely on the limit is it?

B Well you have to be about 2 to go down and I'm only 2.1.6 so - there isn't much of a difference in that

A What ********** have you failed something?

B I've failed a couple of subjects ..... failing to me .... it doesn't depress me or nothing
****

A You take them over again?

B I've taken one, there's one of them I can't take because your man left for the year, took a year's leave of absence, so I have to carry that failing until next year.

A Is there any real chance that they'll tell you to stay home?

B You mean parents or the crowd here?

A The crowd here

B I wouldn't say so no - if I was on about 1.8 because I'd say with the death of the brother last year they might take that into consideration like ... well I'd be hoping if it did happen like that they'd see that.

A Is there any chance of it happening? How many modules do you have?

B I have five modules but I have one 30 weight - its a big huge

1/1 subject and I don't like it at all, so when I don't like subjects I don't tend to do well at it and its worth 2 grades - its 2 from Christmas onwards

A So you're getting marks for 2 subjects?

B So if you get 2 Ds, its 2 Ds or if you get 2 fails its 2 fails, or 2 As its 2 As

A Have you taken an exam in it already?

B No

A A project

3/3 B No its all .... he's given us piles of handouts - its just very hard to understand it mainly.

A What I'm trying to get at - have you done anything that he can evaluate you on?

B Before the exams were out?

A Yes

B No, not a thing. So its all in the exam

A Have you seen previous exams?

B Yes

A How were they?

B They were hard like but I suppose I could work .... I wouldn't have a clue at the moment but maybe over the weekend I might try and get something done on it - just look at the exam papers I suppose is the main thing - its

just that there's such big weights on it.

A Well lets have a quick look at this ********** completing a research paper .... does that bother you right now?

B Well it was .... I had a paper to do ....

A When did you have the paper?

2/2 B Stats paper ... I just have it finished now, its supposed to be up for next Tuesday

A So you're still quite stressed about that?

B Well I was stressed we'll say doing it. I have it finished now like

A How's that for you?

2/2 B Its a relief to have it finished like still to get the grade in it .... I'm anxious we'll say

A You're a bit nervous about the grade. And how's that?

B Well I suppose its the fear of not doing well, really but .... the fear of the worst

A OK so there's the key - you tend to fear the worst? But whats that like going around with something like that?

B I suppose ... it would always be in the back of your mind and it would keep you down - if you fail something you'd be down ..... you'd be depressed a bit ... not depressed as in major depression but just you failed a subject and that you've got to deal with the subject that you'd be depressed about and you carry that around and it takes a while to get over it I suppose.

A What's this having to carry it around with you - what's that like?

B Well we'll say if you did fail a subject - it drags everything else down so it causes all the other subjects to be down graded because of that and I suppose you don't feel ..... you feel a bit dejected I suppose - especially if you did something, if you'd studied for it but the questions didn't come up that you'd done.

A So the fear of failing and its dragging on??

B Well I don't mean it drags on ... until you start into another term again you know just the need to know how all your friends got on - if they all pass and you failed. You'd wonder what did I do that they didn't do like?

A And what's that like .... wondering what you did?

B Before you actually get the results even though you might look in the actual down side beforehand when you actually get the results you say .... I surely got a C like you know - so if you did actually fail it ..... God you know the hopes would really be gone down

A So you'd loose hope?

B You'd loose hope

A What's that like?

B You don't have much hope really like ... I'm not that type well I'm usually not that type of person even though I'd fail exams ... the way I treat this is just the actual immediate reaction afterwards is just dejection ..... major browned off of things like that you didn't do well but then straight after that one or two weeks I wouldn't even be thinking about exams or how I got on and if people asked did you fail it, I'd say yes .... so it wouldn't have a long effect on me at all.

25/25 A You have here under social .... just the **death of a friend.** Has a friend died recently? Was it your brother?

B **I had a friend as well** - well that would have been last year, but I knew him pretty well.

A And what's that like for you - is it any different from your brother?

B Yes. I just knew him you know - he wasn't very very close but ... its a loss and you just wondered what would it be like and

25/25 what would he be doing now and all this - **its just a piece gone out of you, but not in the sense of a family** .... its different in that sense. You feel like ... the loss of a friend, that's the way I treat it now, the loss of a friend, I wouldn't be dejected or depressed or anything over it just thinking back on the things we did and all that.

A And you have here again the same thing about so nervous things being stolen. We went through that the last time like you're on edge when you see people? And what's that like?

B Well there's definite fears about all this as I said. when I was younger I met these two fellas ... well I won't say they beat me up, but they tried to and its just when it happens, when you're that young, you wouldn't be able to cope with-it, you're not used to it so just go on as you are, it'll just stay with you all the time no matter what.

A And that's like now when you see the people coming towards you get a bit tense?

B Tense, nervous, yeah.

A And whats that like?

B Well you feel very uneasy - well I suppose its fear, but it isn't fear in a sense that you would feel he's going to pull a knife on you ... you'd just be very aware of what he's going to do ... is he going to say hello to you or is he going to hit you across the head?

A And what's that like, walking around feeling that?

B You seem to be very self conscious all the time ...

A So that's how you are ********** Now what's that like being self-conscious?

B Well I suppose its been maybe stressful as well that .... when you're walking around you can't relax and walk around ... you're just uneasy - well its not that I'm really very uneasy ... I'd just be looking around if I was walking anywhere in case anything did crop up like

A **********

B Like if anyone - probably more outgoing I suppose

A Do you ever see yourself in a non-wary situation?

15/ND B **Well if I was probably socializing with friends down in a pub or something like that, I'd be totally different.**

A So that's easy?

B That's easy yeah

A When you're at ...

B Yeah ********** its anxiety not fear I suppose?

A And what's that anxiety like?

B Like when you're, if you're ever walking around the place

and
26/26 you saw like if I saw something in the distance - if I saw some fella robbing someone's purse I'd nearly walk away and say that I didn't see it like - I don't know would I really do it in reality but that's ...
A That's whats going on
B Yeah
A So you obviously **********
B Exactly
A That's in your head?
15/ND B Or if there was a knock on the door and if I didn't know the people and if I thought that they were only there to sell carpets or something like that, I wouldn't go to the door ... I let them go away, where as other people would go to the door and tell them to go and shove it or else buy the carpets off them but I'd just leave them there and let them go away
A How does that feel?
26/26 B That's a very odd feeling - I feel stupid like but I can't seem to help it
A You're almost like frozen
B Yes
A Is it like that?
26/26 B Well I wouldn't exactly say frozen but you know you want to go out and say something but your mind is just telling you sit there, don't move, they'll go away, they'll go away like ... might be a slight distinction of fear there too ....
A So you just sit there and your mind ..... ******** stay here, stay here..... and what's that like, feeling foolish, fear, anything else?
B Well stupid is probably the biggest one there at the moment - why the hell I'm doing this like?
A And it goes back to that incident when you were a kid? You haven't been able to bury that one?
B No I haven't
A Have you seen the fella around?
B How do you mean?
A When you were young ... did he still go around?
B No I haven't seen him no
A How long ago since you've seen him?
B Oh what .... about 10 years ago
A Is he still around?
B Oh he's still around there
A How do you not see him
B Well he lives about three miles away from him so well more, but its just I'd hardly recognize him now just that I recognized him then
A I'm just wondering how you can put this thing to rest for yourself - any ideas?
26/26 B I suppose go and confront him - but, I probably wouldn't take that option
A Have you even tried to see what he looks like?
B No, I haven't really thought of it in that sense ... I will say I sort of buried it but you just get this fear if someone comes up to you like you know
A So its still there?

B Oh its still there yeah

A I guess what I'm trying to get you to look at is how can you just bury the thing - get rid of it .... I mean I presume ... you are how old?

B 20

A And how old were you then?

B 8

A And he was what?

B 10

A 8 - 10 ... its a big difference in size .... He may not have grown more than an inch since then, but you don't know do you - he might be 5' 1". You're still seeing him as that big guy who was going to beat you up and everybody who comes along you keep ... in some way, he's part of the guy knocking on the door selling carpets and you know .... How could you deal with him? OK you don't want to go and confront him but would you go and have a look at him?

B No I haven't really thought of it in that sense.

ND/ND A Do you think its worth it?

B **No I don't to be honest with you**, no

A So you'd rather just go around being afraid?

B Well its like this now, if someone ... I feel that if someone went at me I wouldn't hesitate to defend myself

A Yes, but I hear you saying you're in your house and the door rings and you look out and there's the guy with a van and instead of going out and saying no I don't want any, you sit there and you're foolish, you're stupid ... that's what you said ... and is that the way you want to be?

B No

A Well, I'm just saying how can you stop yourself from being that way? How can you relieve this tension? What can you do with it and I'm wondering maybe by looking at the guy and realizing maybe that he's not as big as he was ..... I don't know, I mean I'm trying to get you to say well why am I doing this?

B Well that would be the only solution I would say

A I mean you could actually go and take a look and maybe then you'd find that he isn't worth talking about but right now you don't even know what he looks like....

B That's true

A He may not even recognize you? ..... Then again he might be 6' 8" ********** ha ha ha ... I don't know ... all I'm saying at least you know this way of being .... its tense, foolish, anxious, you know that - you don't know what he's like ..... you know, check it out - it could be much worse - but what's the worst thing that could happen if you just saw him?

B Nothing .. its just I've never really thought of it that way really to be honest with you - only that you mentioned it now - I always knew I sort of had this fear like, but I never really

26/26 thought of it going away back to then like you know, so, **'cause in National school I used to get into a couple of fights and I was always well able to take care of myself 'cause I knew the guys** then and I know them, it seems to

be different.

A And you might have lost once in a while? Did it bother you? Anyway its just a thought ... you see the thing about getting to be 20, whatever, you know ... Do you want to be running around with something that's bothering you all the time?

B No definitely not.

A Its part of growing up ... how are you going to deal with it? So you mention again like the brother - you haven't got much time, maybe just a minute or two. Is that still ....

B I'm beginning to actually you know, beginning to accept it I suppose - accept it in my own view that well he's gone, but he's not gone.

A How is that?

B Well 'cause its a funny feeling, but its a good feeling, I believe him to be around

A Its a good feeling?

25/25 B Yeah, its a good feeling - it can be, **if you meet a bad day and it just all comes in one and you say why did God do this to me,** why did he pick me and you have those days that you go through.

A So what do you get out of blaming God?

B I suppose **its someone to put the blame on** - you know, putting the blame on someone else for what happened.

A Have you talked to your mother?

43/43 B I did try to talk to **my mother** but I didn't think it was the opportune time and I sort of backed down. We were beginning to talk about it and the younger brothers and sisters came in so I

43/43 left it alone, but **I'm definitely going to talk to her.**

A It sounds like its not as stressful as it was ... the first time you came in ...

B I am coping with it like

A OK so what's bothering you most now?

B The exams are the most stressful at the moment

A And how would you see your stress now compared to when you came in the first time?

B Well the first time I came it had nothing to do with ... the day I came in it was a bad day and the brother ... it was on the mind a lot 'cause I wasn't thinking about exams and I was just after getting my results as well and in that sense it was totally different the feeling now and the feeling back then

A Do you feel you have more stress now?

B I've more stress for the exams but probably less stress and depression than the first time I came in.

A Overall you feel less stressful

B Yeah

A Do you have any idea how that might have happened?

B Coming here I'd say is a lot of it and talking about it.

A I mean ... I'd like you to make your own connections ... I know when you first came in you were talking you don't really say anything to anyone ... its not a good idea and maybe it is a good idea .. I don't know?

B Well I think people like ye would probably understand it better then good friends, they don't ..... especially

when you have a handicapped brother ... I think anyway .... unless people have them in their own family that they can fully appreciate or that

ND/ND **they're not a labour, they're actually a God's gift to have them in your family** ... a lot of people don't realism that and they think they're a hindrance ... but they're actually God's gift in a family

A That's the way it was with your family?

B Yeah, definitely

A OK - well you've got one of the best resources in the world for talking to - your mother ..... I mean if there's anyone who understands what you understand - its her

B Definitely

A And she's not that far away

B Its true - I'll definitely have a talk with her now ... I'll talk after the exams, when the exams are over ... pick a good evening to have a talk with her

A Well even making the decision to do it, I would feel relaxes you a bit

B sure Definitely

A Knowing that you're going to do it!

IAN

Interview 1

D What exactly your experience here at the moment?

X Well, I suppose the first one is, um, and I was telling you the other day, you don't even now yourself yet, Hank, but am, 'bout the parents

ND/43 the parents and their situation, that's a major factor at the moment. Well the pressure there is, they're in the middle of splitting up. Nothing official has happened yet. I was on the phone last might to

ND/ND the mother and she said that he went to see some psychologist, some psychiatrist, and again, yesterday or the day before which is kind of a step forward but I'm very cynical and very skeptical about, you

43/43 know whether, towards reconciliation between the two of them, it's been going on for 27 years like, their problems since day one, so, that's a major factor, I mean, I would personally prefer to see him

42/42 gone, you know. Give the woman a bit of a chance to get on with the rest of her life, she's only 45, she's a lot more living left to do. And am, its not that I particularly hate him or anything, and I didn't but its just, am, I don't believe the two of them, can be

42/42 happy together, I think they'd be a lot happier apart, each, it's just a personal opinion but I, I've seen it going on for so long, I think that's the way it should be.

D What's happening for you there?

1/1 X Well, for me like, I'm trying to get a degree which is a major thing in itself, I mean there's a lot of pressure in that on its own. The

43/43 fact that I get along very well with my mother, we get on extremely well, and we're kind of confidants for each other and that might be a little bit of a burden. I never really thought of it in that sort of way, like you know.

43/43 A major stressful part of it is coming home each weekend and not knowing what sort of a mood my father is going to be in. You know, you walk in the door he could be all smiling and friendly, whereas he could be in the middle of a tantrum you never know. That's a big

43/43 part, one of the reasons why last term I didn't go home very often and this term I intended doing the same thing 'cause I feel the more

43/43 I stay out of home and out of the situation, the less it plays on my mind.

D So right now?

X I'm worrying about, about the factor that he did go to this doctor, to get it sorted out, because there have been, its like the boy who

ND/ND cried 'wolf' tome, an he's gone for help a few times over the last couple of years, each time, you know, like, there's 3 or 4 weeks when everything is hunky-dory, you know, the perfect family bliss, when all of a sudden, bash.

D What's your worry?

43/43 X That the mother is going to give it another go and get hurt deeper.

42/42 It's my main worry, I suppose. The fact that, somebody I love is, you know, at the receiving end of a lot of pressure, a lot of hassle and will be hurt, and therefore as well, would affect us, the children in the family. My sister is 17, she's in college as well,

42/42 it's going to affect her study, my brother he's working, so maybe he's okay, he's more away from the situation than the rest of us

46/46 are, but it's obviously going to affect him in University as well.

It's going to affect me, I think I'll be happier, I'm wanting to see

43/43 the situation resolved but, in my opinion the only resolution can be if he goes, if he leaves, which I don't think is going to happen because he's worried about, you know, no place to go. He's been

ND/ND threatening it for years and finally when the opportunity has been put before him, he kind of backs off.

D Leading from that?

X The study situation, because of what happened to me last term, it

2/2 means I have extra exams to get through this term, it isn't a major factor because I'm, I realize I have to do them and the lecturers

17/17 aren't putting pressure on me, one lecturer said, just write the essay, hand it up when you want during the term, which is great, or

2/2 the other one is a repeat exam in economics in Week 6 so, it's not a lot of stress but at the same time there is, it is still there, and have all the course work for this term as well to go through.

D What's the stress?

2/2 X The fact that I have extra work, which, it would have been better to get it out of the way last term, but that can't be because it's the way things went.

D Do you feel you can cope with it?

X I reckon so, yea. The last couple days have been like one big party, I had my 21st yesterday, so we're going around enjoying ourselves for

7/7 the last wee, so it's about now is the right time to get back down to reality, back into doing something. When I had that fit, or whatever

ND/ND you call it last year, I attributed it mostly to college. Just the workload I had and the way I was handling it, but I reckon that

2/2 somewhere along the line, there must be something, what's happening

42/42 at home must have something to do with it. I suppose the fact that you have a worry in the back of your brain means that the study you do a less constructive, you know, this thing is there all the time.

D You're worried about Mum and you don't want an extra worry about her and study?

X Yea that could be part of a lot of the pressure I put on myself for

1/1 study, It's just the way I do it, I physically can't hand up what I think is a bad essay, it has to be to my satisfaction, or else I won't hand it up, like. So maybe I'm putting too much pressure on myself. I'm not a total perfectionists but it needs to be done to the best of my ability, if the best of my ability is a D>, then, fair enough, it's my standard, good. That's the way it is. You were

ND/43 asking me there about the interaction between the college and home. Their not two separate kind of watertight compartments. So of course they're going to effect each other, so one kind of drift into the other all the time. I know a lot of people in the college have a lot of stress down on top of them, but it always seems the same to you, the problems you are having seem the most important problems at the time. We'll say, someone out there, their parents might have a perfect marriage and they have a problem with a boyfriend or a girlfriend or whatever and then they have their problems of study as

7/7 well, so what my aim would be, like is just to try and make them, to separate them, here is study and here is the home situation, you know. So therefore I can concentrate just on my study and just on college until I go home on the weekend. That's what I want to be able to do. What I didn't realise last term that you can't keep them totally separate, of course they are going to effect each other.

About my father, as I say, I didn't hate him. He's, in himself, if he was with another woman, maybe a different person, he'd be a very nice man you know, but that's the way it is. I mean he's very popular man in town. He's got a high profile being a guard, whatever, and he does get on well with a lot of people, so it's
ND/43 obvious that it's not that he is intrinsically kind of a horrible person, it's just that himself and the mother don't click. They never have, it's a silly thing that they got married in the first place. She was 19 he was 24. It was too young in my opinion, but then again that's the way it was doe back then, so.

D Failure to complete and assignment?

X It's something that's always there. If I have something to hand up in Week 3, well, then I know that, it's stress in the sort of way that, is there such a thing as 'productive stress'?. Yeah, it gets me working, stimulate you, gets me into starting to research and work at a project. Well there is nothing actually in front of me at the moment besides those two that I have to clear, but, then again, they are in my mind, not at the moment really down on to of me, but in a kind of a general way if I'm ever doing an essay or a project, then I'm into it, it's stress but it could be kind of positive stress, like, it's giving me something to concentrate on or whatever.

D Difficulty in budgeting money?

X Yeah, it's always a problem. I try to survive on £35/week after rent, it's what, £5 per day for seven days. It's not an awful lot of money, I don't drink very much, might go out for 2 or 3 pints on Thursday night, whatever, but I smoke, you know, and that takes up a £1 a day, it's just I never seem to know where the money is going, I
24/24 just can't kind of manage it. I'm very bad at managing money. I owe £15 to the hardship fund, that's all. I'm worrying about getting next year's fees together as well, that's an issue and about the co-op job - will I be paid enough to survive, 'cause I can't turn to home to look for money, 'cause there is none there like, basically two of us in college, on a guards salary. There's no money there like, I work kind of, I haven't worked in a while, like, but I do normally work weekends and I start work again in a clothes shop next
24/24 Saturday, so that's a few pounds extra. Basically we're trying to put ourselves through college as much as possible. I mean last year I was in Germany for the 8 months. I got my fees together, £1,500 and then my sister got grades in college, in her Leaving Cert and she was going to come to college which we hadn't really expected like, we'd expected her to take a year off, and maybe then go. But she really wanted to come to college, the parents said I got the opportunity so we can't deny it to her and she is in college as well. That was an extra £1,500 which has to be pulled from somewhere, so
ND/24 when I came back I applied for the waiver of fees and I got it which great, like, and therefore the other £1,500 was used to put me
24/24 through college, so they're just, more/less paying for one person
24/24 this year. But it's a lot of money, twiddling with figures, to try and get by like and sort it out like. There's always pressure not to overspend, not to do something foolish, like going out and getting rotten drunk, buying a new pair of jeans, like, off the cuff. 'Cause if you do you have no money for the rest of the week. It's just, I
24/24 don't know, I'd like to have about £15 more per week. Just some [illegible] pressure thing, you know.

you can never spend money without thinking about where it's going,
24/24 every pound you have in your pocket has a specific tag on it, food or whatever. At managing money, useless. If I get the money it comes through on Thursday, at the bank, by Monday, a fiver or tenner left, you know.

D Pressure to get, to do well in the exams.

1/1 X My QCA is very high and it's kind of, for me it's unrealistically high, you know it's 3.33 at the moment and it went up yesterday again, they gave me two B+'s and two I grades, so that's very high, the pressure to get good results is not from home at all, it's from me. When it comes to exam time, I'm always there and really doing my best and work myself into a bit of a frenzy trying to get good results.

D Right now?

13/13 X At a party I'm a really sociable guy, I like going out with friends and talking and chatting, so there's no real problem there, except for that one of concern over problems with friends. It's just kind
3/3 of taking on other people's problems as well as your own. I know that that's what being a friend is, but you know when sometimes you have a lot and you're up to here with them yourself you don't want any more coming like. I gave it a '5' like, average stress, it's not
13/13 particularly bothering me. And that one, socialising with member of the same sex, I gave that a 3 which means that there is a bit of stress involved, that just means that I get on better with females than I do with males, which is not a bad thing really in a way. The
31/31 conflict with the religious values, that's a fairly important one for me as well. I was pretty religious up to a few years ago as in Catholic, orthodox religion. But since about 5th or 6th year in school I've been questioning all the time, like asking too many questions, I stopped going to mass. I haven't stopped praying as of yet, but, ah, it's getting harder all the time, you know, to kind of actually believe in something, and I know that's what faith is, believing in something you can't see or whatever, it's hard.
'Feeling of anxiousness or general tension, that still is with me, as
ND/ND I said the other day I can't sit down and relax, like totally. It's something that I now can be dealt with, because I know when I come back from Germany I was totally relaxed, it's just to get myself back into that state again which should be manageable. Then the 'change
28/28 in personal habits', sleeping. I did have problems sleeping last term, now it's okay, it might take me an hour or so to get to sleep, it's not as bad as it was. The thing I feel about it is, it's always better, to get it out in the open like, which is a thing that I, I do talk to friends about it, but, ah, this time I've done it in a very kind of professional way. It's you job to hear this sort of thing. Difficulty with my own changing attitudes towards family and home town, over the last couple of years, since I've come to college, and
22/22 then my friends at home who didn't come to college, there seems to be a bit of a gap forming there. I'm sure that happens with everybody because your basis for conversation is, I suppose, you've lost it. when you're at school together you can talk about the teacher and about going out for Friday night, whatever, but, now, it's kind of they seem to think, we still talk, we still meet, we still go out
22/22 together, but it's not the same buddy-buddy relationship as it was. Maybe it's just because of time tearing us apart or whatever, or

22/22 maybe it is that what we're doing - I'm studying and they're working they'll obviously have more money and we'd be, I suppose, talking at a different level, I don't know what but it's just another thing. That's about it for that.

D Do you think that I've got an understanding?

48/48 X Yeah, I think so, especially what you said about my relationship with Mam, like us being, me taking a role that the normal husband would play or whatever, by the way we talk and discuss things.

H You're a bit of a perfectionist. Do you have any idea where that comes from?

ND/ND X Well, Dad is very conscientious about his job, okay, I mean he's a good police man, he's good at what he does and so is mam, she works, am, one day a week in a clothes shop for a friend, and she likes it, she gets a bit of a buzz out of it, and she's a very good housewife

1/1 as well, I mean, I don't think so. I don't think it's really from the parents, I don't use them as something to look up to or whatever, I reckon it comes from myself, you know, wanting to do everything I do properly I suppose personal, whatever,
respect for myself maybe, if I hand up something bad that's going to be a reflection on me, if I hand up something good it will also be a reflection on me, a positive one, like, that's it I suppose.

Interview 2

D Where you are at the moment?

ND/ND X Well, basically in myself at the moment, I think it's the good weather, I'm really happy, relaxed in myself. Last night I rang home and the thing seems to be progressing fairly, amicably, I suppose it's the best word for it. Ah, there's no fighting as such at home,

43/43 it's all nice conversation, and ah, he has 2 brothers living in London, and he wrote to both of them saying, you know, what the

ND/ND situation was, and they both told him that if it was his decision

ND/ND then he could stay with them for as long as he wanted, so that's that part out of the way.

D Which means that he might go over?

X It looks that way, keep the fingers crossed and hope for the best and

ND/ND he's agreed to sign the pension into a bank account of their choice like, and Mam is having that made legally binding.

D Did you get some legal advice?

X She did, yeah. They're both using the same solicitor, he said that only if things get nasty over there do they need to have separate

ND/42 solicitors. I mean, the whole situation at home is progressing quite nicely, maybe some of it has to do with the fact that I haven't been home for 3 weeks, but that's okay I'm going home this weekend and hopefully it won't throw me too much obviously. Work wise at the

2/2 moment, I have an awful lot on my plate, but I'm getting through it, like.

X At the moment I don't give a shit, basically. I'm just sitting here saying I have a German essay tomorrow, yeah, I'm half way through it, tomorrow morning early I'll hand it up. As regards next week, next Wednesday I have a repeat in economics, and a German mid-term on the same day. I'll get through it. It's a case of now, if I get 2.01

1/1 for the term, I'm fine. 'Cause my QCA is so high. I'm not going to blow it like anyway. My German is fairly strong, I should get a B or a B+ in that, then politics probably a B again, and after that C's.

D Any other particular pressures?

ND/ND X Actually I might have told you the last time, that an ex-girlfriend of mine came home from London, about 3/4 weeks ago, we were going out 3 and a half years, back then, then it's been off for a year and

half, she was at home at Christmas, we got on very well and she came

13/13 home again at Easter, it was just fantastic, no we're writing now. It could be that I've found this one thing that I didn't have until

11/11 Carmel came home was, ah, a security outside of the situation like, she's totally detached from the situation, yet she knows all the people involved and she knows no better than anybody else. So we've been writing and I thought maybe I'd be able to get co-op in London and I haven't, I've got it in the Civil Service in Dublin - which is, am, which means I'll be able to go over and back to London once a month and her the same. We can see each other pretty often, I'm

13/13 very, very happy about that, it's somebody that I can really talk to, she's like a girlfriend and a best friend at the same time, so I'm happy about that too. Basically, I can't believe it at the moment, I'm so, kind of, with it.

D What's the difference there for you?

X I was just saying to the lad's outside, on the lawn doing our German, this time last term, even if the weather had been like this I'd be up in the library and I'd have the head down and I'd go and have my dinner and after dinner I'd be straight into the books again, whereas now I'm just kind of, I'm doing the work. Last term, okay in my conscious I was saying like, you don't have to get a very high QCA. But my subconscious was saying. You got 3.25 last term, keep that up. But this time round I'm saying well, listen, there's no way you're going to be kicked out of college, there's no way you're going to drop, drastically, or anything. So just relax and take it easy.

ND/ND So I reckon my attitude towards work and my attitude towards the home situation has changed. And, as well, my sister, she started going

46/46 out with a guy here in college, and he's a really nice guy, he's very, he's a real gentleman, a real nice kind of person and I'm very happy for her 'cause she has found someone she can talk to. I

ND/ND suppose, maybe, all the things are starting to slot into place. If everything continues going as it is going, then, everybody in the

ND/ND family, including my father, will be happy. I don't know, I seem to have a better kind of perspective on the whole situation than I did this time last term. My aim now is just to get through this term and the go and start my co-op job. I mean I was very lucky because I got the job in the Civil Service the money is decent enough, it's in Dublin, it's far enough away from home, yet it's close enough if I need to come back, and then again, it's cheap flights to London. It's just getting through this term is my main aim at the moment and

7/ND I'm just taking it one day at a time basically because I know that if I start looking any further than tomorrow that I probably will start getting a bit stressed up again. So go one day at a time is the way I have to approach it. Seems to be working so far anyhow. It's like I'm after smoking a big joint or something, I'm so relaxed in myself.

D Getting you assignment completed?

7/7 X Well, getting that complete is kind of positive stress. Its more

motivation rather than, being frightened of it.

D How about budgeting the money?

X Casual labor last weekend and I spend the majority of my money for this week on the strength of that and then, I presume I'll be able to collect my cheque on Monday or Tuesday, but it looks now that I won't get the cheque until next Thursday, so I was kind of broke all week. It's typical me like, money burns a hole in my pocket, once it's in there I just have to enjoy myself on it for as long as it lasts.

24/24 It's always a very annoying thing, the fact that I can't budget my money properly. The fact that I'm broke again. That I'll be broke for this weekend at home, until that money comes through. It's a constant niggling thing, you're forever broke, why can't you just budget your money properly and spend just a fiver a day rather than

24/24 £15 one day and have nothing for the next 3 days. You can't go out for a few pints if you want to, you can't go out and socialise.

D Family and home?

X It's something that does worry me, handling it, if you understand me,

42/42 I mean, obviously until the whole thing is through it will - it will never be completely out of my brain of course I won't be happy with the situation, I'm as happy now as I can be with the situation as it is in it's present form, but it's still a very stressful thing. I manage to keep it out of my head most of the time. I mean if I start thinking about that thing too much well then I won't do my work here, as I should be doing it. So I'm just trying to, as you said yourself, find little compartments, air-tight compartments you know, here's home, here's study, whatever. I seem to be getting it together. I mean the situation now is very good, I mean I can't say

ND/11 what it's going to be like the next time we're talking. At the moment I'm as happy as I can be, basically, I reckon the, Carmel,

11/11 the girlfriend in London has an awful lot to do with it, because I can talk to her about anything at all, she's it's like 5 years at this stage, if we had been going out together since the very start. And even when it was off we did remain good friends.

D If you compare now with last term?

X I think my attitude towards study, that is the very first thing and then it's the parents situation as well, coming to terms with that.

Interview 3

H Is there anything bothering you right now?

X The whole situation, as I said to you last Wednesday wee, it was very, very stressful. The 2 or 3 other chats that I had with Gerry Myers were very good and they sorted me out a lot. But that is still

ND/ND in the back of my mind. I had to go home last weekend, I was asked to go home, I said okay I would, and a friend of mine was coming home

42/42 from England so I went home to see her. Anytime I go home it takes me 3 or 4 days afterwards to settle back in here again. As well as that, this term I had an uneven workload because I had I grades from last term that I had to clear, so I've done a presentation, our oral

2/2 in German at 5 o'clock, 6 essays and 7 exams to do, it's a huge workload. That's bothering me a bit. I handed up the 6th essay yesterday and afterwards I just sat down and went 'whack', it's like

I just turned to jelly, It seemed like the end of Week 11, like the end of exams. Well now I'm trying to motivate myself to get back into doing some more work again and it's a pretty hard thing to do

ND/ND because my body, like said, no more, this is the end of the term for you for the moment anyway. The way for me is that I am going to have as little to do with it as possible. I'll still be there, I mean if

43/49 the mother wants to talk to me about something I'll listen, I won't be as quick to offer advice as I was before. I mean there is no bad

43/43 feeling between myself and my mother, like, 'cause I think she is a

43/43 great person. The father, I just, kind of, pass him. "Hi, how's it going?" "Did you play a good game of golf today?" that sort of

49/49 thing. I think it's, I'm 21 years of age, it's time that I started living my own life. Making decisions which effect my life, making them myself. It's a case of, if I go to London now, I'm making my own bed, I'm going to be in it, if things don't work out well over

49/49 there, then it's my fault. If I had gone to Dublin I would never

ND/13 know if it would have worked out between myself and my girlfriend on a 6 month basis like. Because it was off for the last year and a half. We're going out together, altogether, for about 5 years now, but the last year and a half it was off, so it's just recently started, again, gaining momentum. I just want to see how that will work out and if I hadn't made the decision to go to London I wouldn't ever have know.

H Are you just aware of how fast you're talking now?

X I always do, well not always, when I'm tense I always speak, bam,

42/42 bam, bam and I'm tense at the moment, one, because of what's happening at home, that only a factor, at the moment, in the back of

2/2 my brain. The rest of it is just trying to get through the work load I have asked of me, get that out of the way and then.

H Is it a pleasant feeling?

X Being tense? It's not one of these, kind of, "Oh, yeah, I'm on top of it doing work", kind of, "shit, I better do a bit of this, a bit

38/38 of that". It's, I feel I'm a little out of control, unpleasant.

What's unpleasant about it is that I know that, if I sat down,

38/38 stopped, take a look at it, I could probably calm myself down very easily, which I will do later on. I mean I could be like this,

38/38 because of the fit, the convulsion whatever I had last term, did you hear about that? - Week 9 of last term I, I was up doing an all-nighter trying to get a paper in on time and at quarter to 8 in the morning, stood up, there were 4 or 5 of us doing the essay together, threw down my pen, said "lads, I can't do this". They said "go on, you can". I fell down on the ground and started shaking and stared trying to swallow my tongue, my eyes were going back in the

ND/ND head. They brought me to hospital, I was, he told me I was a complete burn-out so.

H Cups of coffee?

X Oh, 4 or 5 cups during the night, I always drink a lot of coffee

ND/ND anyway. A coffee-aholic more or less, and smoke a lot of cigarettes as well, he just told me it was a complete burn-out. I said right,

ND/ND fine, and I just went to see another doctor and he told me the same

ND/ND thing, then I went to see this guy at home, a professor of medicine, a friend of the family, and he told me the same thing, so at that stage I accepted it, and I said, right, I'll have to take a month

ND/ND off, so I missed the exams and then I had to come back this term and

start working immediately. So, I mean, if I say anything at all
2/2 about the system here, I'd say that the I grade system is wrong. There's so much pressure on you afterwards to get the things out of the way. It's twice as much a workload on you.

H Are you feeling anything now of what you felt when you had the thing?

ND/43 X No, I tell you, I reckon that that happened me that once, that was a serious one, that lasted a half an hour, before the ambulance was called and I was brought in and they sorted me out. The last weekend
43/43 I was home, about a month ago, I was standing inside in the kitchen and there was a huge row going on, amazing, a big row, just about the usual shit, and I was in the kitchen, trying to calm the whole
43/43 situation down, me being the mediator again, which I shouldn't bother being but that's the way it was. I was fighting with my father, trying to choke back the tears because, I haven't cried in years because of something like that, he said he was going and he walked out, I stood looking out the kitchen window, trying to fight back the tears, there was no way I could so I went into my bedroom and I just
43/43 sat down and I bawled my eyes out. I was in the middle of doing this and I felt this same thing coming up, coming over me as happened
ND/ND during that fit last term and it only lasted 4 or 5 seconds because I managed to snap myself out of it. I just had to grab a hold of myself and say "Don't let it happen to you again". So I'm just worried that in cases of extreme stress that this sort of thing would
ND/ND happen me again. I mean, some people get violent, other people go out and get drunk, maybe this is my way of reacting to it. One thing
7/7 that I have made sure of since last term is that I never study beyond
7/7 12 o'clock at night or 11 o'clock normally, even earlier and I allow myself a good minimum of 7 hours sleep. I refuse to do all-nighters, we're still doing them. Well the lads are doing them. I say feck it I'm going to bed. for instance, last Monday, we had an essay to hand up - a politics essay, I had finished the previous essay on Friday evening at about 1 o'clock and I went home. Over the weekend between the jigs and the reels, I didn't even get a chance to start the second one, so I came back up on Sunday night and the lads were more or less in the same situation. They stayed up all night doing the essay, I just said no, I'm going to bed. I went to bed, got up at 10 o'clock the following morning, well, 9 o'clock feeling refreshed and started the essay at 10 o'clock, and I handed it up at 5. Like the essay was probably the greatest load of shit he had ever read, but it
1/1 was up, out of the way and that is what counts. I mean this term I shouldn't really be worrying about my QCA because I think I have to get something like a minus figure before I go below 2, before they fuck me out, I'm on like 3.33 overall so there's now way they can kick me out, it's silly but I'm a bit of a perfectionist. I don't consciously say "Oh, yes, this has to be the perfect handing it up". It's just that I always find more points that should be included or different way of saying if that would make the point clearer, general things that you always want to do to improve whatever piece of work you're doing. I mean, when I handed it up on Monday, that essay, it was straight from the top of the pen onto the paper and handed up to him. Normally I take a week over an essay, I do my research thoroughly, I do my draft and I change what I want to change, then I
1/1 write it up and hand it up. All very methodically. This time round [illegible] really care to tell you the truth.

H Difficulty involving myself in class work?

X That's at the moment, like as I was saying to you, after finishing the essays last week I feel like I should be finished for the term, so that's it, trying to get myself back into it again. Like, yesterday, I just sat down trying to do some economics, I said "Feck it, I couldn't be bothered". Got up and walked away, came back maybe 5/6 hours later to my desk. I sat down and tried again and said "Ah, no". At the actual time, I just say, "right I'll do it later on".
7/7 Then later as I say, "God I should have done it earlier". So it is stress.

H So what's the stress?

7/2 X The fact that I've wasted so much time. It's Week 9, Week 10, what is it? XXXX, and I should be on top of things according to my own little timetable I know how much I should have done at this stage and then I see how far behind it I am, that's stressful. It's the way I've always worked before - that I'm on time with things and I'm prepared for the exams and I get the results. Then grand, and this term I promised myself at the start, that I wouldn't push myself, that I'd just get things done, like, as they had to be done, to pressurize myself, which I haven't done really. I've had an awful lot of work to do but I've managed to get it out of the way, like, but by bit, as it was supposed to be done. Now, I couldn't give a
7/7 shit about the work I'll have to so. I'm saying, like who gives a damn, I'll go for a walk down on the Shannon and sit down there for an hour and then come back up and maybe do something, I suppose it's stressful because I know that when I go into sit down and do the exam I won't know as much as I should know, going into it, as I would like to know going into it.

H Feelings of anxiousness?

ND/7 X At the moment, the stress is partly the home situation but mostly the academic situation. I suppose it's a normal reaction for most people to actually get worried about the exams that are coming up. I'm sure there is such a thing as positive stress where people can kind of motivate themselves but it will probably be by the weekend that I will just be able to turn around, sit down, and start doing what I want to do, but at the moment I'm still kind of waiting about that co-op job, it's looking fairly positive but I'd just like to know for definite. Things like that.

H It sounds like there's a lot of little things around, coming in on you, and that's stressful?

X Yeah, they all queue up and take their turn to bother you. One comes and takes it's place and the other goes back again to the end of the queue, yeah.

H So if you didn't have the endless queue how would you be?

X I suppose, as I was saying to Gerry actually, I think it is related to what you're asking me here now, when I was in Germany I had to work from 8 o'clock in the morning to five o'clock in the evening with an hour for lunch. Then, after that, my time was my own. I had a girlfriend over there of whom I was very fond, and am, I had good friends over there, I had money in my pocket from working and that was fine. I'd ring home once or twice a week, pick up the phone, "what's happening? blah, blah, talk to you again about it soon, money's coming, good luck". And that was the problem out of the way.

So over there, it doesn't take and awful lot to make me very content
38/38 in myself. I mean deadlines I can normally handle no problem. In
49/49 Germany I was more in control of my life. Factors weren't
influencing my life, I was influencing them. If I want to change
jobs, which I did over there, I was offered a job with better money
and better prospects, I took it.

H What's that like, not being in control?

X It's not me, it's not me, definitely not, because I'm, like, we'll take Germany as the place I'm working from, that was, kind of, where I was happy. There I had all the factors in my life slotted neatly into the compartments, I had the control over them. But here it's like, everything is coming from above, I mean the decisions about, am, the exams I'm going to take.

H What's it like to feel out of control?

X Very difficult certainly, like you don't really, out of control is
38/38 like out of control, you don't, you have no power to change these
things that are influencing you. To a certain extent, the home
49/43 situation, I can't and I won't do anything more about it because I
did and it backfired and that's the last I'm going to do. It's the
ND/43 type of situation that, well obviously, that I'd much prefer not to
be in. It's just, it makes me tense to think that I can't take these
factors and get them back into line because normally that's the way I
am in life. I'm extrovert in that sort of thing.

H Is it frightening?

49/49 X It is to a certain extent but I do know that, am, in 3 weeks time,
I'll be my own boss again. That's the one good thing about it.
Well, there's two aspects to my behaviour, I think. One is when I'm
with friends, that sort of thing. Like, sitting in the canteen
passing by, am. Like my attitude toward my friends hasn't changed a
bit, 'cause they are my friends and they're there. But when I'm on
my own it's kind of, I'll tell you exactly what it's like, you're
ND/ND standing at the edge of a maze, at the other side and you know there
is a way through but to find that way through is the problem And
ND/49 the end of that maze now, is, the 26th June when I got on a plane to
London. The maze is kind of with my friends, my friends kind of know
exactly what I'm going through, my good friends obviously, I don't
tell every Tom, Dick and Harry, one or two of my friends know what
I'm going through, with them I can sit down and talk very rationally
to them about it and a lot of them, Michelle in particularly, her
parents have split up and she obviously has exam pressure as well but
she handles it better than I do for some reason, at the moment, I
ND/ND don't know, I never really considered myself to be a nervous person,
you know, edgy or whatever, but at the moment I seem to be.

H How are you now edgy and nervous around your friends?

X It's a front, I presume.

H Is it a front with Michelle?

X I can just talk about the whole situation, I don't feel I have to
11/11 hold anything back. That's great I mean, without her, like I don't
think I would have got through this term.

H How can you be that way in the maze?

ND/ND X Cause I feel there is only a certain amount that anybody can do for
me, the rest I have to do myself. I suppose the thing is that with
her the conversation would drift from my 'problems' to her 'problems'
we're just sitting down in the canteen we just talk about everyday things, and then if we're sitting, like at home or whatever, the conversations would obviously last a long time, and there is no real, okay, it would probably always get back to what she's going through, what I'm going through, we'd talk about our friends, also, about what we're going to do for co-op and are we going out on the piss tonight or whatever. But to do it with myself would mean, am, blotting out most of those thoughts, while I'm studying or whatever, obviously while I'm in the pub, sitting down having a pint with friends and not thinking about all those other things, I'm just thinking "O God, I'm having a good time".

H Just see how you can be in charge, more

7/7 X What you were saying until last Wednesday week, whatever, I had managed to have little separate air-tight compartments, 1,2,3,4,5 for these little things. If I was studying and then there was nothing else, if I was out drinking and there was nothing else, if I was worrying bout home well then I was worrying about home and it had
42/42 it's little alloted time, but then when I found out he wasn't going it fucked the whole thing into touch and it got put back to square 1. And now what I have to do is to build myself back up to that situation where I can compartmentalize them again.

H To be in charge?

X Yeah.

H Alright, how are you feeling now in terms of anxiety or stress, do
/ND you have any?
J No not since I left ********** on Tuesday, I mean, I've relaxed a good bit since then.
H So right now there's nothing?
J Not off-hand no there's nothing I can think of anyway.
H Worried a bit about getting the bus today or anything?
J Well I have a car like I mean so, hopefully that'll do the trick now alright.
H So I'll just have a look, we can just go through this. The only thing here is giving a class presentation, that's not bothering you now is it?
16/16 J Well like I mean, I have to do two sometime this term and like I'm not really looking forward to it at all.
H So it is bothering you a bit.
J Well ya, I'm kind of quite like, I don't like going off doing things like that.
H So it is worrying you a little bit even now?
J Well when I think about it ya.
H And what's that like, how do you feel when you think about it?
3/14 J Not very happy like, I'd rather if I could get by without doing it, I'd be very happy then.
H So avoiding it would be something you like?
J Ya, very much so.
H So you don't feel too happy?
J No, not really no.
H So what's that like, not feeling too happy?
16/14 J Its not good. Like when I think about it, I'm not happy with it, so I mean I just don't think about it.
H What's the difference between say like that and say working while going to school, I presume that doesn't bother you at all?
J Well no like I mean, going to work like I mean, you have a thing to do, you're there every day, whereas doing class presentation you
16/16 stand out a bit, attract attention, that kind of thing, like you know.
H Attracting attention, and what's that like for you?
J Well it might be alright for some people, but I'm not so keen on it, like.
H That's OK and do you have any idea of what that's like for you?
J Well like I mean, I don't know, I don't like it. I don't know, I'd rather like I mean see what people think of me ...
H So you're not too happy with standing out, people might think ....
J Well, I just don't like standing out like I mean, I don't like say
16/16 people thinking about me and talking about me, that kind of thing.
H So you don't like people talking about you?
J Well not really like I mean, there's ..... I mind my business, they mind there's, and that's it.
H So, how would you feel if you knew people were talking about you?
J Well like I mean there's not that much I can do really about it, like I mean, so like I mean, there's not much point in doing anything about it then.
H And you worry about it?
J A bit ya.

H And when you're working, basically you just get along with the job?

J That's about it ya. Well I mean the first few days like when you're new there and that like, but I mean when you settle in ....

H But I mean there's no anxiety there about working for your own school.

J As in working say and doing classes at the same time?

H Ya

J Not really no no.

H OK. The only one here you have, you've got two, meeting new people, and how is that, is that a bit anxious, do you find?

14/14 J Ya you see like I mean, **I don't talk very much**, I'm very quite like that, so meeting people like I mean I don't talk to them and such.

H So are you nervous about that now?

J I am ya, a fair amount ya, not so much since I came here like, but I still am, I still am.

H And what is, so what do you do about that?

J Meeting new people like you mean? Well say hello, talking for a few minutes, say something like, then try and disappear like that kind of thing.

H So you basically disappear?

J Always ya ya.

H And how do you feel when you do that?

10/10 J Well I mean I don't mind like I mean, **I like being alone** like I mean so it suits me that way.

H So you're OK?

J Ya.

H OK competing on an athletic team?

36/ND J Not for me, no no, **too lazy**, like I mean.

H But I mean is that something that's bothering you now?

J That I don't do it?

H I don't know, do you are don't you?

J I don't do it see like I mean.

H Does that bother you?

36/36 J Not really no no. **I'd rather sit back and watch it rather than take part in it**, but from the point of view of my health like I mean, it mightn't be great, but like I mean, it doesn't really bother me.

H So its not something that you're anxious about now?

J No no.

H OK. Well it looks like you have three here, OK it may sound like they're pretty much the same, in the sense, lack of assertiveness, speak up for what I want, lack of self-confidence, lack of self-motivation. Do you think that they're all related?

J I would think so ya, like I mean, they're all like I mean, I'm quite

15/15 say, **shy that kind of person**, they're all things like that ..

H So do you put it down to being shy?

J Well just the way I am, that's the way I think about those.

H And does it get you nervous the way you are right now?

15/15 J **I don't think it gets me nervous**, no.

H A bit anxious?

J **A bit anxious** alright at times like, I could do better at this and that like but ...

H What could you do better at?

15/15 J Say **dealing with people** in that area like I mean, I'm not great with that kind of thing.

H And so, if you're not great then what do you do?

J Try and do a little bit if possible, like I mean, that's all.

H It might be disappearing?

J Ya, its all like kind of tied up there like I mean, its the way I react to people.

H And in terms of like, self-motivation?

J Like I mean, when I was going to second level school, I did business then like, it was my best subject, so I came to do business here, but like I mean I do business here, I picked accountancy as being the

4/4 best of the bad lot, I **don't like accountancy** like I mean I won't do my leave here. So when I came in, **after first year all my results went down hill, because I studied less** like I mean, I knew myself that I just didn't want to study like I mean, the only thing I **wanted**

7/7 **to study was computers** and this year then alright, I was ya, I know I

5/5 **want to do a post-grad course in computers, so this year now all my results are up again, because I know I have to study to do that.**

H So it sounds like you have some motivation right now?

J Well in relation to that thing ya.

H So where is it missing?

J Say like I mean, in how would you say, to improve myself say dealing with people, I know like straight away I am like I mean.

7/7 H **So with computers you're all excited and you're motivating yourself, but with people?**

J Not really no no.

H You just stay anxious?

37/37 J That's probably it, ya ya. Like I mean, **I have thought about say** maybe do say what, **a self-assertive course,** but like I mean I never really got around to even applying for one or looking for one anyway, just let it alone.

H So the anxiety you're living with?

J Well like I mean, I'm used to it at this stage now.

H And what's that like living with it?

J Well like I mean it doesn't bother me that much like I mean, say I won't get really bothered very much about things, like that's the way it is and that's it like.

H And do you feel it comes from anywhere?

37/37 J I don't know, **it must be me** I think like I mean, because like the rest of my family are, there's , two brothers and a sister, the younger brother, he's about 12 like, he's much the same as me, but like the other two are totally different. My two parents are totally different altogether.

H So its you?

J I think it must be me like.

H OK and when you, say like when you disappear or you don't get involved, how do you feel about that?

15/37 J When I'm doing it, like I mean, I think like I mean, **at the time I just want to get out of there,** but like I mean **when I think back on it then, I should have done something better,** maybe if I had done this or that like I mean, things might have been better like I mean, but other than that like don't .....

H In your home life then, are there any conflicts between you parents goals and your own? Is **** and anxi

J Not really like I mean they're very much there, ... i general

41/41 alright like, **my mother** now like, **she's a teacher** like I **she's very pushy** like I mean, we say come home from sc you must do your lessons and that kind of thing like, than parents who aren't like and you can get away w But here now, no, when I

41/41 came first like **she wanted me to do accountancy** and I

since, no I'm not really interested, all that I want to do now are computers and I shall go on with that kind of thing, but I'm not really ....

H So, I hear you saying, I don't know is there any anxiety now about it. Like your goals versus your parents.

J No honestly, I never thought about it like I mean. Me versus my

ND/ND parents, like I mean, I never even thought about, that it bothered me or anything like that, just like I mean that, so now I'm going to do

5/5 computers like I mean I'll go and do it. My mother, she ********* and teach at the school, Jerry might want to do something, and if you tell him something like and if you tell him something different, and he doesn't agree with you, he'd go away and do what he wants anyway like I mean.

H It sounds like in the beginning you actually did what your mother wanted.

J Well like in the area of business, that was their interest there like, so I did that like I mean, but not in these studies no.

H Because you weren't interested in it anyhow were you?

J Not really no no.

H And now you've found what you're interested in?

J Ya ya. I'd like to go away and do that now.

H And how is that, that feeling, doing what you want?

7/7 J Its good now like I mean, I discovered like I mean say this term now I decided that I wanted to do this, like I mean, I feel a lot better,

5/5 better motivated to study that I want to do and do that, like I mean so that I can get it.

H So what's the difference between now that you've figured out what you want to do and you're going for it, than say, I don't know, say last term or last year, when you were doing something that you didn't want to do?

J Ya that's what I mean, I done something I didn't really want to do, I

7/7 just drifted around and did the minimum and no real interest in doing it. Now I know where I'm going and what I have to do to get there,

4/4 so I try and do that like.

H Do you feel there was any anxiety when you were kind of coasting?

4/39 J Sometimes like when I was wondering what I was doing here or why I was doing it alright, but like I mean, I did it and that was that.

H And now you have a purpose or something in view, and how is that for you?

J It feels a lot better. I feel a lot better I mean, say to do

ND/37 something like I mean, I'm less likely to avoid something now if it means that I won't get it

H And what about meeting new people?

J Well yes, go up and talk in lectures and that kind of thing like you mean, say now like I mean, first year, second ye I don't think I ever will say go up and knocked c lecturers door like. This year now I have like I know w involved and that kind of thing.

H So that was a very anxious thing, to go up and knock on door?

J It was ya, like I mean, but the only thing I was think the time, God if this was year one, I wouldn't be do at all, but now like I mean, I kind of know where I so I do it.

H You're really zeroing in now?

J Ya
H And so meeting new people and things like that are?
15/15 J Well **its still traumatic say, but not as much as it used to be.**
H Oh so its still being anxious?
J Ya still anxious about it.
15/15 H You're **still getting butterflies** before you knock on the door.
J Ya, **I do ya.**
H OK, and ...? When you knock on the door, and how is that, what happens?
J Then sort of the door opens and its there, you deal with it then, say you the question you have to ask, like, maybe I could ask a few more alright like, but I ask what I had thought, so like when, I can't really think of while I'm there, think up new questions and stuff, like.
H So thinking on the spot is a bit anxious, you're not able for that?
15/ND J **Not able for it,** not really no no.
H So OK, so how is it when you're doing the rehearsal, you know you got it all, I presume you've got the questions all?
J Ya, I say, I think about it then like, what I want to ask, but like I mean I go in then and I get an answer. Maybe there are questions I could ask on that at the time, I don't think to answer, I don't think about the answer say and its only when I come out that I think about it.
H Is it the anxiety or?
J Maybe in some way I presume alright, but like I mean, you see I've never really learned to do that and think as well at the same time, so that contributes as well.
H Well I presume there are other things like your home, if you want to ask your mother or your father something, you don't have the same kind of inhibitions?
J No, not really, no no.
H So you have learned in one area how to deal with that?
J Ya, ya
H OK, so and meeting new people or in a new situation, the anxiety?
J Like I mean its still there, maybe not so much right then but, its there.
H And so I hear you saying you do the business and that's it.
J That's it ya.
H Same as when you meet new people, you say hello, do the business and then go?
J And get out, ya. Same thing.
H Well I mean as far as I'm concerned that's fine with me, do you have any questions you want to ask?
J On stress and stuff like that?
H Ya
J Well I don't know like listening to me now, what do you think there?
H Well you told me what you think, what can I tell you?
J No like I mean, if I improve say how I deal with people, say, I'd be very happy, but like I mean how would I go about doing that?
H Well I mean there is a couple of courses here at the college you know. I don't know if you have any time, I could give you something to read, we could work on maybe one or two different things. I presume its sort of assertiveness you're talking about.
J Ya, like I mean, reacting to people say now like I mean, talk to them and keep talking with them, that kind of thing.
H Well how is your self-image?

J I don't know, not great like I mean, say like I mean, I just want to blend in with a crowd like, I don't want to stand out, as long as it stays like that I mean nothing out of the ordinary kind of.

H So you have a ********** of yourself and you don't want to disturb that.

J Not really like I mean, you see if you disturb that, get out of the crowd, you're going to attract attention to yourself.

H A ha, and?

J Like I mean, say I don't really want to do that like I mean.

H Why, what's going on?

J I don't like me to be the center of attention.

H And what's so bad about being the centre of attention?

J I don't know, you see, you have all these people looking at you and thinking about you and talking about you and everything like.

H And what are they saying?

J I don't know

H What do you think they're saying?

J Look at him up there or something like that, that kind of thing like.

H What are they thinking, look at him, what's it?

J Something like is he crazy or something, something like that.

H So they judge you?

J Ya

H Not nicely?

J I don't know, just that like I mean, I know myself I have faults like I mean so people see those and that's all they see and that's the way they judge me then.

H What about if you see somebody else asking questions or standing out in the crowd, what do you think of?

J I don't know like I mean, say a fair joust of them are doing it like, I mean like, but it wouldn't be for me.

H So its OK for him?

J Well like I mean he might be good at something more than me and he might prefer to do it like I mean, so.

H But its OK for him?

J Well like I mean, he's doing it ya.

H But I hear you saying, if somebody else is doing it, my judgment about him is OK, then when you do it, you presume that they think bad things about you, right?

J Right ya,

H You see what I mean?

J Ya, ya.

H Is doesn't compute does it?

J No, no, no. Like I mean say like I am now I'm never thinking about that like I mean, anything I do like I mean I never really think about it, I think say what would be vital kind of to solve that like I mean would go a long way, like I mean I've been off on things about everything, he reads a paragraph in the newspaper say, he'll think about it, I'll just read it and take it in. A week later, a couple

Interview ended on tape - no more!

D Discuss with me what are the particular stresses right now that are there for you okay and just talk to me now about Rory.

R About my grades?

D Anyway wise, okay what in particular you can identify, is there any particular stress, or demand or pressure that your experiencing right now?

R In about two days (laugh)

D I mean just see what's going on for you at the moment

R Ya, there is a lot

D alright

ND/ND R A lot I don't pay any attention to **I don't really bother with stress because it doesn't upset** me

D right okay,

45/45 R but am I'll start off like home ah **the sister and the brother-in-law** and the baby **moved in for two weeks** (laugh) that was back in January and now sign of them going they were supposed to be buying a house but **it looks like they are moving in for good**

D Mmm

28/28 R which is **a bit of a pain** (laugh) **the baby** sort of **wakes up every night,** and starts screaming about 3 o'clock in the morning and wakes everybody up.

D and how do you find that?

R Am I'm okay if I've had a few pints like I'll sleep through it but if I start waking up you've to try and get up again at 8 o'clock in the morning and come out here and you're laying there going ahhhhhhhh I don't want to get up

D alright

42/42 R but **it's worse on the parents** like

D Do you find that a strain for you?

R Not really for me it's a strain for the parents because their with

ND/ND them all the time I just have to **drop in for meals and leave again**

D right

ND/ND R sort **of a meals and bed centre**

D So is is something you feel, I mean your sister moving in like is something you feel you can cope with?

45/45 R Ya oh ya, **I don't pay any attention to it.**

D What is it about having them there that's particularly stressful for you?

42/42 R Am, well **they** just **pay absolutely no attention to what my parents want**

D They do?

R Ya, they don't care

D as opposed to what?

R as opposed to looking at the fact that they don't really, can't

42/42 really handle having them **the workload is getting too high f them**

D right

ND/ND R **their both in their sixties** and they haven't had a kid ar since I was young that was 20 yea

D Okay

R so their not particularly used to it

D right

ND/ND R and then they tend to say oh we're **going out for one o'clock we'll be back at 9, come back at about 3 o'c the morning, their leaving the kid ther**

D Mmmm, okay, so your main concern there is the effects on your parents

R Ya I don't pay much attention to it.

D Is it a worry to you?

R It's a bit ya, it's back there somewhere like

D Okay

2/2 R a worry but ah **final year project to arrange** and that's

D are you fourth year now?

R third year, final year project during the summer, hopefully doing it up in the company up in Dundalk, but I want to do it in my way and

ND/ND the guy who's **my boss only graduated 2 years ago and xxx he hasn't got a clue**, not a notion what's going on, so am if I want to do my project properly **I'm going to have to go up to his boss again** who I

ND/ND will be working for then and sort of **give him a list of my complaints** which is like basically **giving out about your man and one of the other guys** who's been there for a long time who buys my equipment.

D So again what is it about that particular situation with regard to the project that you might find particularly stressful or a strain or a pressure for you?

ND/ND R Ah, **I don't** particularly **want to** go up and have to **start complaining about somebody I like**

D Ya

39/39 R but I have to. **I'm not quite sure what I'll do yet I'm** just **working on it.**

D So what's the stress in that for you having to go and say something to?

ND/ND R It wouldn't bother me going up saying it it's **the fact that your man will probably get chewed out** and **could** even **get the sack for it** if

interruption

D Right we were on the guy in Dundalk and what might happen if you were to

ND/ND R Well I don't now what will happen, he's **a really nice guy** I was up there this week for Tuesday and Wednesday and I got £200 for 2 days work

D Right

R he actually went hassled someone and got me work cause they need me

ND/ND back, the reason they need me back is cause **he can't do his job** and their bringing me in to do the final year project am I'm going to be doing it and **I'm going to be doing it** and I going way over his head when I do this stuff but **he's going to have to** sort of **claim he's helping me** (laugh).

D So again just getting back to the specific stress that's there for you is the concept of having to go and kind of

R xxx him in or whatever

D Ya okay, and does that bother you?

39/39 R **Mmm I don't think I'd do it**

D Right

ND/ND R **I'd prefer take the hassle myself**

D Is it a worry?

R Ya a little I wouldn't get upset over it like

D something you feel you can cope with?

R Ya, there's nothing reasonably that I can't cope with I just don't want

D and the stress is having to say this about you man as opposed to what, I mean what would be the opposite to that for you?

1/1 R **Well the opposite is not saying anything about him and then**

I'd have to cope with the possibility of my whole project failing

D okay

R because he won't buy the right equipment for me cause it's more expensive

D so it's the lesser of two evils so

1/1 R ya (laugh) or the other, and I can't really let my project flop.

D Okay. Any other issues there at the moment that stand out for you?

R Am ya a few, co-op ball on Friday night, or not the Eng and Science Ball

D Last Friday?

ND/ND R Ya I had a great night I had a grand night, a guy I know was on the organizing committee and am he didn't intend bringing anyone he got 2 free tickets, do you want to go like we'll have a few pints, so it

ND/ND was great you know we got up and we had a few pints together, the next thing I knew he was making a pass at me (laugh), it was a bit upsetting

D right, right

16/16 R cause an awful lot of people noticed and like I told him to get knotted but that's not the story that's going around at the moment

D what's that like for you?

16/16 R I'm paying no attention to it, most of the people are actually only slagging me about it so that's okay because usually if their slagging you their only joking but ah it's the people that sort of look at you and sort of nudge their friends that you know what their saying.

D Mmm and so what's that like for you?

16/16 R Am it's a bit worrying cause I'm not, I'm totally straight and it's a bit worrying that people think I might be gay or whatever

D Right

R I've no problems sitting down talking to the guy in the canteen for a few hours, he's a nice guy, he's orientation is nothing to do with me

D Right

R but it's a very prejudice college, he's been bashed a few times like

4/4 so it's not sometime you want to get out about you, the college is pretty narrow minded for students.

D I mean I'm surprised at that, I mean I've hear that going on in Limerick I'm surprised it would actually go on in the college.

R Ya

D So again the stress, or the difficulty, the pressure there for you?

R The pressure there is that I like this guy, he's a nice guy I'd sit down and talk to him but if I sit down in the canteen and have a cup of coffee and start chatting away to him everyone is sitting there nudging their friends, oh look at the two boys, look at the two boys.

D So the pressure for you it's what other people are thinking about you at the moment?

R Ya a little

D as opposed to again I suppose to what?

R As opposed to not giving a crap about what they think basically would

16/16 be the only other but ah you do like to have a reasonable sort of image around the place

D ya

16/16 R especially if it's the wrong story that's going around.
D Again how do you feel about coping with this particular issue?
R On and off, at the moment I don't like sitting with him on his own in the canteen so I prefer to have somebody else sitting there just to have them sit there
D Right
R it makes it easier to cope with, I tend to avoid xxxxx, it's not
21/21 really the right thing to do but I haven't really gone out with anyone, I'm gone out with people but nothing serious for about a year now, 2 years. There is a girl here that I've been best friends xxxxxxxxx for the last 2 years like a really nice girl but we've always agreed that we wouldn't go out with each other, but I would but she wouldn't, that's the story so any time I get remotely interested in anybody else I start comparing them to her, so I just won't go out with anybody else, on and off like messing type things but nothing serious, so that sort of adds to my image when I'm with Cathal because their sort of wondering maybe he is, maybe he isn't? I
16/16 get an awful lot of stick off the lads about it
D right
R your too young to be feeling about that about somebody but there are one or two people that understand me which helps.
D Mmm. Anything else that's there at the moment?
R Well there's the old study you know
D Right, what's going on for you right now I mean with regard to study?
R Right now with regard to study I go up to the library pick up my books, start flicking through the notes and for some reason well I've been to all, most of my lectures this term which is a change, the stuff is actually easy like I was second highest points in my class
7/1 when I came in so I know the stuff but if I look through me notes there is nothing there I can't understand but if I look at an exam paper I know what I've to use and I know what to do but I can't remember how to do it but I'd know how to do it if I saw it on front of me.
D So again what's the pressure? what pressure are you feeling right now?
7/7 R It's very difficult to get down to study something easy
D Right
7/7 R it's much easy to get down to study something you don't understand because you have to sit there and learn it, it's a challenge, but when you look at something and you say that goes to there, and that goes to there, it makes it very pointless to study.
D Right, so again do you find it's almost like boring almost?
R Ya, pretty boring and am
D as opposed to being
R interesting ya, and am there are only two weeks left in the term I would like to get a reasonable 2.8 or 2.9 or something safe that way
1/1 I could sort of coast along for the rest of the time, I'm not that interested in getting a good degree, they're all the same.
D Ya.
7/7 R I intend sort of sitting down this weekend doing about 20 hours over the weekend.
D Again how do you feel about coping with the study right now?
R Ah I'll do it, as myself it maybe just never arose, I'm never really
ND/ND sort of stressed out and am never get depressed I just don't

for some reason, I might get a bit cheesed of if someone is really bugging me you know

D Right

R but ah

D Right now how are you feeling?

ND/ND R **a bit under pressure**, a bit of pressure sort of weighing down

D What's that pressure like now?

R building up from everything, study mainly but am the thing is I probably do I may not go home tonight, I'll study I'll go home for dinner **tomorrow** and ah get onto the bike and **cycle to Bunratty**, Durty Nelly's **have a pint** and cycle back again or jog myself into the ground for a few miles and come back and work it out myself that always works, a bit of **exercise** nothing like it.

D Ya.

ND/ND R **It gets rid of any stress that's there**

D Any other pressures?

R Mmm well a bit of work I've been working in town, that's starts full, properly on Monday, it's about 6 hours a week, the pay is excellent, the pay is £10 into your hand an hour, so for 6 hours that

24/24 will keep me going here perfectly, **the parents are having hassle making ends meet** because they were supposed to sort of pay them while their staying but that hasn't been mentioned and the ESB bill has tripled and the telephone bill has gone up, and their buying oil

24/24 every few weeks and money is short, but **any time I need money they give it to me, I just won't ask them for it** (laugh) I **sort of borrow it off people I know out here.**

D So right, so if you were to look at the various areas that you've covered in the questionnaire for example, we've covered academic, we've covered some of the social, am family wise we've covered some of the pressures, your sister

R Ya

D Anything else I mean anything else family wise? I mean how do you get on at home?

R Oh great

D Ya

R never any problems

D their very supportive?

43/43 R Oh ya, from what I've seen **I get on better with my parents than most of the people I'd know,** like if I go home, mostly quite nights when I go home and the mother would be there and basically we'll chat away about everything that happens out here

D right

R like who's going out who and who's staying over with who (laugh) whatever and I think he's bent you know and you know we're more like friends like I've never had any problems with them at all and you know, their brother and sisters and their not living at home but they kind of come down and we all go for a few pints together.

D right

43/43 R **family as it goes is great**

D right,

44/44 R and ah, **they keep saying if you ever want to leave college for any reason leave,** we don't care, they don't even care if I don't get a degree, they said it would be nice if I got a degree, but would it be nice for me to get a degree for me, if I don't feel I want a degree that's no problem, it's up to me and they don't care like I skipped a year in college here, they didn't bother.

D How do you find this place, this college?