

## Transcript

### Rebecca

*Child of Our Time: Turning 20*

### Rebecca:

My failure and actual failure are two very different levels. I set unrealistic expectations for myself.

### Gill, Rebecca's Mum:

Rebecca gets quite stressed if she doesn't finish her homework. She's really worried she won't be rewarded with a sticker. She gets really upset if she thinks she's not going to get that.

### Rebecca:

You work and you practice, cause that makes perfect.

### Mum:

Has she stayed in the top groups this year?

### Teacher

Yes, she has. For her SATs she got level 3s, in her reading, her writing and her numeracy which is fantastic. So she's in the top sets for everything

### Mum:

You happy? Good.

### Teacher:

Lovely

### Rebecca:

I'm scared about that I'm not going to do well.

### Interviewer:

Why does it matter if you don't do well?

### Rebecca:

Because then I won't get into a good school.

My teacher thinks I'm very good at my school work but I don't think I am

### Interviewer:

What's the worst thing that can happen?

### Rebecca:

Me getting a D minus

### Interviewer:

Why is that so bad?

### Rebecca:

Because that's the worst you can get.

I'm 20 now.

I've started at Nottingham University, I'm in my second year now studying Geography.

**Interviewer:**

Do you think you're easier on yourself now?

**Rebecca:**

Absolutely not

I think I've maintained the same level of pressure, if anything it's gone up because I went from a class of, at A levels there was like what, 10-15 of us in the class. And then at Uni there are 300 of us in the room, and I'm nowhere near the best.

Um, it's hard to think you're good enough when you're not getting the top

To me "really well" is 100%. And that's quite unrealistic at Uni.

My biggest struggle now is learning to stop. Um, I just want to keep going and pushing myself

I need to learn to say, "I've done enough".

My friends are so important to me.

We all go to the library together. We all motivate each other. When someone's having a bad day, we will pick them up. We will sit through it. Get it done together. Walk out and then we go out clubbing

My Uni friends constantly texting me, reminding me that you know, trying your hardest is all you can do and that it's enough and it's ok.

Cut yourself some slack because you are doing the best job you can and that's all that matters.