

## **Do the right thing**

I wrote in the previous essay about the voices in your head that can sometimes give you terrible advice, and how you can identify when those voices are giving you really bad advice. But things can get very confusing and at times like those, it is vitally important that whatever else might be going on, and whatever else you might be thinking, that you *do the right thing*. And by do the right thing, I mean do the things that almost all students in the world *have* to do in order to achieve anything in their time at university: go to lectures, go to your small group teaching sessions, do and hand in the written work that you have been asked to do, eat properly, sleep at least six hours a day, don't sleep more than ten hours a day, spend some time in the library or in your room quietly reading and making notes on books that you have been asked to read. These are the basics: the non-negotiables of life as a student. If at any point any part of you starts to think or feel that, 'I don't have to do that', or 'I've got something better to do than that', or 'I can skip doing that' in relation to these basics or non-negotiables, you can know for certain that that part of you is wrong, just plain wrong, and you shouldn't listen to that part of you. Just do the right thing and ignore any voices (external or internal) encouraging you not to do so. Now – there is one exception to this, which is if you are ill. Obviously, if you are ill then your body has to come first and you have to put everything else second. But if you are physically capable of undertaking the basics, the non-negotiables, of life as a student then not to do so is wrong, just plain wrong. If you can do the right thing, then it's an absolute no-brainer: do the right thing. But sometimes I just don't feel like it, I can hear some of my students say. Onto the next essay...