

**I have been struggling a lot with my lessons recently and wanted to know if it gets any better from here?**

My advice is that if you are struggling in your lessons ask your teachers for some extra help. If they are explaining something in class and you don't understand, ask them to go over it again. Try to focus in your lessons and remove all distractions. If you are really struggling you could ask for some one-on-one sessions with other students in school, who would be happy to help. Go over what you have learnt in lessons at home to make sure you understand and won't forget. Remember, it's okay to make mistakes! Your lessons may not get easier but if you stay focused and ask for some assistance, your lessons will soon become more enjoyable.

Best Wishes.

**I hate going to school because I'm forced to be with people I don't like and don't want to be friends with.**

Firstly, I can guarantee you that you are not the only one feeling like this. A lot of people, especially at this age, develop a dislike for their peers. You must understand that through your life, there are always going to be people you don't get on with. However, you must learn to live with the people you don't like and not let it ruin your chances of succeeding. It is unfair for you that the people around you are worsening your experience at school and making you have a negative attitude towards it. Don't let them get in the way of your time at school. Just focus solely on yourself and what you are doing as opposed to the people around you.

I would like to mention the fact that you feel 'forced' to be friends with these people. If you don't like them, then don't be friends with them. You shouldn't feel forced to be friends with anyone: friends are people you rely and depend on, and if you don't like them, then you should drop them. You deserve people who will help you get through school and stop you from hating it. I personally feel as though my friends are the only things getting me through the school days sometimes. I suggest you distance yourself from the people you don't like and focus on finding people you actually like to be around and feel comfortable with. Recognise the people you want to get closer to and then try to build relationships with them, instead of just making do with the people you don't like. It may take some time, but it is incredibly important to surround yourself with people you want to be around, as it can seriously affect your mood and is the best thing you can do for yourself.

If you are totally lost and cannot find anyone, then possibly joining a club would be a good idea. Fortunately, there are a range of clubs on offer at school, so try and pick one that interests you. You may feel reluctant to the idea at first, but trust me; clubs are a great way of meeting people similar to you as everyone shares an interest in the same things.

I hope this has helped you and that your school experience begins to improve!