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# Peer-Edu – A New Way For Managing Uncertainty Through Helping Others

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The aspect of transferring to university as a freshman forms curiosity around the topic of students' ability to adjust to a new academic environment, as well as how it can affect their well-being, and how institutions can support them in this matter.

This essay aims to introduce the subject of starting university and its impact on psychological functioning. It also focuses on

discussing the issues students face in terms of institutional and social adjustment, such as help-seeking behaviour and managing uncertainty. Additionally, it suggests methods that universities could initiate to help with these hurdles.

The essay examines the matter in terms of peer-tutoring as a possible way for improving students' performance and well-being.