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Adjusting to College

First-year college students form expectations about college life long before they leave home. No matter what these expectations are, nearly every student encounters obstacles they did not anticipate during the transition to college.

Changes to expect:

- Increased personal freedom
- Increased responsibility
- Increased demand for time management
- Different surroundings and relationships
- And many more

Work towards a life balance and wellness!

Academic Wellness

Classes in college require more work. Create a plan to stay on track with assignments.

- Invest in a planner and develop good time-management skills.
- Get to know your academic advisor and seek help when you need it. Learn about resources available on campus.
- Ask about tutoring, study groups or additional support from classmates.
- Find a place to study that is free of distractions.

Physical Wellness

The way you feel physically can impact your mood and ability to concentrate in class. It is important to take care of your physical health in order to succeed.

- Create a nighttime routine to ensure you are getting enough sleep.
- Maintain a balanced diet by choosing healthier food options.
- Visit the campus gym or join one of the college exercise programs.
- Avoid alcohol and other drugs.

Emotional Wellness

It is important to consider your mental and emotional health as they have a profound impact on your overall functioning.

- Set aside time every day to do something that you enjoy.
- If things are not working out as you planned, adjust your expectations.
- Recognize that relationships take time to develop.
- Join a club or social group to meet new people with similar interests.
- Remember that it is normal to feel some stress. During this adjustment to college there are many new changes, so do not feel alone if you are having some anxiety about the transition.

