



**SHARED VISION**  
PSYCHOLOGICAL SERVICES  
*Building Healthy Connections*

## Building Healthy Connections Newsletter Fall 2024

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### Adjusting to College: Tips for a Smooth Transition

Going away to college can be a time filled with many emotions... excitement, fear, and stress, just to name a few. Everyone is different and has different experiences, but there are a few ways to stay organized and a few expectations you should keep in mind while adjusting to college to make the transition as smooth as possible. Here is what you should know...



#### Intro to Adulting

Expect yourself to adjust to life as an adult. Living on your own, in a new environment, comes with the excitement of tangible independence and the stress of responsibility. Remember that routine and tending to the basics is always helpful.

- Keep a calendar and schedule your time outside of class so that you know how to effectively use your time to get things done. When you review your weekly schedule, make time for laundry, time for studying, and time to go out with friends. Stick to your plan and recruit friends to join you as a way to keep yourself accountable. For example, do laundry with a friend from Chemistry on Tuesday afternoon so that you can study together in-between folding clothes.
- Keeping up with the basics of adulting will help you feel like you can move through your week with ease:
  - Regular healthy meals
  - A solid 8-hours of sleep at night. Nap when needed, but don't let your sleep schedule turn into a series of naps
  - Hygiene. Clean body, clean clothes, and a clean environment will keep you healthy

#### Navigating New Social Connections



Expect a few hiccups or awkward moments when making new friends. Social stress or anxiety is difficult to manage when you've just moved away from home. There are a lot of new things in your life and change is inherently stressful. Awkward roommate exchanges or the pressure to find a new group of friends can feel overwhelming.

- Keep in mind that everyone is in the same position that you are in and it's highly likely that your roommate feels just as awkward as you do
- Communicate about misunderstandings
- Make attempts to navigate relationships one-on-one
- Attending social events, joining clubs, or partaking in other groups on campus can be a good way to participate in something meaningful outside of your academics, and make friends with like-minded people

## Building Balanced Study Habits

Expect a few missteps in sorting through your study habits. Everyone has to figure out what works best for them when it comes to balancing study time with everything else on your plate at college.

- It's a good idea to set aside an equal amount of homework/study time for each class as time spent in the classroom (some professors will even map this out for you on the syllabus)
- Teaming up with friends to study at a local coffee shop or quizzing each for the next exam can be fun and it will help you hold yourself accountable



## Always Remember...

What you do now has an impact on the rest of your life, but it does not *determine* the rest of your life. Everyone makes mistakes, the important thing is to recognize them when they happen and learn to do things differently next time. Oh, and don't be afraid to ask for help when you need it. It's a skill that will serve you well the rest of your life. No one expects you to be perfect. College is all about learning how to do things in a way that suits you and sometimes we all need a little help or support as we sort through what works best, and what doesn't.

## How We Can Help:

Our staff is experienced in guiding young adults as they transition to college and launch into adulthood



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