

ADJUSTMENT TO CAMPUS LIFE

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Although it is exciting to enter a new environment and meet new people, it may not be always that easy to adjust to new experiences. Feeling alienated in college life may impact your academic performance and make it harder for you to enjoy campus life. There are two things you need to know to cope with adjustment issues:



It is normal to experience adjustment problems. Adjustment is a process, not a weakness.

People with adjustment issues undergo different state of emotions until they adjust to their new circumstances.



Practical Adjustments

- Transport
- Resources
- Medical needs
- Food
- Accommodation
- Budget
- Dress code
- Safety and Security



Social Adjustments

- Relationships
- Peer pressure
- Establishing social network
- Diversity
- Greater freedom
- Urban Lifestyle



Academic Adjustments

- Assignments
- Presentation
- Volume of work
- Deadlines
- English proficiency
- New study methods
- Exams
- Tutorials

AREAS OF ADJUSTMENT AND CHALLENGES

REACTIONS TO TRANSITION



Insecure
Overwhelmed



Excited
Angry
Confused
Unhappy
Anxious



Desperate
Motivated
Isolated
Homesick



Lonely
Indecisive
Enthusiastic
Stressed



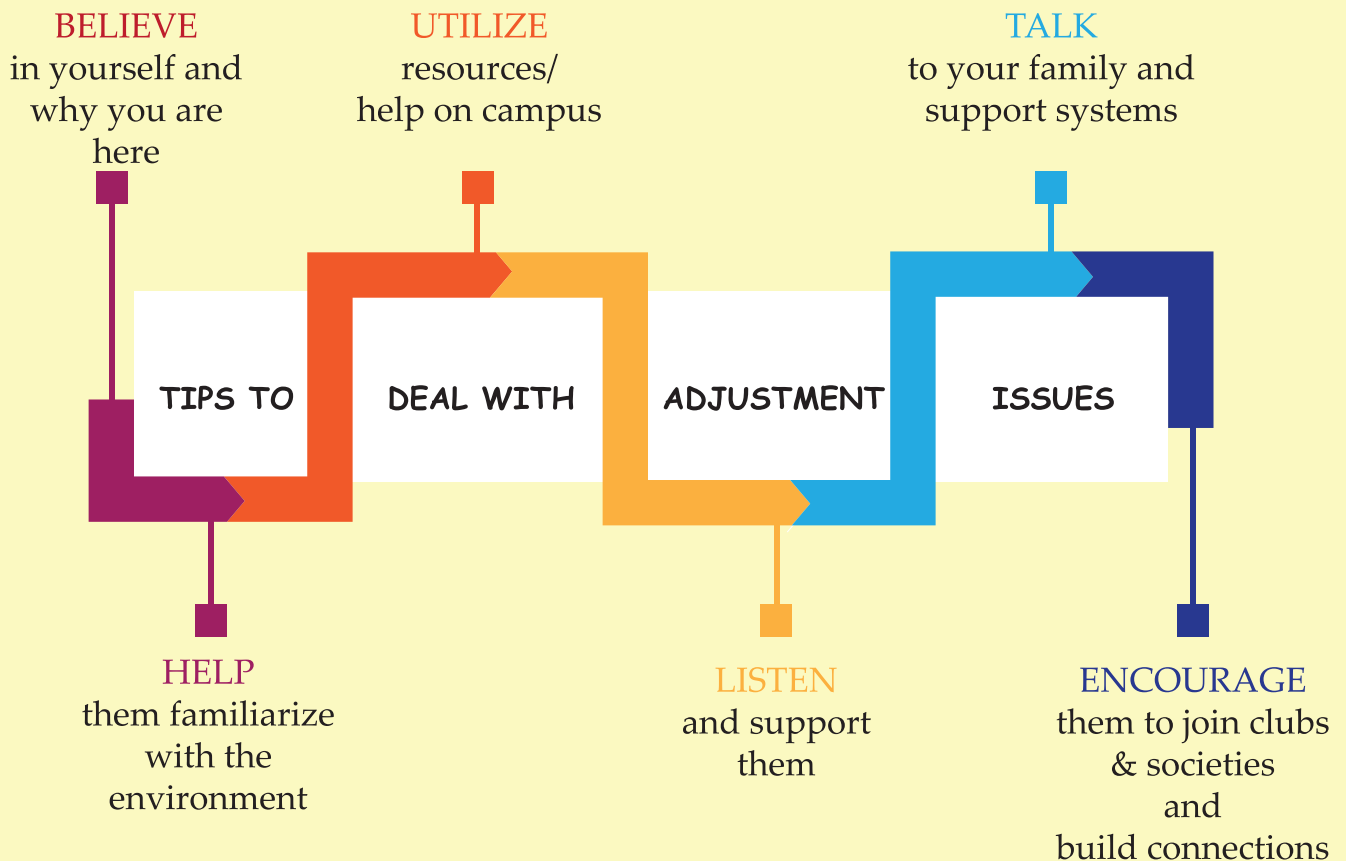


WARNING SIGNS OF ADJUSTMENT ISSUES

All of these reactions are completely **normal**. If, however **you are feeling overwhelmed** by what is happening for you, or if it feels like it is not going away you need to look out for the following **warning signs**:

1. **Inability or failure to attend** lectures regularly
2. **Inability to connect** with study material/content.
3. Lengthy periods of **stress and anxiety**.
4. Strong feelings of **dissonance** of study direction.

HELPING SOMEONE SELF-HELP



References:

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