

Transitioning To College

TIPS FOR WHEN ADULTING IS HARD

WHAT CAN I EXPECT?

Expect to be nervous – that’s normal! It’s completely normal to feel scared when moving forward with a new chapter in life, and the transition to college is certainly a massive stepping stone. Don’t worry! Once you start to settle in and get a feel for the campus, everything will become a lot easier.

Understand that a variety of confusing emotions may come up when dealing with life transitions. This is normal and healthy! Some of the emotions you may experience include:

- Joy
- Sadness
- Anxiety
- Excitement
- Uncertainty
- Hope
- Overwhelmed
- A Sense of Belonging



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Email for appointment:
counselingservices@mountunion.edu

WHAT CAN I DO TO EASE THE TRANSITION?

- **Be intentional about finding community**
 - Invest in making new relationships and maintaining established ones. Focusing purposeful time with people who you love and care about can make a world of difference!
- **Create routines**
 - Establish routines around eating, sleeping, going to class, exercising, and socializing. There is a lot of change happening at once, so offering yourself some consistency can help! These are also great ways to engage in self-care.
- **Give yourself a break**
 - Remember that you are adjusting. Don't be so hard on yourself. Allow yourself time, patience, and self-compassion while you navigate this transition.
- **Practice stress management techniques**
 - Deep belly breathing, progressive muscle relaxation, or meditation can be helpful in reducing feelings of stress and anxiety.
- **Identify and use campus resources and ask for help**
 - Reach out to others for support - be it friends, family, a faith leader, or a mental health professional.

Types of self-care



spiritual



physical



social



emotional



personal

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Located in HPCC - behind the Information Desk
Check in with receptionist