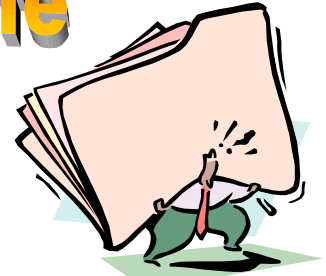


Adjusting to College Life



Warning Signs of Poor Adjustment

- **Isolation**
 - It is not healthy to be uninvolved with others & campus activities
 - Isolation can breed negative thoughts & feelings
 - Isolation may indicate anxiety & depression
- **Irritability**
 - Feeling angry toward others may indicate different problems
 - When ignored, irritability can escalate into many other problems
- **Poor class attendance**
 - Attendance in class needs to be a top priority
 - When it is not, it is often due to other problems
- **Too much partying**
 - Excessive alcohol & drug use can pervade a student's life & interfere with personal & academic goals
- **Going home every weekend**
 - College is a time to develop independence & autonomy
 - This cannot be accomplished when a student never really leaves home emotionally
- **Sleeping and eating poorly**
 - When physiological processes such as sleep & appetite are disrupted, this may indicate underlying medical/emotional problems
 - A student cannot function well when the body is not nurtured
- **Stress**
 - While some stress is inevitable, prolonged periods of high stress is a serious warning sign
 - Sooner or later, the body & emotions will begin to break down
- **Poor communication skills**
 - Lack of assertiveness in communications with others will produce other problems & interfere with college life
- **Relationship problems**
 - Most relationships experience some tension & conflict
 - When there is too much conflict, anxiety & depression may result
- **Poor concentration**
 - Academic life requires students to focus & concentrate
 - Students who are distracted are likely to experience problems in adjustment to college demands

Successfully Adjusting to College

- **Getting involved**
 - Involvement with others & campus activities are healthy pursuits
 - Involvement can breed positive thoughts, feelings & academic success
- **Staying positive**
 - Maintaining an optimistic attitude with others is productive
 - Be accepting & tolerant of yourself & others
- **Going to class**
 - Attending class needs to be a top priority
 - Attendance supports academic success & successful stress management
- **Partying smart**
 - Drink alcohol & party in ways that don't result in harm to yourself or others (personally, academically, socially, etc)
 - Do everything in moderation
- **Staying on campus when you can**
 - Helps to develop independence & autonomy
 - You become your own person & develop new relationships in your new community
- **Eating & sleeping well**
 - We function at our best when our bodies are nurtured in healthy ways
- **Practicing good stress management**
 - While some stress is inevitable, there are things we can do to prevent or reduce stress
 - Seek out & learn new ways to manage your stress
- **Communicating productively**
 - Be assertive with others so that your own needs are met
 - Communicate in ways respectful to others
- **Maintaining healthy relationships**
 - Work to avoid "toxic" relationships
 - Do a lot of give & take with your friends
 - Put effort into resolving conflicts in ways to honor yourself & others
 - Stay in touch with those who support you
- **Staying focused**
 - Academic life required students to focus & concentrate
 - Work to avoid/reduce things that interfere with your concentration