



Adjusting to College Life

Warning signs of poor adjustment:

Isolation: It can breed negative thoughts and feelings as well as anxiety and depression. It is not healthy to be uninvolved with others and campus activities.

Irritability: Feeling angry toward others may indicate other problems. When ignored irritability can escalate into many other problems

Poor class attendance: Attendance should be a top priority. If not, it is often due to other problems and can lead to failure of courses.

Too much partying: Excessive alcohol and drug use can pervade a student's life and interfere with personal and academic goals

Going home every weekend: College is a time to develop independence and autonomy. This cannot be accomplished when a student never really leaves home emotionally.

Sleeping and eating poorly: When physiological processes such as sleep and appetite are disrupted, this may indicate underlying medical and emotional problems. Students cannot function well when the body is not nurtured.

Stress: While some stress is inevitable, prolonged periods of high stress are a serious warning sign of deeper issues. Sooner or later the body and emotions will begin to break down

Poor communication skills: Lack of assertiveness in communications with others will produce other problems and interfere with college life

Relationship problems: Most relationships experience some tension and conflict. When there is too much conflict, anxiety and depression may result

Poor concentration: Academic life requires students to focus and concentrate. Students who are easily distracted are likely to experience problems in adjustment to college demands

Signs of successfully adjusting:

Getting involved: Involvement with others and campus activities are healthy pursuits. Involvement can breed positive thoughts, feelings, and academic success

Staying positive: Maintaining an optimistic attitude with others is productive. It is important to be accepting and tolerant of yourself and others

Going to class: Attending class should be a top priority. Attendance supports academic success and successful stress management

Partying smart: Drinking alcohol and partying in ways that don't result in hard to yourself or others (personally, academically, and socially) is important. Do everything in moderation.

Not visiting home every chance they get: Staying on campus/in the college town helps develop independence and autonomy. You become your own person and develop new relationships in the new community

Eating and sleeping well: We function at our best when our bodies are nurtured in healthy ways

Practicing good stress management: Some stress is inevitable but there are some things we can do to prevent or reduce stress. Deep breathing and leisure activities are ways to manage it.

Communicating productively: Be assertive (but respectful) with others so that your own needs are met.

Maintaining healthy relationships: Work to avoid "toxic" relationships. Stay in touch with those who support you.

Staying focused: Academic life requires students to focus and concentrate. Work to avoid/reduce things that interfere with your concentration.

For any questions/concerns about successfully adjusting to college life, please call Wellness Services at

(660)562-1348