

ADJUSTMENT TO CAMPUS LIFE

Adjusting to campus life

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 university/ 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.

Reactions to transition

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



Insecure
Overwhelmed
Excited
Angry



Confused
Unhappy
Anxious



Desperate
Motivated
Isolated
Homesick



Lonely
Indecisive
Enthusiastic
Stressed



Scan Me



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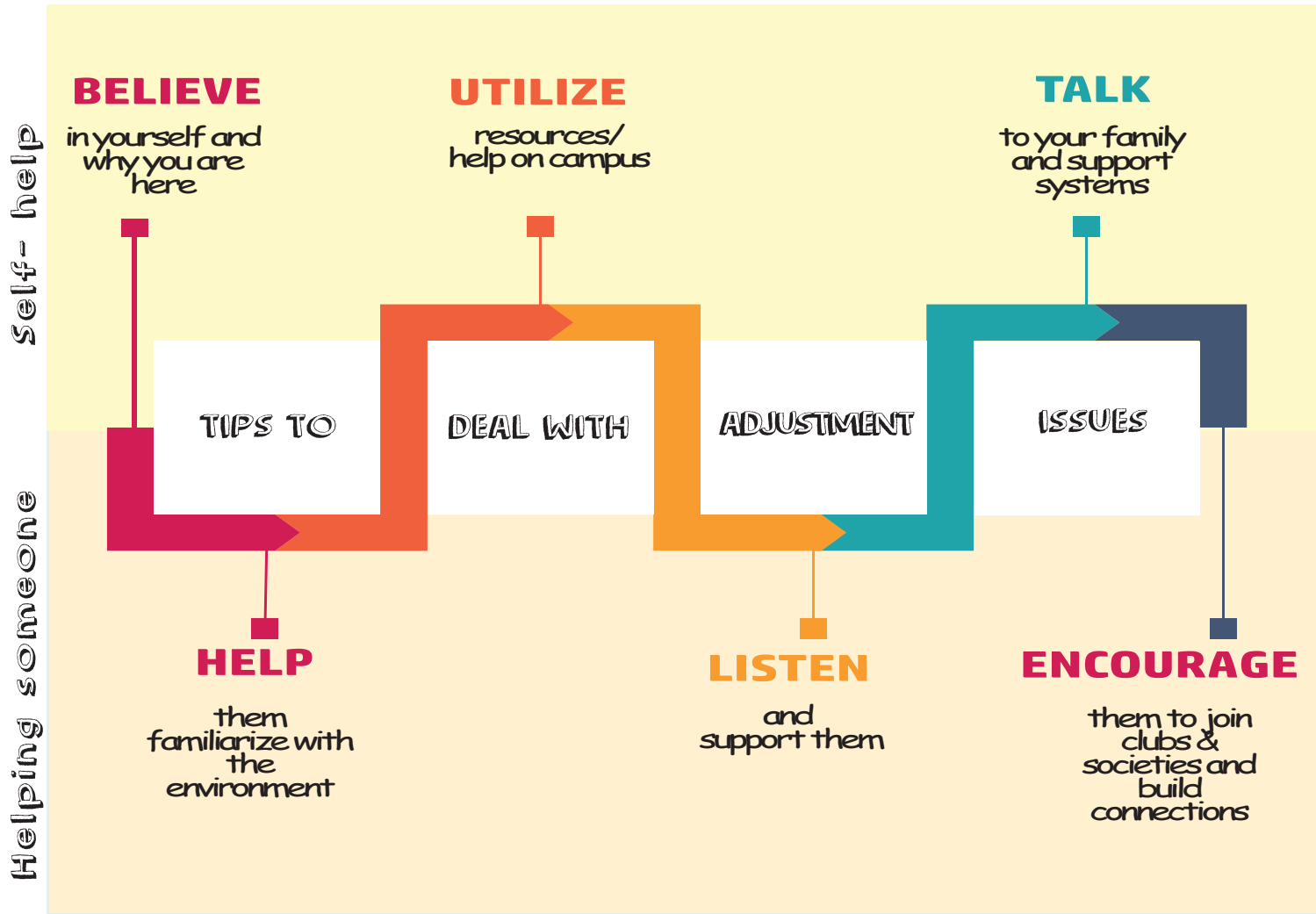
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WARNING SIGNS OF ADJUSTMENT ISSUES

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.



References:

<https://www.lakeheadu.ca/current-students/residence/parents/adjusting-campus>
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