

# 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 • Excitement • Overwhelmed • Uncertainty  
Hope • Anxiety • A Sense of Belonging**



### ► 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

YOUNGSTOWN STATE UNIVERSITY



**Student  
Counseling  
Services**

#### **Student Counseling Services**

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