First Year Transitions

Students and their Supporters

Adapted from the Bowling Green State University’s 2004 Parent and Family Handbook; Santa Clara University’s “College Stress Periods throughout the Year; and Schreiner University’s “Info for Parents”
August/September Transitions

Students
- Goodbyes
- Excitement/Anxiety
- New Freedom/testing limits
- Homesickness/lonely
- Do I fit in?
- Values Crises (e.g. race differences, alcohol use, etc.)

Supporters
October/November Transitions

**Students**
- Mid-term examinations
- Roommate conflicts increase
- “Honeymoon over” – let down about the reality of college
- Academic pressures increase
- “Why haven’t I adjusted yet?”

**Supporters**
### December/January Transitions

<table>
<thead>
<tr>
<th>Students</th>
<th>Supporters</th>
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<tbody>
<tr>
<td>Final exams/projects</td>
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<td>Financial stress (e.g. gifts)</td>
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<td>Adjust to living at home</td>
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<td>Adjust to returning to college</td>
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<td>Homesickness and/or relief</td>
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<td>Fresh start to semester</td>
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February/March Transitions

**Students**
- Depression increases if don’t feel connected
- Winter claustrophobia
- Academic pressures increase
- Spring break
- Worries about summer job
- Finding roommate for next year

**Supporters**
# April/May Transitions

## Students
- Class registration decisions
- Declaring major
- Sadness - leaving
- Stress – summer plans
- Left out of family decisions (e.g. reassigned bedroom)
- Final Exams

## Supporters