



# 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

## Students

- Final exams/projects
- Financial stress (e.g. gifts)
- Adjust to living at home
- Adjust to returning to college
- Homesickness and/or relief
- Fresh start to semester

## Supporters

# 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