Change and Transition

As you begin a new semester at University, you will begin the process of change. Many of you are here from out of town; some are living away from home for the first time. What a change! There’s no one to report to about what you are doing and when, and there is also no one to ask, “How was your day?” The excitement of new freedom and opportunity may be mixed with homesickness – missing your family, friends and community.

Slowly, you’ll get to know some of your classmates, faculty, residence Dons, roommates and other peers. Perhaps you’ll get involved in intramural activities at the PAC (Physical Activities Complex) and clubs and events through the Student Life Centre and the Federation of Students. You may read student newspapers and check the university website to familiarize yourself with campus activities.

Even if you are welcoming this change, it’s natural to resist new ideas and ways of doing things. Take a look at the suggestions below to help in the transition through the uncomfortable time between the old and the new:

1. **Take control.** Try to do things that make you feel more in control, like getting the information you need to find your way around.

2. **Accept transition is not easy.** Understand that this is a transition time and if you feel overwhelmed, it doesn’t mean going to school was a bad decision, you are just in transition.

3. **Build a support system.** Find support systems in your family, old friends, new friends, your teachers, and success coaches.

4. **Create goals.** Keep in mind your purpose in coming to school; focus on this outcome.

5. **Ask for help.** Don’t be afraid to ask for help. You are not alone in this transition time. You can meet with a success coach in the student success office to talk about adjusting to your environment and to do some problem solving about getting involved in your new community. To book an appointment call 519 888 4567 ext. 84410.