

Adjusting to College

Freshman year, whether you are going to a community college or 4-year college, will be an adjustment. Many students have concerns about “fitting in” and making friends. Some students experience homesickness and feel sad or “down.” Just remember that this adjustment period doesn’t last forever. You might consider making an extra effort to get to know new friends on campus. Most colleges and universities have activities and clubs to join. To get started, you might ask yourself what activities you enjoyed in high school. Perhaps you can meet people and earn money by working part time on campus? Students generally do better in college when they feel connected and develop a sense of belonging.

It also is important to take care of yourself by eating right and exercising as well as getting enough sleep. If you feel like you need help with nutrition or exercise, seek out your college’s recreation center or health center. College counseling centers can help with adjustment issues too. When you get on campus for orientation, ask your advisor if there is a “freshman seminar” or “college success” class for freshmen. Many colleges and universities are now offering these types of classes and other first year programs to assist new students in adjusting to college. Tip: take the time to know what resources are available and don’t be afraid to ask for help!

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