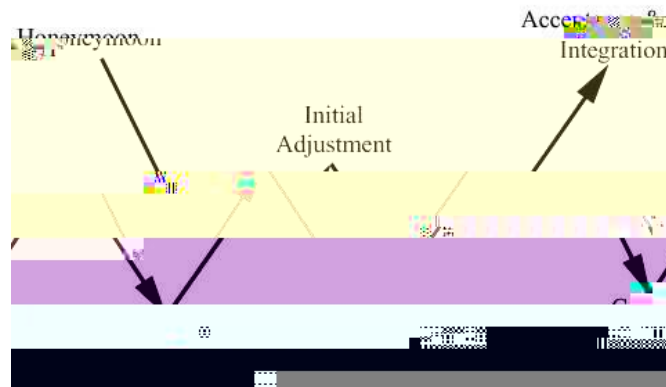


Many first-year students experience the following phases while adjusting to college:



Positive mood, anticipation, and excitement usually begins before students arrive on campus
Some feelings of homesickness, mixed in with all of the fun and energy of a new beginning, is common

Newness of college begins to wear off as students deal with the reality of all the adjustments they need to make (i.e., roommates, changes in food choices, diversity that comes from meeting people from different backgrounds and cultures, academic changes)

Routine tasks become problematic (i.e., where to go shopping, get a haircut, or retrieve medical services)
Period of positive change in addition to a period of personal conflict and anxiety, and homesickness may increase

Students experience an upswing as they successfully manage many of the issues that have come their way
Well being and increased confidence emerge as they feel more able to handle the academic and social environment of college; Regain a sense of normalcy, control, and routine in their li3d43()J6.0000092 0 2 792 reW*nhB