

# COMMON EMOTIONS RELATED TO TRANSITION AND ADJUSTMENT

## ANXIETY/FEAR/SELF- DOUBT

about the ability to handle academic responsibilities; making friends; balancing school, work, athletics, extracurriculars, family, and friends (Manage Perfectionism)

## SADNESS/LOSS

about changing routines, leaving behind family, friends, and pets; not having access to the same comforts of home

## CONFUSION

about the campus layout, the flow of activity on campus, developing a new routine, etc

## RELIEF

about being away from previous responsibilities, chaotic family situations, toxic relationships, of finally being independent, etc

## YOU DON'T HAVE TO HAVE IT ALL FIGURED OUT! THESE FEELINGS ARE NORMAL!

You can come to counseling to talk about any of these concerns plus ones that may arise.

**ALONG WITH SOME  
RELIEF, CHANGE AND  
TRANSITION CAN BRING  
OTHER POSITIVES SUCH  
AS NEW OPPORTUNITIES /  
NEW FRIENDSHIPS / NEW  
EXPERIENCES / A CHANCE  
TO PRACTICE COPING  
SKILLS / PERSONAL  
GROWTH**

