

# TRANSITIONING TO COLLEGE

## From Counseling Services and the AOD Program at Arcadia University

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### COMPLETE GET INCLUSIVE MODULES

Alcohol & Other Drugs and Voices for Change modules are interactive educational programs designed to help you protect yourself and others from abuse of alcohol and other drugs as well as preventing sexual assault. The 2 courses are confidential and take approximately two hours to complete both. Email will be sent July 29th. **Both modules must be completed by Aug 22nd.**

### MEDICATION REFILLS

Make sure that you have a few months supply of your prescription while on campus this semester. Avoid running out of medication before you are able to return to your provider at break.

### SUPPORT SYSTEM PLAN

Identify your support system and talk with them about how you plan to stay in touch this semester. Finding the right balance between connection to home and connection at Arcadia can be challenging and look different for everyone.

### PRACTICE SELF CARE

Make an extra effort to take care of yourself, including making time to rest, eat balanced meals, exercise and avoid abuse of alcohol or other drugs. Develop a manageable schedule, including identifying your optimal place and time of day to study.

### REALISTIC EXPECTATIONS

Give yourself some time to adjust. Recognize that relationships take time to develop (e.g. most students' friendships from home formed over a period of years), and that your surroundings will become more familiar over time.

### COUNSELING TOOLBOX

Information and helpful tools can be found on the Arcadia Counseling Services website. Familiarize yourself with this invaluable resource before classes start. Visit [arcadia.edu/counseling](http://arcadia.edu/counseling)

## JUST BREATHE...

Transitioning to college can be stressful and can sometimes feel overwhelming. Download an app to help stay centered and focused. We suggest Headspace, Calm, or Happify.