

Did You Know? A Bimonthly Column from:
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Did you know that starting college could be both exciting and sometimes overwhelming *at the same time?*

Well, if you are experiencing these contradictory feelings, you are not alone. According to the national research that has been done with individuals who were starting college for the first time, more than 7 out of 10 students have “transition-to-college stress.” This type of stress also occurs when people start something new in their lives and want to succeed at it it. ***So it is ok to feel a bit worried or scared as you start your first semester at UConn.***

What can you do to help yourself through this transition? Here are some suggestions:

1. Develop a network of students on campus. It is a great way to begin new friendships and develop support systems.
2. Plan your time well. Many of you will be juggling jobs, school work and a social life. Setting time to do your homework and to study from the beginning of the semester will be important.
3. Stay focused. You are in college to achieve your goals. Don't lose sight of your future!
4. Reward yourself for your accomplishments and recognize your progress. It is not always easy to submit your work on time, to understand a complex theory or to make an oral presentation. Take the opportunity to treat yourself or to share your accomplishments.
5. If you find yourself needing some additional help in getting through this transitional time, you may want to contact ***your student assistance counselor. The services are free and confidential to all UConn Waterbury students.***