

## ADAPTATION TO UNIVERSITY LIFE

2019-2020 Academic Year



**Give yourself time**

### Congratulations

**You're a college student**

Starting a university is stepping into a new way of life that you will share with new people. Like every transition period in life, starting university also arouses excitement and anxiety.

Getting away from your source of support may increase your anxiety. It is useful to know two important points when starting university. To leave old people, environments and situations and to get used to new people, environments and situations.

It may be difficult to meet new people, new school setting and new lessons, and this is very natural. Intense emotions (stress, anxiety, anxiety, fear etc) can may experienced especially in the first couple of months and this is a temporary period. However, this will temporary if you are able to use your emotions, thoughts and behaviors appropriately to adapt to university life.

**There are two things to keep in mind:**

- ✓ You are not the only one to feel these feelings. There are people like you who are just starting out in college
- ✓ Feeling anxious is a very natural process in the beginning. It does not mean that you are insufficient

### Suggestions for Adapting to University Life

**Give yourself time:** Things that seem worrying at first will become an ordinary part of your daily life after a while.

**Recognize your feelings and accept your feelings:** Leaving your familiar environment and coming to a new setting can be worrying at first. The most important step in overcoming your emotions and adapting to university life is to be aware of the source of your troubles.

**Do not make sudden decisions:** Try not to make sudden decisions like leaving school or going back home. Making decisions in consultation with a specialist will help you to overcome stress more easily.

**Participate in social activities:** visiting student clubs and participating in club activities is an indispensable part of student life. You can meet and exchange information with students experienced in university life. This will affects to your university life and interpersonal communication skills positively.

**Take care of your physical health:** Take care of your regular nutrition and sleep patterns. You should not forget to get support from experts the moment you have difficulty. You should remember that physical health affects mental health.

**Consider your goals in college:** Setting achievable goals and pursuing your own interests and skills will take you further.

**Stay away from negative habits:** Remind yourself that smoking, alcohol and substance abuse will not help you cope with your current situation(s). Internet / game addiction is another way to deal with such situation(s). At this point, make sure that these activities do not interfere with your daily duties and responsibilities.

**Follow your professional carrier:** Attending courses and being aware of your responsibilities will make your life easier in fulfilling your academic duties and responsibilities in university life. Setting professional goals will be one of the most valuable steps that will lead you to success.

#### **Other important issues:**

- ✓ Give yourself time
- ✓ Keep the balance between lessons and entertainment
- ✓ Be careful not to be absent
- ✓ Get your university e-mail address and check it frequently. You can also follow your school's website regularly
- ✓ Determine your daily routine and your hobbies
- ✓ Ask your instructor any questions you may have about your lessons
- ✓ If you feel that you are struggling with these or other issues and want to get

support, you can visit the Psychological Counseling Center

All the sessions in the Psychological Counseling Center are kept private in accordance with in the privacy policies and ethical values. The sessions help you to cope with psychological problems, set realistic goals and achieve these goals. In personal interviews, you can discuss your personal problems in a safe environment, and work with your client to achieve the goals you set. In group work, you can make sense of your inner world and your relationships with people.

#### **When do I need a counseling center?**

- ✓ Getting to know oneself and the environment better,
- ✓ Coping with feelings of loneliness and shyness,
- ✓ Effective communication between people,
- ✓ Increasing self-confidence and assertiveness,
- ✓ Coping with stress and anxiety,
- ✓ Drawing a path in professional fields,
- ✓ Lack of motivation and decision-making difficulties,
- ✓ Loss and mourning situations,
- ✓ Sleeping disorders,
- ✓ Depression, thoughts about self-harm or to others,
- ✓ Problems with eating, using alcohol or substance,

- ✓ Compliance problems,

In summary, students can contact the Psychological Counseling Center for all current issues that hinder their learning.

#### **Application to Psychological Counseling Center**

You can visit the Center at the Social Center every weekday between 08:30 and 17:00 and reach the center by phone and e-mail. Services are free of charge. You can reach up-to-date information about the Consultancy Center on our website.

Telephone:  
444 0799- 7306- 7307

E-mail:  
[pdm@isikun.edu.tr](mailto:pdm@isikun.edu.tr)  
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