Student Transitions: Helping New Students Adjust to Leaving Home and Starting at OSU

University Counseling Services
University Counseling Services
Suzanne Burks, Ph.D., L.P.C., Director
320 Student Union 744-5458

- **Alcohol & Substance Abuse Center**
  320 Student Union 744-2818
  Assessment and treatment for students with alcohol or substance related issues and offenses

- **The Reboot Center**
  320W Student Union 744-6434
  An oasis of calm in the midst of chaos and an inviting space to relax, re-charge and re-focus

- **Student Counseling Center**
  320 Student Union 744-5472
  Providing counseling and psychiatry for students experiencing a number of problems from minor issues (e.g., roommate conflict) to severe pathology (e.g., Bipolar Disorder)

- **Student Disability Services**
  315 Student Union 744-7116
  Assisting students requesting accommodations for disabilities including physical, mental, short-term, and long-term

- **Student Conduct Education & Administration**
  328 Student Union 744-5470
  Ensuring compliance with the Student Code of Conduct and a resource for assisting students bothered by others’ rule-breaking behavior (e.g., stalking, harassment)
Behavioral Consultation Team

- The BCT is a resource to notify if you observe a person of concern (e.g., threatening behavior, suicidal) to prevent a harmful/violent act.
- Notify any of the following:

Dr. Lee Bird (VP for Student Affairs) 744-5328
Dr. Suzanne Burks (Director of University Counseling Services) 744-5458
OSU Police
Your Instructor
Your Academic Advisor
Upcoming Transitions

- **Academic Demands** change between high school & college
  - More autonomy and responsibility by student to get assignments done on time
  - Content more difficult in college

- **Living Situation** changes from living with family to living with friend, acquaintance, or a stranger
  - Adjustment to differences in schedule, cleanliness, and lifestyle
  - Negotiate what is shared and what is separate with expenses, food, cleaning responsibilities, etc.
  - Roommate conflict is normal

- Students are on the verge of gaining a lot more **Independence**
  - Many students are excited by the increased independence and freedom of college life
  - No more curfews and more unscheduled time

- **Responsibility** also increases
  - The ‘other side’ of the freedom
  - Need to learn to get enough sleep, get yourself up in time for class, and balance social life with academic demands.
How are You Feeling About These Transitions?

- Most new students are Excited.
- A lot are Nervous or Afraid.
- Some feel Sad about leaving home, family, friends, hometown, etc.
- All of the above feelings are Normal.
What to Expect:

- **Fun:** OSU is a fun place to live college life.
- These transitions can cause **Stress** at times.
- A drop in **Grades** is normal due to this stress.
- **Homesickness** is common, especially during the first few months.
- You will be exposed to **Diversity**; be open to it.
- **Ups** and **Downs** might get more intense at OSU.
- Less than high school, **Peer Pressure** still occurs.
- **Money** is hard to come by for college students.
- Some **Relationships** will end and others will become more serious during college.
Family Issues

- This is a time for **Separation** from the family to form your own **Identity**. Be open to new **Opportunities**!
- **Topics to Discuss** with Your Parents **BEFORE** Leaving Home:

  - Will There be **Changes** to your bedroom?
  - How will you spend your time during **Home Visits**?
  - How do you **budget finances**, **cut costs**, and how do **Credit Cards** work?
  - Are there consequences for **Low Grades**?
Advice

- Develop your **Identity** and **Explore** new interests.

- Get **Connected** on-campus and in Stillwater.

- Stay connected with **Family** and **Friends**.

- **Communicate** with instructors. They are not that scary.

- Utilize **Resources** that are available (e.g., **tutoring**).
Keep yourself and friends **Safe**.

Address your **Needs** before problems occur.

You will make mistakes. If they get too big, use your family as a ‘**Safety Net**’.

Manage your **Time** and **Stress** effectively.

**Going to Class** is the way to **Pass**.

Have **Fun** and **Welcome** to OSU!