College Transition and Adjustment

UCLA CAPS
Today’s Agenda
Tips for College Success (The ABCs)

1. **Assess your adjustment stress**
2. **Build on strengths and self care**
3. **Cultivate Successful Study Habits**
4. **Deal with distractions**
5. **Expand your Horizons and Seek support**
Tip 1: A is for Adjustment

1. Adjustment to college is fun AND difficult
   • Accept that you are brilliant and deserve to be there
   • What strengths do you bring with you to UCLA?

   • Plan for missteps, mistakes and complicated emotional reactions
   • Doing something for the 1st time involves making mistakes from time to time
College Transition and Adjustment

- The Positives
  - Freedom?
  - Fun?
  - New structure?

- Common Stressors
  - Family & Financial stressors
  - Relationship, Community & Cultural Stressors
  - Situational Stressors
Campus Stressors

- Competition & Worries of Competence
  - What were your perceptions of UCLA before you got to UCLA?

- Administrative Stressors (funding, add/drops/housing/etc.)
  - More than just homework and tests right?
  - What other aspects of campus life do 1st generation students have to navigate?
Impact on Academics

- Common Reactions from 1st generation students
  - Procrastination/Perfectionism – they are linked
  - Decreased Motivation - losing steam after optimistic start
  - Withdrawals/Leave of Absences/
  - Considering whether or not college is the right place
Impact on Mental Health

- Sadness
- Irritability
- Difficulty Sleeping
- Low Interest Or Motivation
- Difficulty Concentrating
- Difficulty Eating
- Anxiety/procrastination
- May Be Experienced Differently By Different People
Tip B: Build on Strengths and Self Care

- Use your strengths
- You are brilliant – you are here for a reason
- Self Care – how to give yourself the best chance to succeed
  - SLEEP!!!! – Is your friend (7-9 hrs)
  - Balance and Harmony
  - Exercise – Activates the body and the mind
  - Socialize – college is more than just about books
Tip C: Cultivate Successful Study Habits

- Learning how you learn best – be honest with yourself
  - Understand the learning process
  - Use Active Learning strategies
    - Elaboration Strategies (keeping separate notes, ask and answer questions for yourself, paraphrase and summarize)
    - Organizational Strategies
      - Outlining, make tables, diagrams, organizational charts, study guides and quizzes
Tip D: Deal with Distractions and Delay!

- **External** - environmental distractions; study time vs. social time
  - your room
  - study area
  - roommates etc.
    - (Any of these can be helpful or not helpful ways to study depending on distractions)

- **Internal** – psychological/emotional distractions
  - irrelevant thoughts,
  - distress and daydreaming
Monitor Your Concentration

- Monitor your concentration- Tips
  - Did I understand what I just read?
  - Alarm clock or reminder
  - Use self-reminders and positive self-talk
  - Set Goals
  - Manage your time
  - Take Breaks
  - Use active learning strategies
SMART Goals

- Specific
- Measurable
- Action-Oriented
- Realistic
- Timely
Tips to Survive the 1st quarter

- Set SMART Goals
- Don’t wait to “feel like it”
- Use small chunks of time – chunking is a learning strategy
- Expect & account for disruptions and problems – walking/driving time,
- Identify your most productive time(s) of day
  - Example: early bird vs. night owl
- Enjoy free time!
TIPS

• Become good at time management
• Be accountable to someone
• Reward yourself after
• Practice time-telling
• Develop a tolerance for anxiety/frustration
• Use the 80% Success Rule
  • With both of these, motto is: “start it!” not “finish it!”
Tip E:
Expand your Campus Horizon
Seek Campus supports

- Campus Counseling Centers
  - Community Referral Agencies

AND REMEMBER... YOU CAN DO THIS & WE’RE HERE TO HELP
The ABCs: Six Tips for Academic Success

1. **Assess your adjustment stress and anxiety**
2. **Build on strengths and self care**
3. **Cultivate Successful Study Habits**
4. **Deal with Distractions and Delays**
5. **Expand your horizons and seek support**
References


  
Thank you ...

UCLA Counseling and Psychological Services

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