

It can be challenging when you are ADJUSTING to living away from home while transitioning to being your own! Part of this process may include developing and/or discovering your own personal likes, interests, and preferences, apart from past “labels” or definitions of yourself that were given by others around you.

Try to make sure that you are BALANCING social and academic demands—there has to be attention given to both sides!

LONELINESS can be normal, especially if you’re having a tough time developing a connection with others or have struggled to find your place on campus.

You may also be dealing with ROOMMATE CONFLICTS, as you share a room with someone for the first time.

It’s also pretty typical for ROMANTIC RELATIONSHIPS to have rough patches as everyone is learning their new routines and how it impacts their communication skills.



# HAVING A HARD TIME ADJUSTING?



# WHAT CAN I DO ABOUT....

- DEPRESSION AND ANXIETY?
- USING UNHEALTHY COPING BEHAVIORS SUCH AS BINGE DRINKING?
- POOR STUDY/ACADEMIC SKILLS?
- UNCERTAINTY ABOUT MAJOR AND PURPOSE IN COLLEGE?



Try....

- Speaking to your RA or coordinator in regards to roommate issues
- Seeking counseling for anxiety, depression, isolation, and substance abuse issues
- Check out the pirate tutoring center or talk to your academic advisor
- Joining a support group through the counseling center for coping skills or interpersonal skills