

Adaptation to the University Life

Being a university student means being in a transition stage, from adolescence to adulthood which may bring many difficulties (autonomy and individualism, life choices, interpersonal relationships, etc). Besides, maybe many of you leave your homes and families, your safe and secure environments for the first time. You have to take the responsibilities of your lives, have to arrange and balance your personal, social and academic relationships and have to show and keep a specific academic performance. To know how to deal with these difficulties or differences may make your adaptation to this stage easier.

We can divide university life into three categories: academic, social, and personal.

Academic life

University and high school may have several differences in academic terms. In the university you are expected to carry the academic responsibilities like following your attendance, selecting the electives, applying to the double major, keeping your scholarship depending on your GPA, and etc. In addition to this you will be expected to participate actively to the lectures, keep the deadlines of your papers, and prepare for your exams. Study skills that you may already have or you may need to develop can help you.

Social and Personal Life

During the university years, especially if you are living away from your family, you have to take the responsibilities of our life. Managing your money, shopping, cooking, washing your clothes, sharing your living environment with people you don't know well, getting used to the rules of the dormitory, keeping your dorm room clean/tidy may all be difficult. In addition to this, making new friends, getting along with people from different backgrounds, habits, and characters; building relationships with the opposite sex may be demanding for you. In order to balance social and personal relationships you have use communication and problem-solving skills. You have to express your needs, expectations, feelings and thoughts directly and openly.

Sometimes you may feel lonely; you may miss your friends from your home town, from your high school. It may be difficult to find an ideal friend within the campus. Try to look for people coming from the similar social environments and people sharing similar hobbies. Participate to the social activities and student clubs within the campus; these are the opportunities where you can meet new people. During your adaptation to the university life, your mentor will be ready to help you.

Need Additional Help?

If you are still having problems in adapting to the university life do not hesitate to ask for professional help.

For further information, please e-mail KURES : kures@ku.edu.tr

References

Dyson, R & Renk K.(2006). Freshmen adaptation to university life: Depressive symptoms, stress, and coping. *Journal of Clinical Psychology* , 62(10): 1231-44.