

## Month-to-Month Adjustments for First Year Students

Adapted from Helping your First-Year College Student Succeed and the National Resource Center for the First-Year Experience and Students in Transition.

### September/October

- Feelings of excitement
- Experimenting with new-found freedoms
- Frequent calls and/or visits home
- Becoming familiar with campus
- Homesickness and loneliness
- Anxiety about classes, professors, roommates
- Asking; "Do I fit in here?"
- First assignments/test grades returned
- Romantic relationships changing
- Experiencing the consequences of decision-making
- Roommate problems
- First midterm exams

### November

- Midterm grades returned
- Excitement/anxiety about going home for Thanksgiving
- First series of campus-wide illnesses (colds, flu)
- Trying to balance the demands of school, work, family, and social life
- Additional roommate challenges

### December

- Anxiety over preparations for finals
- Excitement/anxiety over going home for the holiday
- Sadness about leaving new friendships and/or new romantic relationships for the holidays
- Financial strain
- Continuing roommate challenges

### January

- Satisfaction/disappointment with last semester's grades
- Feelings of exhaustion
- Adjusting to being back home and adapting to family rules and routines

## February

- “Fresh start” mentality with new semester
- Homesickness after winter break
- Relief at being away from home and being back at school
- Loneliness for relationships back home
- Feelings of cabin fever and depression
- Potential increase in alcohol or other substance abuse
- Challenges with romantic relationships
- Valentine’s Day emotional issues

## March

- Anxiety about Midterm exams
- Anxiety about finding a roommate for next year
- Excitement/disappointment about Spring Break plans
- Concern over winter weight gain

## April

- Burnout
- Spring fever
- Concern over declaring a major

## May/June

- Final exam anxiety
- Stress over moving when semester ends
- Ambivalence about returning home for summer
- Sadness over leaving new friendships and/or new romantic relationships at school
- Concern about finding summer employment
- Beginning to realize how college will influence future life decisions