

# 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 1<sup>st</sup> 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 1<sup>st</sup> generation students have to navigate?

# Impact on Academics

- Common Reactions from 1<sup>st</sup> 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 1<sup>st</sup> 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

- Burka and Yuen (1983). Procrastination: Why You Do It What to Do About It.
- Britton, B. K., & Tesser, A. (1991). Effects of time management practices on college grades. *Journal of Educational Psychology*, 83(3), 405-410.
- Dembo, M. (2004). Motivation and Learning Strategies for College Success: A Self Management Approach.  
Mahwah, NJ: Lawrence Erlbaum Associates, Publishers
- Macan, T. H., Shahani, C., Dipboye, R. L., & Phillips, A. P. (1990). College students' time management: Correlations with academic performance and stress. *Journal of Educational Psychology*, 82, 760-768.
- Weinstein, C., Woodroff, A. and Await, C. (2008) Becoming a Strategic Learner. A LASSI Instruction Module. University of Texas Austin
  - [http://www.hhpublishing.com/onlinecourses/study\\_strategies/BSL/motivation/J3.html](http://www.hhpublishing.com/onlinecourses/study_strategies/BSL/motivation/J3.html)



***Thank you ...***

***UCLA Counseling and  
Psychological Services***

- (310) 825-0768