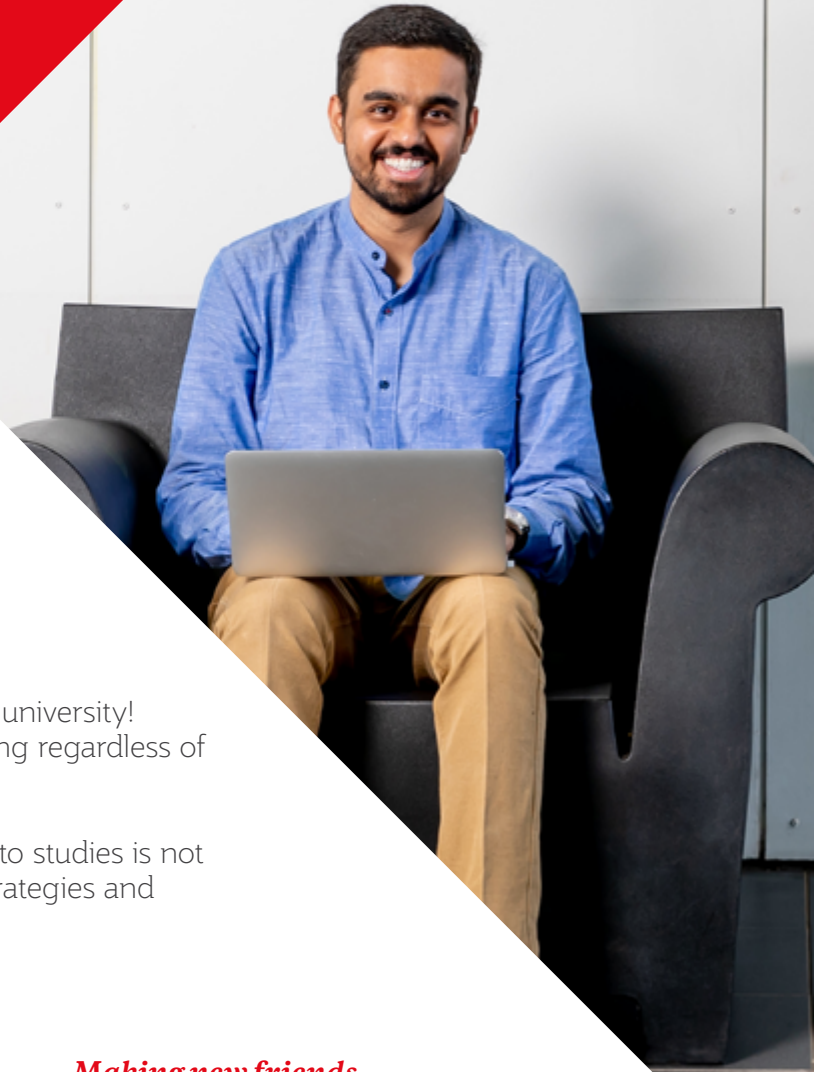


ADJUSTING TO UNI

Tips and information



Congratulations on beginning your new chapter at university! Starting university can be both exciting and daunting regardless of your age or life experience.

Sometimes the transition from school or returning to studies is not always easy. We are here to help with some tips, strategies and avenues for support.

Feelings

It is very normal to experience 'up' and 'down' feelings and it can move between the two from moment to moment. You may feel anxious, lonely, overwhelmed, missing home, excited, happy or confident. You may also experience some self-doubt and feel uncertain when facing new tasks.

Sometimes these 'down' feelings can have physical symptoms such as difficulty sleeping, headaches, loss of appetite or loss of concentration. You might feel worried when you experience these, but it is very normal to have some of these effects and they are usually brief and manageable.

However if you are finding that these are causing you distress and are not easing, please do make an appointment to see a counsellor: griffith.edu.au/counselling

Study tips

1. Stay organised and have a time management plan
 - ▶ Allow yourself plenty of time to complete assignments or study for exams by marking them down on your calendar and setting achievable goals
2. Stay on top of your studies and reach out for help early if you need it
3. Go with a growth mindset
 - ▶ University level academic writing and requirements may take some time to get used to
 - ▶ View challenges as learning opportunities
4. Link to library study tips:
griffith.edu.au/library/study/study-skills

Making new friends

Building new friendships is an important step in adjusting well to university.

1. Say yes to social and university events
2. Join a club, society or sporting team
3. Connect with your course mates
4. Get to know a few people well
5. Link in with mentoring:
griffith.edu.au/student-mentoring

Other things which might be helpful

1. Give yourself time to settle in
2. Keep yourself busy and do lots of things
3. Get good sleep
4. Look for positives in your new environment
5. Stay in touch with family and friends
6. Check out the resources on Griffith's Online Health and Wellness Centre:
griffith.edu.au/wellness-centre

*Remember that you're not alone.
You've got this!*