PROVEN WAYS TO SUCCESSFULLY ADJUST TO COLLEGE LIFE

Macalester Health & Wellness Center
651-696-6275

Get involved. Involvement with others and campus activities is a healthy pursuit. Involvement can breed positive thoughts and feelings and is related to good self-esteem and academic success.

Stay positive. Work toward maintaining an optimistic attitude and interacting with others in productive ways. Be accepting and tolerant of yourself and others.

Go to class. Attending class ought to be one of your top priorities. Your academic success and successful stress management are dependent upon good attendance.

Party smart. If you choose to drink alcohol and enjoy partying, do them in ways that don’t result in harm to yourself or others, and don’t result in poor academic performance. Do them in moderation if you choose to do them.

Eat and sleep well. We function best when our bodies are properly nurtured.

Practice good stress management. While some stress is inevitable, do what you can to prevent or reduce stress. Seek out and learn some methods of stress management.

Communicate productively. Be assertive with others so that your own needs are met, but do it in ways that respect others and their differences.

Maintain healthy relationships. Work to avoid "toxic" relationships, but also do a lot of give and take with your friends. Put effort into resolving conflicts in ways that honor yourself and others. Stay in touch with those who support you.

Stay focused. Academic life requires students to focus and concentrate. Work to avoid or reduce things that interfere with your concentration.
WARNING SIGNS OF
POOR ADJUSTMENT TO COLLEGE LIFE

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○ **Isolation.** It is not healthy to be uninvolved with others and campus activities. Isolation can breed negative thoughts and feelings, and is often an indication of anxiety or depression.

○ **Irritability.** Feeling angry or antagonistic toward others can be a sign of many different types of problems. When ignored, such feelings can result in other problems.

○ **Poor class attendance.** Attending class ought to be one of your top priorities. When it is not, it may indicate other problems such as those listed here.

○ **Too much partying.** Excessive alcohol and drug use can pervade a student’s life and interfere with personal and academic goals.

○ **Sleeping and eating poorly.** When physiological processes such as sleep and appetite are disrupted, medical or emotional problems may arise. These disruptions may also be caused by some underlying medical or emotional problems. A student doesn’t function well when the body is not properly nurtured. Seek out help for poor sleep or appetite.

○ **Stress.** While some stress is inevitable, prolonged periods of high stress require special attention. They may mean that, sooner or later, the body and emotions will begin to break down.

○ **Poor communication skills.** Aggressiveness or lack of assertiveness in communications with others will nearly always produce other problems and interfere with many aspects of college life.

○ **Relationship problems.** All people experience tensions and conflicts in relationships. When most or all relationships are filled with such things it affects other areas of life and can produce anxiety or depression.

○ **Poor concentration.** Academic life requires students to focus and concentrate. Students who struggle because of distractions are likely to experience problems in meeting the demands placed upon them.