

Counseling Services TIPS

Freshman Year

There are 5 steps to the freshman year. The steps below will give you an idea of what it is like entering the freshman year of college.



Counseling Services



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Freshman Year

1. **Honeymoon**– Positive anticipation, new found freedoms, experimenting with new behavior patterns. Many people report this as a summer camp type of feeling. (Usually occurs in the summer and into the first week or two of school.)
2. **Culture Shock**– Sharing a dorm with a stranger, being far from home, being in a different geographical region, heavy academic work-load. Budgeting of time and money. (Can occur anywhere from 1st week to occasionally the whole semester.) People play the everything sucks game, “Down here they don’t have good pizza”, “Nobody down here knows how to drive.” People can start to idealize home unrealistically.
3. **Initial Adjustment**– New routines are established, new friendships are made. Some involvement with campus life.
4. **Homesickness and Loss of Confidence**– Can occur sometimes right after vacation or out of the blue. People wonder if this is the right school for them, or if college is for them at all. People long for the comforts of familiar friends, places, and family. (The realization that one can never truly go home again.)
5. **Acceptance and Integration**– Student feels part of the community and college.