



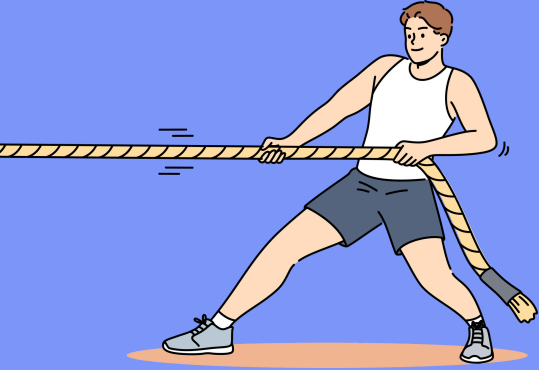
Brought To You By Student Development and Counselling Department

NAVIGATING THE UNIVERSITY JOURNEY: EMBRACING ADJUSTMENT

JOIN US AS WE EMBARK ON THIS EXCITING JOURNEY TOGETHER!

"Never view your challenges as a disadvantage.
Instead, understand that your experience
facing and overcoming adversity is actually one
of your biggest advantages"

- Michelle Obama



Common Challenges In Adapting to University Life



1. HOMESICKNESS

Being away from home for the first time can trigger feelings of homesickness.



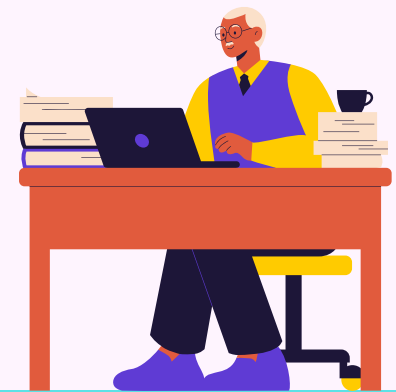
2. ADJUSTING TO INDEPENDENCE

A newfound independence and autonomy for many students can be both liberating and daunting.



3. ACADEMIC PRESSURE

University coursework requires a higher level of independence and self-discipline. Managing this new style of learning can be overwhelming.



4. CULTURAL ADJUSTMENT

International students may experience culture shock as they adapt to the new environment and a new educational system.



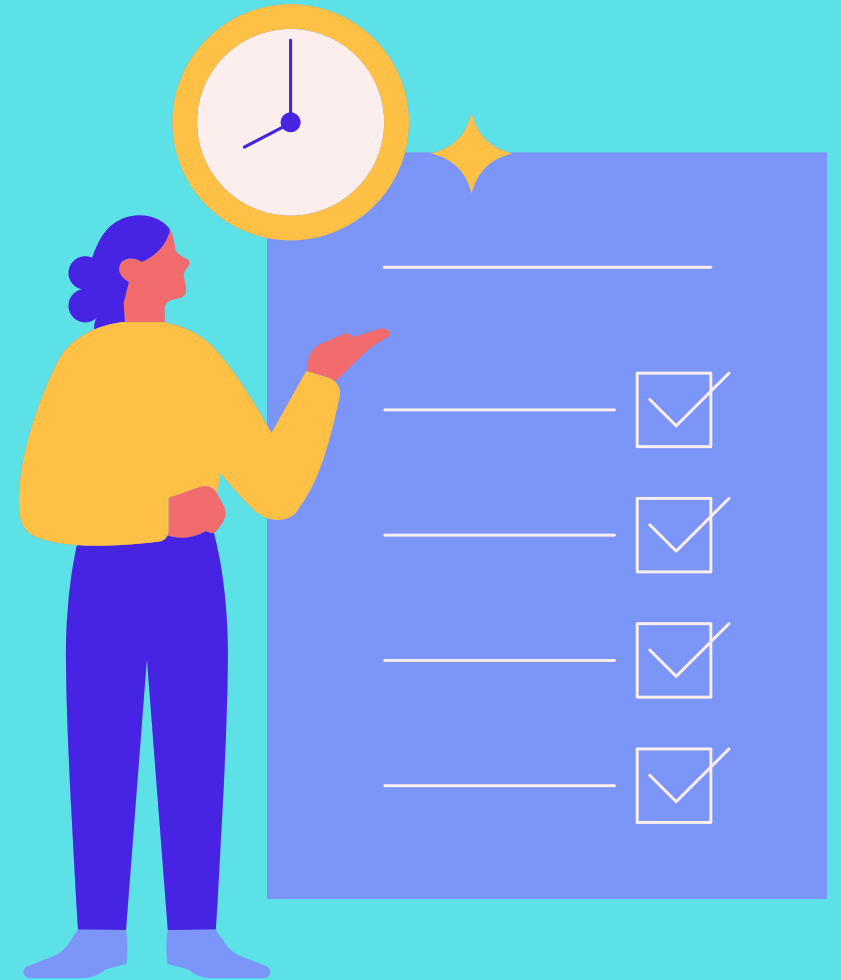
TIP 1: LEARN FROM OTHERS



- Take advantage of the experience of those around you.
- Seek advice from your peers and engage in discussions. You might gain valuable insight!
- Observe how others (like your seniors) navigate university.

TIP 2: STAY FLEXIBLE

- Be open to new experiences.
- Willingly adapt to change.
- Stay resilient and be flexible.



TIP 3: RECALL YOUR PAST

- Reflect on previous experiences.
- Identify the adaptation strategies you used in the past.
- Consider using the same strategies and coping mechanisms.



TIP 4: SELF CARE

- Prioritise self-care.
- Get enough sleep, eat healthy meals and exercise.
- Try meditation techniques or other stress reduction exercises.



SEEK SUPPORT & ASSISTANCE

Know that you're not alone in this. There are people ready to support you through any challenges you encounter during your transition. Don't hesitate to share your concerns and reach out for help.

Operation Hours:

Monday – Friday (9am – 6pm)

Saturday (9am – 1pm)

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