

Common Adjustments to College

As you already know, college life will present many new challenges to your child, and there will be some big adjustments in growing to meet these challenges. Although each student's concerns vary with the situation, the following is a list of the most common adjustments made and the most common concerns faced by the students during their college years.

Freshman/Sophomore Years

- Making it academically
- Peer group acceptance
- Concern about roommate
- Learning about the campus
- Parental pressure
- Homesickness
- Culture shock
- Money management
- The dating game
- Status/popularity
- Alcohol/drugs
- Sharing a room
- Time management

Sophomore/Junior Years

- Sophomore slump
- Getting involved
- Evaluating past values
- Having a future direction
- Transferring to different school
- Sexual relations
- Commitment in relationships
- Prevention of sexual disease
- Choosing a major
- Finding one's vocation
- Making friends with upperclassmen

Junior/Senior Years

- Closure on college
- Marriage
- Leaving vs. not leaving college
- Separation from friends
- Finding a job/career
- Senioritis: panic and burn-out
- Fear of failure
- Clarification of values
- Increase in tolerance for others
- Selective involvement
- Sense of greater purpose
- Setting new goals
- Consider graduate school

