

## The Freshman Year

Your student's first year is going to be one of many ups and downs. Being aware of what your student may be going through will better enable you to help ease them into their college transition.

<b>Phases</b>	
<b>Early Summer Anticipation</b>	<b>Midsummer Anxiety</b>
This is when high school seniors graduate and begin to look forward to the future. They have feelings of sadness, accomplishment and anticipation.	Now they begin to realize they will soon be less connected to home, family, friends and the security that each offers.
<b>Late Summer Panic</b>	<b>The "Honeymoon"</b>
The student is plunged into the collegiate environment, complete with college bureaucracy, classrooms, homework, a foreign social world and most likely a new roommate.	A couple of new friends and no tests for at least three weeks. Let's go have some fun! Some may use this as an opportunity to join a handful of organizations and be just as involved as they were in high school.
<b>The Reality Check</b>	<b>The Grass is Always Greener</b>
Where did all this work come from? What do you mean I have to read the textbook? This paper has to be how long, and it's due when and where did all the time go? Homesickness may appear during this phase. (This would be a great time to send a care package!)	They are sure that transferring somewhere else will solve their problems. No doubt they would be doing better at another college.
<b>You Can't Go Home Again</b>	<b>Primitive Coping Behavior</b>
This starts the first time they come home to visit. They are hit with the harsh realization that life for the rest of the family goes on without them. (TIP: Outline the new expectations you have for your student at home.)	Well into the first semester, they finally learned to use the library and hold reasonably intelligent conversations. They are excited about the things they have learned.
<b>Realization</b>	<b>Putting it All Together</b>
This phase usually precedes finals. They realize the great amount of work ahead and know that the future depends largely on their ability to balance academic activities with social activities.	Sometime during the second semester (we hope) they see college as a total experience. They realize that hard work and achievement must be priorities but do not totally exclude time for having fun. They learn what it takes to make the most of the college year.