

TOP 12 WAYS TO COPE WITH THE ADJUSTMENT TO MARQUETTE

Adjusting to life at college/MU can be difficult even in the best of circumstances. There are a lot of people here, the social scene can be different, the classes tend to be harder than what you are used to, there is very little structure, the residence halls can be noisy and this can make sleeping difficult, the food may not be to your liking, and you may really miss old friends and family. When you feel this way it is really important to acknowledge this is happening. The following tips can help you feel more comfortable here.

1) Admit it

Admit and accept that you are having difficulty adjusting. Try not to bury the feeling. Don't drink more, party more, or have sex just to make the feelings go away. Allow yourself to feel sad and acknowledge it in some way or to someone.

2) Explore

Walk around. Get to know the MU campus and the surrounding community. When you discover some fun places and activities, you may feel more comfortable and in control of your situation.

3) Get involved

Consider the things you like to do and explore what student activities and organizations (there are over 300 of them) are available to you. Your residence hall is often a good place to start. Attend campus events. Getting involved with college life, help you make new friends, and reduce your time to be homesick. It might feel difficult, but many other students will be doing the same thing.

- Center for Community Service: <http://www.marquette.edu/osd/service/index.shtml>
- Center for Intercultural Engagement: <http://www.marquette.edu/intercultural/>
- Recreation Center: <http://www.marquette.edu/recsports/index.shtml>
- Student Groups and Organizations: <http://www.marquette.edu/osd/organizations/index.shtml>
- MU Student Government: <http://musg.mu.edu/>
- Tutoring Programs: <http://www.marquette.edu/tutoring/>
- Campus Ministry: <http://www.marquette.edu/cm/index.shtml>
- Sororities and Fraternities: <http://www.marquette.edu/osd/greek/index.shtml>
- Intramural Sports: <http://www.marquette.edu/recsports/intramural.shtml>
- Study Abroad Programs: <http://www.marquette.edu/abroad/>
- LGBTQ+ Resource Center:
<http://www.marquette.edu/intercultural/LGBTQ-resource-center/index.shtml>
- Center for Leadership, Service, and Involvement: <http://www.marquette.edu/osd/clsi/index.shtml>

(For an updated list of on-campus activities/events go to: <http://marquette.edu/events-calendar/additional-calendars.php>)

4) Keep familiar things

Soften the shock of your new environment by having items from home in your residence. Familiar things such as pictures and favorite possessions can help you feel more comfortable while you adjust.

- Favorite pillow/blanket can sometimes be helpful in helping you fall asleep in a new place
- Putting up pictures of home and people from home interspersed with pictures of new people and places here can help you blend your "new life" with your old.

- Wear your “comfort” clothes as you are easing into your new environment
- If you have a favorite food that you miss, try to make it or find a restaurant in town that makes it and check it out.

5) Set realistic expectations

Try not to expect yourself to be perfectly adjusted, organized, popular, or dressed. Recognize that you’re learning, and have a sense of humor about your challenges and mistakes.

6) Be open

The more open you are to NEW things, the less you might miss PAST things. Be open to exploring new situations, opportunities, people, classes, and choices. Try to avoid comparing your new environment to home – they’re different. It might be scary to face so many new things, but they will provide opportunities to meet new friends.

7) Connect

Getting involved with others and making friends is an important component of adjusting well – especially if you are a very social person by nature. Inviting roommates, classmates, and neighbors to explore MU/Milwaukee with you can initiate new connections, as can responding to the invitations of others.

8) Keep in touch

Stay in contact with friends and family. Share your new experiences with them, as well as the fact that you miss them and your home life. Decide whether it’s best for you to have more frequent contact with home (because it help you feel better) or less contact (because it makes you feel worse).

9) Plan a home visit

Knowing that you’ll be going home at a specific time may be comforting and allow you to invest in campus life. While going home can be relaxing and help ease the transition, doing so too often may result in constant readjustment and feeling worse.

10) Take care of yourself

Get enough food, sleep, and exercise. These are important for both physical and emotional well-being. Do things that you enjoy. Try to establish a routine as soon as possible. Create a balance between work and leisure.

11) Talk about it

It can help to talk about your difficulties adjusting with a roommate, friend, RA, hall director, family member, hall minister, or counselor. You’ll find that you are surrounded by a lot of support. You may also discover that others have similar feelings. It’s a sign of strength to accept and talk about what is troubling you.

12) Give it time

Adjusting to MU/college life is a gradual process for most people. Realize that adapting to a new situation is difficult and takes time. Let yourself ease into it, and college will eventually feel like your home away from home. However, if your adjustment issues persist and interfere with your academic performance, relationships, or general functioning and well-being, consider talking with a counselor.

Marquette University Counseling Center: 414-288-7172