WELL-BEING >>>

Staying healthy in body, brain, and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health and prosperity.

Adjusting to College Life

Moving away to college, either as an incoming freshman or as a returning student, can be the most terrifying and exhilarating time of your life. Many of you are moving away from everyone and everything that you are familiar with to begin this new chapter of your life. Knowing that this chapter of your life will propel you closer to the future that you desire.

Some words of advice for a successful transition to college life

- Be prepared to be the happiest you’ve ever been: College — intellectually, socially, and emotionally speaking — has the potential to be one of the high points of your life if you allow it to be.
- Be prepared to meet your best friends: College is the chance to meet dozens of new individuals, some of whom will become your lifelong friends.
- Be prepared to be lonely: College might have the potential to make you the happiest you’ve ever been, but it matches that reality by also providing you with the chance to feel more isolated than you ever have. Without the safety net of family, friends, or guardians to come home to daily — away from a support structure that loves you no matter what — facing problems in college can be hard. But it is OK to feel out of place, especially during the first few weeks. In those moments, be reminded that it is OK to call home, it is OK to enjoy one’s own company, and it is OK to feel alone. Find what makes you happy, and do them, and seek out others that enjoy doing them as well.
- Finally, be prepared to be terrified, be prepared to feel unstoppable, and be prepared to be you. The very best version of you that no one, (perhaps not even you), has yet to encounter.

Purdue Resources

Purdue Fire Department: 765-494-6919
Purdue Police Department: 765-494-8221
Purdue Student Health: 765-494-1700
Protect Purdue (PPHC)-Deals with all issues COVID-19 related: 765-496-4636
Purdue Counseling and Psychological Services: 765-494-6995

Purdue Student Health Center
601 Stadium Mall Drive
West Lafayette, IN 47907
765-494-1700
www.purdue.edu/push

Reference: usnews.com/education/prepare for college