

The first 6 weeks, students may be....

Week 1

- Excited, anxious, nervous, overwhelmed
- Experiencing information overload
- Feeling the need to return home the first weekend to be with family/friends
- Trying to figure out how to get involved on campus (some may have attended Campus Life Night or Live Eat RecFest)

Week 3

- Witnessing new friendships forming around them and have formed some of their own
- Comparing their college experiences to those they see on social media
- Experiencing their first roommate conflict
- Realizing what worked in high school does not work in college (academic rigor)
- Struggling to ask for help or may not know where to go for help

Week 5

- Struggling with time management
- Questioning their identity or experimenting with new things (challenging previous beliefs, experimenting with alcohol/drugs, exploring new interests)

Week 2

- Adjusting to a new life, a new sense of freedom, and new responsibilities (doing their own laundry, managing their own schedule, new academic expectations, etc.)
- Experiencing feelings of homesickness
- Trying to figure out where they fit in
- Beginning a new on campus job
- Feeling pressure to declare a major (if exploratory / undecided)

Week 4

- Joining student organizations and trying to balance academics with extracurricular commitments
- Exploring possible majors (if exploratory / undecided)

Week 6

- Deciding whether they want to stay at Grand Valley or leave
- Experiencing financial insecurities or family issues
- Feeling lonely or that they don't belong
- Preparing for midterms