NEW STUDENT MONTH-BY-MONTH TRANSITION

Month-by-Month Guide to Common Issues & Concerns for First-Year Students:

SEPTEMBER
Culture shock
Homesickness
How to get prescriptions, other logistical issues
Independence, orientation to campus, loneliness
Lack of social life/too much social life/new social experiences
Development of new study skills
Issues/problems with food/meal plans
Time management issues
Relationship issues with significant others from home
Roommate issues
Doing too much/having nothing to do
Not getting enough sleep

OCTOBER
First tests/papers are due
Early alerts from professors
Midterm stress approaching
Sickness, health and sleep
Complaints about food
Employment (on and off campus)
Money issues
Values are challenged
Change in major, questioning their major
Questions about whether Hartwick is the right place for them
Worries about registration

NOVEMBER
Realization of failing classes begins
Stress about leaving new friends over break
Weather patterns start to turn for the worse
Financial Aid issues
Relationship break-ups
Final exams and projects
Sickness, health and sleep issues
Goal setting period - new study habits, etc
Panic before registration
Returning home can be difficult for both families and students

DECEMBER
Students are recovering from poor GPAs
Money issues for upcoming holidays
Some students are still questioning their major
Stress over final examinations, papers, and projects

**JANUARY**
Difficulty getting back into routine after holiday break
Seasonal depression struggles
Weight gain
Sickness, health, and sleep issues
Break-ups and start up of new relationships
Running out of money
Friends at other colleges are on break
Roommate problems
Probation status for students who performed poorly first semester

**FEBRUARY**
Weather complaints
Difficulty getting back into routine after winter break
Applying for second-year leadership positions
Joining too many clubs OR not doing anything
Sickness, health and sleep issues

**MARCH**
Continued academic difficulties in current major
Further adjustment/adaptation to academic expectations, learning study skills, etc.
Students still feeling like they are in the wrong major and are trying to find what works best for them
Trying to bring their GPA up from fall and J Term
Financial strain and challenges around financial aid
Registration for housing and classes for spring quarter
Stress over heavy workload
Application processes for leadership positions on campus

**APRIL**
Escalation of social isolation for students who had trouble making connections
Registration for fall classes for the following year
Technology addictions may be a issue from winter
Getting housing assignment for next year could be positive or stressful depending on assignment & roommate situation
Winter weather holding on
Lots of activities on campus means lots of distractions
Students might still be unwilling to use campus resources because they believe they "don't need them"

**MAY**
Balancing social and academic life
Escalation of roommate issues
Figuring out summer employment, and internships
Stress of final examinations, papers, and presentations
Very busy time on campus with many social opportunities