

## **Transition to BIT**

*New faces, new rules, uncertainty, and confusion. Welcome to BIT. Starting anywhere new has its difficulties and can make you doubt whether you have made the right decision. Reassure yourself that you'll be OK by learning why transitions can be so difficult.*

### **Why do you find it so hard?**

*Many people struggle with change, and your response can be different depending on the type of change. One day you can handle it really well, in fact love the whole idea; the next you may find that you don't like it at all and would rather have some stability in your life.*

*In looking at change and how you manage it, it's important to recognise that no matter what the change, there are two key components:*

- 1. Situation: the new setting, new people to deal with, learning where the lecture theatres are, etc.*
- 2. Process: this is the psychological process people go through in adapting to the new circumstances.*

*If you are finding starting at BIT hard to deal with, look first at whether it is the new situation, or how you feel about being here that is causing the problem. Start by asking yourself what it is that you are finding so hard. Is it that you don't know anyone, don't understand how things work, can't find your way around and worry about being late or don't understand the expectations on you? Finding out exactly what it is that is hard for you at university is the first step to effectively managing it.*

## **Quick tips**

- 1. Give it time. It can sometimes take several months to really get used to being at the institute.*
- 2. Be positive about the experience. Growth only happens from change.*
- 3. Try and keep some things in your life the same.*
- 4. Make an extra effort to meet people early in the semester as they are also going through change and are looking to meet people.*
- 5. Allow yourself to talk and feel about the difficulties you are having. Don't bottle them up as this just adds pressure.*
- 6. Get a map and familiarise yourself with the physical aspect of the campus when there are not a lot of other people around.*

**Remember, you are not alone and help is quite easily found...**

***Speak with your class mates, connect with someone you feel comfortable with or make an appointment with our school counselor.***