


FRESHMEN ADJUSTMENT TIPS

Being here at PolyU for 2 months now, are you still enjoying your honeymoon phase, or have you come face to face with new challenges? This quick self-help guide may help you tackle some adjustment issues.

I'm not studying
as much as I
want to or
should be.

- Goal setting  and time management are your help. Increased personal freedom in university can feel both wonderful and frightening. To take control of your time, spend a few **uninterrupted** hours (no visitors, no internet, no incoming calls) on a **prioritized** task (e.g. study) every day to get things done.

- In such a big campus, it isn't easy to meet the right friends; or perhaps you'd like to sharpen your **social and communication skills**.

Participate in activities to make friends who share your interest. Join our [Personal Development Programmes](#) to boost your interpersonal effectiveness. **Keep looking!** Friendships take time to foster.

I'm not making good friends like back in high school.



I'm not sleeping well.



- If this is an issue that needs to be settled with your roommate, be ready to draw some ground rules and make compromises. Sleeping problems could also be induced by **stress**. Make sure you're eating a **healthy diet** and **exercising** frequently. A 10 minute relaxation exercise in the morning and before bed time could help you [relieve pressure](#).

• Adjusting to a new environment can provoke changes in mood and even in behaviors. It's not uncommon for freshmen to feel down, helpless, unconfident, or simply not feel like your old self. Avoid high level of negative energy by adopting positive thinking techniques; **openly discuss** your situation with others to ventilate feelings and **seek support**; or find our counselors for a good chat.



I'm experiencing negative emotions that I don't know how to handle.

