

TRANSITIONS

Freshers

- Gives people the opportunity to meet large amounts of new people in an enjoyable environment.
- Allows for a closer relationship with flat mates to be formed.
- Stories, experiences and memories that will be with you through your life

Moving to a new city

- A variety of researchers have found that this specific serious life change is most likely to "activate the attachment system and trigger attachment insecurity" (Wei, Russell and Zakalik, 2005, p. 602).
- A very overwhelming but exciting life change that is a driving force for full independence.

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Being

Becoming

Belonging

References

Independence

- A core part of being a student of any University, both in terms of study and living.
- Living independently can and will teach you useful skills you cannot learn through education.
- Maintaining a good work ethic when presented with this sudden freedom can be fairly difficult especially if self-discipline is not something you are used to doing (Pitt, 2014).

Stress

- Stress, both in positive and negative forms, is a rather prominent part of being a University student.
- "An unfortunate trend in college student health is the reported increase in student stress." (Misra and McKean, 2000).

Societies

- Joining and being active within a society is fantastic for getting that sense of belonging.
- Taking up a new hobby/sport can provide an effective change of scenery from home, lectures and the library (DUSA Team).

Established friendships

- Feeling like part of a close knit group can be highly beneficial to your general morale.
- Studies that have examined and analysed the support one gets from close friends and university life have shown that social support is crucial for successful adjustment to this new lifestyle (Wilcox, Winn and Fyvie-Gauld, 2005, p. 709).

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