

May, June, July, August

- Wrapping up last year of high school, creating closure
- Fear related to the unknown (roommate, navigating campus, classes)
- Meeting and communicating with a roommate for the first time
- Depression in relation to leaving friends, family, significant other
- Pressure and struggles with taking a summer class
- Anxiety and fear in regards to being away from home for the first time
- Pressure to earn money or maintain a summer job
- Negotiating how to maintain or end relationships
- Money management related to preparing for college (room, books, etc.)

September

- Homesickness
- Creation of social life and friend network
- Roommate conflicts
- New relationships and balancing long distance relationships
- Examining values and ethics (alcohol, world views)
- Adjustment to the academic environment
- Development of self and autonomy
- Making connections to campus
- Time management and balance struggles

October

- Roommate problems may continue
- Time conflicts: social and fun versus studying
- Continuing to explore values
- Risk of quitting or deciding university is not a good fit
- Financial strains from struggles over first-time budgeting
- Fall break blues: Returning back to campus may be rough
- Discovering a need for better study habits
- Relationship and dating struggles
- Homesickness and lack of connection may continue
- Pressure and stress from midterms

November

- Time management conflicts and procrastination
- Stress of finals approaching
- Concern over grades and accomplishing first semester goals
- Disenchantment with expectations
- Financial worries about the spring
- Roommate problems can re-emerge as stress mounts

December

- Anxiety over finals and grades
- Financial worries continue
- Insecurity about being home for the holidays
- Negotiation of rules and boundaries at home
- Depression in regards to leaving friends
- Unsure if returning for the spring semester is the right thing to do

Bellarmino University

First Year Student

Concerns/Issues