

# Common Issues and Concerns for Students in the First Year of College

## 1<sup>st</sup> Semester

### September

- Homesickness
- Loneliness
- Feelings of being lost
- Not understanding boundaries
- Values crisis from conflicts
- Fears about dating relationships
- Wondering how and if I will "fit in"
- Roommate conflicts
- Money concerns: do I have enough?
- Pre-conceptions of college life challenged
- Feelings of academic inadequacy
- Fears over first tests and papers
- Coping with large classes

### October

- Depression
- Loneliness
- Homesickness continuing
- Relationship problems
- Pressure to have sex
- Too much partying
- Pressures to use alcohol/drugs
- Money problems realized
- Becoming over-extended
- Feelings of not being successful
- Gaining weight
- Questioning whether to drop classes
- Questioning choice of major
- Conflicts with instructors
- Fear over mid-terms
- Academic disappointment from initial grades received

### November/December

- Depression: when will I adjust?
- Burn-out
- Missing being home to prepare for holidays
- Worries about returning home
- Religious conflicts
- Increase in alcohol abuse
- Weight gain continues
- Catching winter colds: illness from becoming over-tired
- Money problems
- Questioning whether to return to school next semester
- Pre-registration concerns
- Worries over finals
- Worries about grades

## 2<sup>nd</sup> Semester

### January/February

- Stress of getting back in routine
- Missing family, home & friends again
- Missing college friends who didn't return to campus for spring
- Valentine depression if not dating
- Adjusting to new roommate
- Weight gain
- Bad weather and "cabin fever"
- Desire to get involved in campus life
- Burn-out period between vacations
- Pressure from home to improve grades
- Possibly on academic probation
- Mid-terms and papers create anxiety

### March

- Depression if no spring break plans
- Spring fever sets in
- Facing housing contract for next year
- Alcohol & drug abuse escalate especially during spring break
- Gained weight becomes evident
- Money problems
- Mid-term panic
- Last time to drop a class
- Questioning choice of major

### April/May

- Anxiety over missing college friends while away for the summer
- Concerns about moving home
- Worries about adjustments with high school friends
- Trying to decide whether or not to return to school for next year
- Summer job worries
- Not wanting to study due to good weather
- Concerns about grades
- Finals