

Navigating First Year

First-year students are presented with many unique challenges and stressors. Learning to effectively navigate and manage these stressors is a key skill that will help you to excel throughout your post-secondary career and beyond.



RELATIONSHIPS

Creating connections, maintaining old ones, and understanding what a healthy relationship is can all be very overwhelming, especially as a post-secondary student who has many other things to think about. Relationships of all kinds are complex and take work and understanding in order to make them successful.



ACADEMICS

The transition from a high school-level workload to a post-secondary-level workload can be difficult in terms of changes to academic expectations. For example, there is a higher expectation for independent work and less oversight. One of the most important skills for students to develop is how to self-motivate.



HOMESICKNESS

Moving away from the comfort of home to a new, different environment can be extremely difficult. As a result, many incoming students experience homesickness. Being separated from your familiar circle of family and friends is difficult, especially if you haven't yet had time to form a new support system at school.



TIME MANAGEMENT

First year is demanding in many ways. The expected level of commitment can appear overwhelming and hard to manage. To alleviate the stress of keeping up all of these events, a calendar or planner is a great tool, and work to determine what your priorities are, find a routine that best works for you and stick to it.



STRESS MANAGEMENT

High perceived stress has been identified among student populations. Stressors experienced by students throughout their post-secondary careers extend beyond those related to academics, spanning the learning environment, campus culture, interpersonal and personal/self-care factors



MANAGING FINANCES

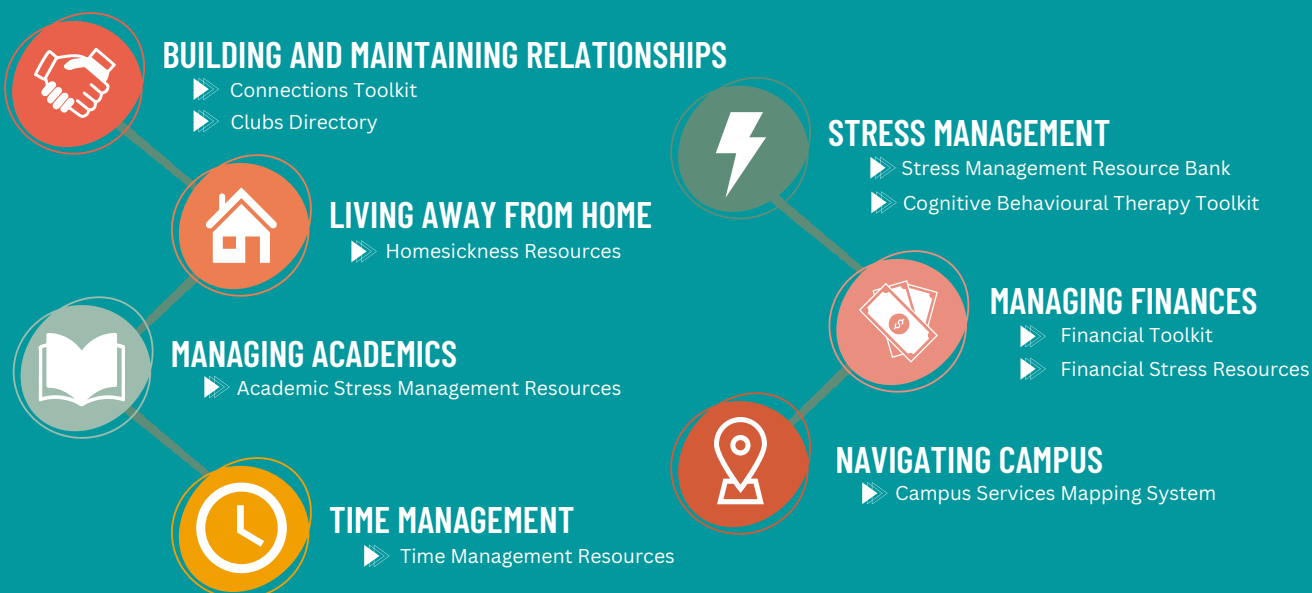
The first-year of your post-secondary career may be met with stressors that are completely new to you, including learning to manage your own finances. Whether living at home or on campus, you might find your financial situation has significantly changed compared to when you were in high school and should consider keeping a budget.



NAVIGATING CAMPUS

Learning to navigate a new campus with multiple buildings can be stressful. Get to know your campus and the surrounding area! See what is near you on maps (i.e., Campus Services Map, GoogleMaps) and those provided by your school. Many campuses will have a map of all the food locations on campus and other offered services.

Learn About Our Resources



REFERENCES

1. NCHA-II SPRING 2019 CANADIAN REFERENCE GROUP EXECUTIVE SUMMARY. (2019). Retrieved January 4, 2023, from <https://www.cacuss.ca/files/Research/NCHA-II%20SPRING%202019%20CANADIAN%20REFERENCE%20GROUP%20EXECUTIVE%20SUMMARY.pdf>
2. Linden, B., Boyes, R. & Stuart, H. (2021). Cross-sectional trend analysis of the NCHA II survey data on Canadian post-secondary student mental health and wellbeing from 2013 to 2019. BMC Public Health 21, 590. <https://doi.org/10.1186/s12889-021-10622-1>
3. <http://www.studentmentalhealthnetwork.ca/>