

First-Semester Experiences

August	September	October	November	December
Fitting in, finding new friends	Completing first exams and projects	Finding that college expenses become "real"	Balancing family expectations (holidays)	Feeling the "crunch" and finishing strong
Experiencing homesickness	Experiencing time management issues	Experiencing roommate and relationship issues	Managing stress	Managing time, stress, and tasks
Adjusting the pace of new semester	Experiencing lower-than-usual grades	Planning for the rest of the semester	Maintaining good health and health habits	Experiencing "culture and expectations shift" at home
Experiencing social busy-ness	Accessing resources	Getting into a rhythm	Choosing or reviewing degree plans and advising	Moving out for the break