

What to Expect During First Year

Fall

September Stressors

- Homesickness
- Fear of not fitting in; imposter syndrome
- Missing friends/family
- Meeting new people
- Ending relationships/long-term relationships
- New independence & freedom
- Learning time management skills

October Stressors

- Academic demands (midterms, assignments, etc.)
- Thanksgiving
- Midterm grades
- Stress-related illness

November – December Stressors

- Novelty is beginning to wear off
- Sickness
- Exams and major assignments
- Time constraints
- Final grades
- Tensions begin to rise, causing strains on friendships/roommates
- Upcoming winter holiday and decisions surrounding it



Winter

January – February Stressors

- Readjusting to school following the holidays
- Seasonal depression and lethargy are common
- Friend loss if some students haven't returned after the holidays
- Sickness may interfere with academic performance

March Stressors

- Social activities begin to increase
- Consequences of procrastination are becoming apparent
- Large assignments/tests are due
- Midterm grades
- Spring break decisions
- Students are playing catch-up
- Beginning to think about next fall decisions (housing, classes, etc.)

April Stressors

- Spring fever hits; students want to get outside and be social
- Academic pressures increase with final assessments
- Time constraints
- Summer job and housing pressures
- Sadness due to upcoming separation from peers/routine may surface

[Adapted from Adelphi University](#)

