

# Tips for Transfer Students from the CAPS Office

Welcome to SU! Entering into a new institution can be filled with a variety of different emotions and experiences. Please read on for mental health tips that can support you in your transition.

- 1. Remind Yourself that There Will Be Bumps In the Road:** Inevitably you'll have questions, make mistakes, and have to figure out how to solve problems related to transferring. That's ok!
- 2. Take Initiative:** It's easy to only go to class and head home. Explore. Go to events and look for new opportunities. They could be fun! Ask a classmate to join, or go alone and ask others why they decided to attend. There are many opportunities at Seattle U and in the city; take advantage of them!
- 3. Build a Routine:** Class and studies, a social life, and perhaps a job or internship. It can be a lot to juggle, and it's easy to feel overwhelmed. Routine and boundaries can help! Start small, such as by doing one consistent thing at about the same time each day, or by letting new friends know early your regular study times. Setting expectations for yourself and others sets a healthy tone to keep things manageable.
- 4. Take Care of Your Physical Health:** Your brain isn't the only part of your body that needs care. Move your body, eat food that is enjoyable and nourishing, and keep yourself hydrated. Don't forget to sleep!
- 5. Be Patient:** Everything will be new and feel new for a while. Give yourself time to adjust and remember that every single day you'll learn something that is helping you to adapt to your new environment. You'll eventually find your groove.



Have any mental health questions? Looking for therapy or resources on mental health related topics? Visit the CAPS office in Pavilion 120 or contact us at [caps@seattleu.edu](mailto:caps@seattleu.edu) or 206-296-6090. We're happy to help!



**6. Get Out of Your Comfort Zone:** In a new location you may be living outside of your comfort zone, literally. There is usually nothing to lose by trying something new. Speak to someone new, or try a new place or class. You may find something you really like!

**7. You're Not the Only One:** The transfer experience can feel lonely because it feels like you're the only one going through a huge change and trying to make friends. Please be reassured, you are not alone. Many students transfer colleges or change majors for a variety of different reasons. It can be stressful, but embrace the change and be excited for all the opportunities ahead.

**8. Develop Coping Strategies to Manage Stress:** These vary for everyone, so give them a try and see what works for you. Get outside. Engage in a pleasurable activity. Distract yourself. Take breaks.

**9. Connect:** Supportive family and friends can be helpful. Speak to them for encouragement and help with questions and problems that arise as you adjust.

Remember, take each step one at a time.

**10. Learning to Recognize When You Need Help:** Everyone needs help sometimes. These are some signs that you may benefit from talking to a professional:

- Loss of interest in activities you used to enjoy
- Significant and persistent changes in eating or sleeping habits
- Having trouble controlling your emotions (e.g. crying or experiencing angry outbursts often)
- Feeling overwhelmed and feeling as though your life is out of control
- Panic attacks
- Lethargy, lack of energy
- Trouble coping with all of your responsibilities

CAPS provides short-term individual therapy and assists students with finding on-going mental health services in the community. Please contact us if you need help connecting to mental health resources. If you're experiencing thoughts of suicide, please get help immediately with the following crisis resources:

- King County Crisis Connections: Call 866-427-4747
- 9-8-8 Suicide and Crisis Lifeline: Call or text to "9-8-8"
- TalkNow (in the TimelyCare app): 24/7 on-demand teletherapy

