

## Experiencing the new

When you move to a new place, even if it is by your own choice, you need to make adjustments. Tertiary education presents new routines and a new environment which may cause you to feel anxious, lonely, isolated and homesick.

Adjustment is a normal process. When you experience something new and different your mind and body takes time to adjust. Familiarity and .005 (ated )-2.998 (an)2.998 (d)TJET@ 0 595.32 841.92 reW998 (ce

## ***Seek support***

Learn about the following University Support Services available on campus by visiting the [JCU Website](#) :

- Counselling and Wellbeing
- Chaplaincy
- AccessAbility Services
- Student Mentor Program
- Student Support Officers
- The Learning Centre
- Peer Advisors and Learning Advisors
- Student Association

## ***Survival tips***

and familiar is part of being human - be self-compassionate.

Allow yourself to be sad at times and have a cry when needed.

Set your room or house up with things that are familiar from home.

Make an effort to talk to someone new. Talk to other new students they will probably feel much the same as you do.

Try not to isolate yourself in your room -