



Transition Reflection

For starting college or university

**Every big journey starts
with a small step**



Change and Me

Think of a time you went through a big change. How did you cope?

What strengths or strategies helped you?

Could any of those strengths/strategies help with this change?



Pros and Cons of Change

What is exciting or positive about this change?

What feels challenging about this change?





Overcoming Challenges

How can you overcome your challenges or worries?



Thinking Ahead

Imagine 6-12 months from now: what will you have gained?

How could the transition help you long term?



Every step forward counts!



Here are some quotes from students who have been through the transition:

I was terrified that college would be impossible, but once I got into a routine it felt manageable. The first few weeks are the hardest, but you do adjust.

The jump from GCSE to college is big, but teachers know that and they guide you through it step by step.
I thought I'd never keep up with the workload, but I found my rhythm by trying different study methods. Flashcards saved me.

It's not about being perfect from day one. You'll make mistakes, but that's how you learn. By the end of the first semester, it felt normal.

The freedom at university is scary at first, but it also means you can shape your day around what works best for you.

Everyone was worried about making friends at first. Honestly, within a couple of weeks I realised everyone felt the same - people are much friendlier than you expect.

Tips for moving into college/university

Get Organized and Prepared

- Buy planners, stationary and any other essentials for college/university
- Create a weekly routine
- Research and read up on the main subjects your course entails

Emotional Resilience

- Try a coping strategy (box breathing, mindfulness, journaling)
- Write down 3 strengths to remind yourself of when feeling overwhelmed
- Set yourself realistic goals

Support Network

- Note down who you can talk to if you feel overwhelmed
- Remind yourself it's okay to ask for help
- Research clubs you may be interest in and join any groups available at your new college/university to connect with other people from your course