

SCHOOL TO COLLEGE: MAKING THE TRANSITION

Making the transition from high school to college is a really exciting time – but it can also be daunting and difficult to know what to expect.

Here's some advice on how to manage the transition smoothly.



1. Remember that you're not alone – almost everyone will be new.

2. Unlike at school, you get to pick the subjects you want to study; and that means you have something in common with your classmates straight away.

3. Responsibility is key. You're expected to do coursework in your own time, and do independent study in your free time.

4. Teaching won't end bang on when it's timetabled to, so don't expect to leave straight away at busy times; and at quiet times, you might finish early.



5. There are no bells or buzzers when classes start or finish. Make sure you know where you need to be and when so that you're on time. Think about getting a diary for your first day, or use the calendar on your phone.

6. If you miss a class, you'll need to approach your tutor or a classmate to check what you've missed.

7. You may only have one or two tutors for the whole year, so a good relationship will be helpful. Try to get along with your tutor as you won't usually have the chance to swap.

8. Getting to every class you possibly can is the easiest way of making sure you don't fall behind and get snowed under with work.

*"I think that when you're a student, whether you're coming from high school, or whatever your reasons are, it's really, really nerve-racking, and my anxiety was through the roof."
Stephanie, student*

9. It's normal to be nervous. Big changes are nerve-wracking – but remember to be excited too!

10. If you feel overwhelmed or unsettled at first, this is totally normal, and you won't be the only one. Try not to panic or be too hard on yourself. Talk to your tutor, counsellor, or someone you trust.



College Connect is a pilot project being delivered by SAMH, supporting successful transitions from secondary school to college.

To find out more about the College Connect project and SAMH's other work in the children and young people's sector, contact cypenquiries@samh.org.uk

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