



We all get used to online lessons and activities in the past 2 years, and we might need some time to adjust again to resumption of face-to-face lessons. Hope the following tips are helpful for your adjustment!



Understand how you feel

Excited, worried, nervous, happy, at ease, fear,

Notice your feeling on back to campus, it's alright to feel bad, as others might also share your feeling. Try to understand the reasons behind, then take actions or apply positive thinking to break through such bad feeling.



Familiarize with the campus

This is particularly important to Year 1 & 2 students. Don't just come to campus to attend classes only, you are encouraged to walk around the campus, pay attention to all the signs and posters around, and even make use of the facilities. This will definitely help you enjoy your university life!



Connect with others

In this first week, take the initiative to reach out to different people, go to have lunch / cup of coffee / ice-cream with your new friends, and explore the campus together.



Manage your time

Unless you are a hall resident, commute to campus would take up quite an amount of your time. Therefore, you'll probably need to cut down the time you spend on part-time job and amusement.



Adjust your biological clock

Your biological clock is possibly disrupted by the pandemic and online learning, you may even have developed sleep problem. It is important to adjust your biological clock in order to resume face-to-face classes. Please click [here](#) to learn about tips on “Kick Away Coronasomina”.

If you encounter constant adjustment difficulties, you are welcome to come to talk to our counsellors!