



SAO Counselling Services

MIND
TIPS

Quick Tips for a

SMOOTH ADJUSTMENT

at EdUHK



Starting university is an exciting yet challenging journey, and it's completely normal to feel a bit overwhelmed.

Being a newcomer at the university, adjusting to new studying environment and meeting new people can take time.

Here are some quick tips to help you navigate this transition:



Embrace the Transition

Acknowledge Culture Shock: It's normal to feel out of place at first. Be patient with yourself.

Create a Routine: Balance your time between studies, social activities, and rest to develop stability.

Use Campus Resources: Join orientation programs, workshops, and seek guidance from academic advisors or mentors.



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Practice Self-Awareness

Monitor your body: Pay attention to physiological changes like fatigue or tension as signs of stress.

Track Your Stress Levels: Stay aware of when you are feeling overwhelmed and take action to manage it.

Stay Organized: Use calendars or to-do lists to keep track of school, work, and personal responsibilities.

Set Boundaries: Avoid unnecessary stress by knowing your limits and saying "no" when needed.

Prioritize and Focus: Identify your goals and focus on what truly matters to you.

3

Engage in Healthy Habits

Eat Well: Stick to a balanced diet and regular meals to keep your body and mind energized.

Sleep Regularly: Maintain a consistent sleep routine and allow enough time to rest.

Stay Active: Exercise frequently to reduce stress and boost your energy levels.

Practice Self-Care: Take time for mindfulness, hobbies, or relaxation techniques to recharge.



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Build Resilience

Practice Mindfulness: Journaling or meditation can help calm your mind and reduce stress.

Break Tasks into Steps: Simplify overwhelming challenges into manageable actions.

Seek Support: Chat with peers, join support groups, or talk to lecturers and counsellors to navigate difficult times.

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Find Your Community

Join Clubs and Events: Engage in activities that align with your interests to meet like-minded people.

Form Study Groups: Collaborate with peers for academic and social support.

Be Open: Take the initiative in conversations – many others feel the same way and are eager to connect.

Adapting to university life is a journey, not a race.

Focus on small, consistent steps and take advantage of the resources around you.

**Remember, every small step forward is progress
— embrace the journey!**