



**First Year  
Experience**

# **Transfer Year Experience**

# What is Transfer Shock?



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“

A term used in higher education to describe "the tendency of students transferring from one institution to another to experience a temporary dip in GPA during the first or second semester at the new institution"

(Hills, 1965)

# **Normalize Transfer Shock**



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# Transition

**"any event or non-event that results in changed relationships, routines, assumptions, and roles"**

*(Goodman et al., 2006)*

# The 4 S's of Transition

1. Situation

3. Support

2. Self

4. Strategy



[bit.ly/ucf1ye](https://bit.ly/ucf1ye)





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# Situation







**Why did you choose to transfer to UCF?**



**What do you anticipate life will look like when you begin classes this Spring?**



# Situation:

*What is going on at the time of transition*

# Takeaways

- **Transition takes time!**
- Gather information along the way
- Take notes when learning something new
- Make plans and schedules to stay on track and keep up with changes








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**Self**





**How do you feel about the  
transfer transition so far?  
How do you feel about what's  
still to come?**



**What else do you need help  
with as you transition to UCF?**



# Self:

*Thinking about what are personal and demographic characteristics that can affect how you view your transition*




# Takeaways

- **HOW YOU VIEW YOURSELF MATTERS**
- Give yourself space to process and reflect as you begin your UCF journey
- Set realistic expectations and goals for yourself
- But also, try considering challenges as learning opportunities. After all, UCF stands for potential





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# Support



**Do you already know some specific offices or people at the institution who can help you if you need it?**



**Who would you define as your "support system?" And how will you continue to build upon that system while at UCF?**





# Support:

*Which relationships or networks you can rely on to aid in your transition*

# Takeaways

- **GET CONNECTED IN/OUT OF CLASS AND ASK FOR HELP!**
- Build a community on campus
- Embrace the idea of asking for help – it's normal and expected!  
Successful students use the resources
- Use resources on campus – you are paying for them after all!



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A large mural on a brick wall at night, illuminated by warm yellow light. The mural depicts a Pegasus, a mythical winged horse, in a dynamic, galloping pose. The Pegasus is rendered in a golden-yellow color with detailed feathering on its wings. To the right of the Pegasus, there are white line-art figures of people, possibly representing a scene from mythology or a historical event. The background of the mural is dark with some white stars or dots, suggesting a night sky. The mural is set against a brick wall with a window visible at the top. The foreground shows a paved sidewalk with a brick pattern.

# Strategy





**What did you do at your previous institution that worked well?**



**What are some new or different experiences you'd like to try at UCF?**



# Strategy:

*The methods you will use to manage your transition*

# Takeaways

- **CONTINUALLY TAKE CHARGE OF YOUR TRANSFER EXPERIENCE!**
- Open KnightConnect, search a passion area, and join a student organization
- Go to a professor's office hours and pick their brain about a recent lecture
- Own the fact that there will be unknowns and don't shy away from telling others that you're learning





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**Thank you!**





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# Transfer Year Experience





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**How will I know that  
all my credits will  
transfer to UCF?**





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# What if I want to change my major?







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The background features a large mural on a brick wall. On the left, a Pegasus is depicted in profile, facing left, with its wings spread wide. The wings are rendered with fine, parallel lines, giving them a textured, feathered appearance. The Pegasus is set against a dark, starry sky. To the right of the Pegasus, there is a constellation of white lines on a dark background, showing a figure on horseback. The entire scene is set against a warm, golden-yellow background that matches the overall color scheme of the image.

**How can I learn more  
about the Transfer Peer  
Knights and the UCF  
Transfer Center?**

# Transfer Center Lounge

*TODAY! 3:30pm-4:45pm*

*Trevor Coburn Hall (Second Floor, Room 215)*



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