

What is Transfer Shock?





Normalize Transfer Shock



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/ucftye

















Situation:

What is going on at the time of transition



- 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









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



- 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. Afterall,
 UCF stands for potential







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?



Supporti

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



- 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!







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



- CONTINUALLLY 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

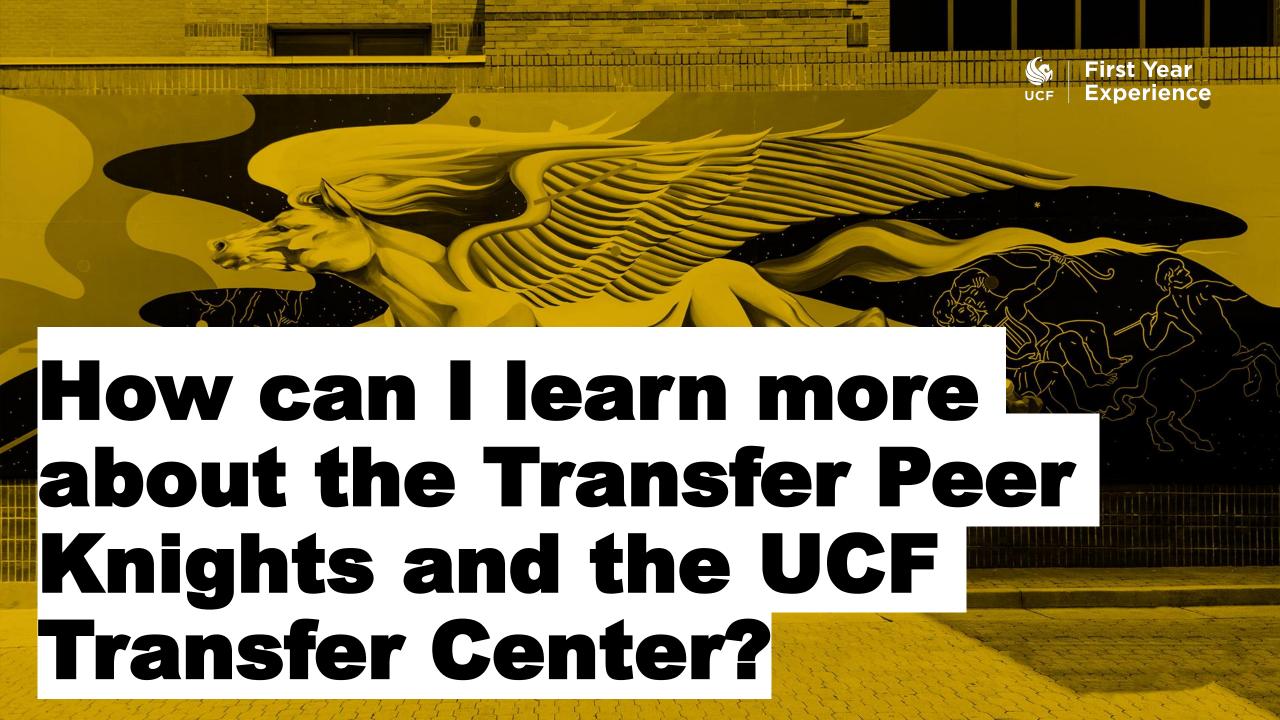












Transfer Center Lounge

TODAY! 3:30pm-4:45pm

Trevor Coburn Hall (Second Floor, Room 215)

