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PDAREM^{CIU} Psychological Counseling
& Guidance Center

 **CYPRUS INTERNATIONAL UNIVERSITY**

Adaptation to University Life



PDAREM^{CIU} Psychological Counseling
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You have taken one of the most important steps of your life: You're in University Now! But remember you're not alone. Welcome to the Cyprus International University.

Even if it seems exciting to leave home for the first time or take new steps into university after a long period of time after the pandemic, we can experience some anxiety when we are faced with new experiences. Anxiety is a normal part of life that affects all of us differently and at different times.

How can you help yourself during the process of adaptation?

1- Give yourself time to adapt to your new environment.

Take time to do activities you believe will calm you. Have a hot shower, form a comfortable sleep routine, choose to listen to music that will calm you.



2- It is possible to experience anxiety during an adaptation process. Increase your awareness in relation to it.

During the adaptation process, you may experience some of the symptoms listed below. Recognize the emotions, feelings, and thoughts you are experiencing and accept them.

Change in eating habits	Unrest	Despair	Heart palpitations	Rapid breathing	Sweating
Shivering	Anger	Unhappiness	Dizziness	Crying often	Change in bowel habits
Excessive sleep and insomnia	lack of concentration	Anxiety problem	frustration	Uneasiness	Hopelessness

3- Organize your environment according to yourself.

If you live in a dormitory or live in a different home from your family, transform your environment into somewhere familiar.

4- Create a daily routine.

Be realistic in relation to your university goals. Think about how you use your time. Create a program for both your academic and your social life. Pay attention to eating healthy, sleeping well, and your mental health. Don't neglect to attend your courses. Maintain the balance between your courses and entertainment.

5- Try to find people in the campus who have similar hobbies to you.

Review the academic and social opportunities offered to you in the country and university you have started to live in. Say hello to the people who sit next to you in the classroom, create a new group of friends by going to the social activities and the student's clubs within the campus, engage in activities that will benefit you by using your time effectively and efficiently during your social life.

6- Don't pressure yourself to do things you don't want to do.

Don't pressure yourself to do things you don't want to do when you're not comfortable with it. Try not to blame yourself, the school, or your environment regarding your adjustment problems. Openly express your feelings to those around you about the things you don't want to do. Use correct methods of communication. Try to solve common problems that come up in your new environment via reconciliation.

7- Do not ignore your problems.

Try to note down the situations in which you are experiencing difficulties in adaptation, by keeping a diary. Identify coping methods for your difficulties. Apply those methods and give yourself time to see the results.

8- Get to know the services that the school offers you.

Utilize the clubs for socializing and use the library to obtain more academic resources and to use the study environment.

9- When it comes to challenging situations, utilize your growth-oriented mindset.

Don't forget that while new things can be exciting, they can also be challenging. Studies show that when experiencing difficulties, if we believe that we won't succeed, instead of having a fixed mindset and running away, if we try it over and over, going over the subject using our growth-oriented mindset, we can be successful.

10- During this period when you have begun university, do not hesitate to ask for help in relation to any difficulties you may experience.

You can get help from you academic advisors for any academic related issues and help from the student development and counseling center for any personal or social issues.

