

A Welcome Note for Freshers

*In this busy world of ours
Where special times are few
Its the time to extend my warm wishes to you,
For getting through a college that many dream to!*

The first semester here will involve meeting fresh faces and experiencing all that you haven't till now- an exciting and daunting prospect in equal measure. Sounds tough? Fret not! That is because we are here to help you adapt to this new phase of life and make this transition into college life as enjoyable and rewarding as possible.

We all seek a specialist when we are hurt- physically. We don't think twice before popping a pill incase we feel feverish. However, in matters of the mind or the heart- we often stop ourselves from sharing the same with the counsellor/ psychologist at college.

1. Do you feel shy in approaching the counsellor?
2. Do you fear that other people will come to know whatever you shared with the counsellor?
3. Do you often feel that you can take care of yourself; when in reality you are craving for support?

Incase your answers to the above mentioned questions are positive- you aren't alone! Many of us think like that and its perfectly normal!

Just as it is smarter to go to your professor in case of a doubt just before exams instead of you doing it yourself, it is a smart decision to seek a counsellor when stress and difficulties arise in life rather than thinking of managing by your own self.

Why not visit a counsellor/psychologist to feel good?

Still not convinced? Lets see what research has to say! - It says that seeing a counsellor/ therapist will make you feel stronger and will lower your stress levels. Also let me reassure you- all that whatever you share with the counsellor will be kept strictly confidential.

Anyway! No pressure. You can take your time to think about this! Till then, here are some tips that you could keep in mind while your new stint begins here!

- **Lets make new friends!**

Some of you have left the comforts of your homes and have come all the way to gain knowledge. We are really proud of you since you have exhibited immense courage in doing so. The first challenge post that is making new friends with whom you will be sharing memories!

A quick tip - Yes, you may feel shy, but we would encourage you to make an effort to pass a smile, wave a hand & introduce yourself. You will be surprised to know that you are not the only one who maybe feeling shy and lonely/isolated in this new atmosphere! However, do keep in mind that you can't be everyone's new best friend! Pick the people with whom you instinctively and intrinsically feel you will have a good rapport.

- **Don't forget your old friends**

It maybe possible that your close friends have not joined the same college as you have, but in this technologically sound environment, there are various methods of being in touch! Do keep in contact with old friends. They have been your support for so many years and will continue to do so.

- **Keep in touch with your family**

Yes, you should make contacts and friends at college. This does not mean that you ignore your family who likely motivated you to get to where you are today. Give them a call, send them a message, share your feelings or do something during the semester to let them know you are thinking about them.

- **The essential stuff**

It may seem like the social aspect at college is time consuming but you will have important tasks to do, such as being a part of introductory talks and campus familiarisation sessions. We are sure that you would like to be all set for your lectures! Use the time to check out all the amenities available at the college & how best can you avail them!

- **'Empty wallet syndrome'**

There is bound to be someone you meet who spends a whole semester's pocket money in a few weeks. Make sure it's not you. Work out what you can afford to spend for each outing. Talking of budgets, don't forget to draw one up. If you have just received your pocket money, you may feel super-rich, but avoid the temptation to spend it all at one go!

- **Learn how to balance and prioritise**

College life has a lot to offer. Time management skills would help you in exploring the same. There will be activities, social events, trips, homework, and tests that will keep you occupied. However, part of the college life is managing the time that we have. So give making a time- table a try!- it can be really helpful!

- **Learn about yourself**

Self- awareness is essential. Try and figure out what are your goals- small and big ones; short term and long term etc. You don't need to know right away, but you could do this simultaneously as you experience new things, meet new people, and explore this new world of knowledge.

- **Keep healthy and safe**

The notorious "Freshers' flu" is almost always ready to pounce on the sleep-deprived and poorly nourished. To keep it at bay, make sure you eat healthy including lots of water & fruit.

Yes, have new experiences. Yes, be silly. However, do not try things that you think might endanger your life, health or self-image.

- **Learn from your mistakes**

If you do something wrong, forgive yourself, learn from your mistakes. College is a time not only for learning about your specialisation but for learning about life! Learning how to learn from your mistakes is a big part of the college experience.

- **Reward Yourself**

Yes, college comes with added responsibilities and work pressure. However, take care of yourself too! Take a break from the 'Pursuit of Happiness' & just BE HAPPY! Celebrate big and small successes. Between thinking about all that you could have achieved in the past or all that you can in the future- **reward yourself** for all that you have already achieved!

- **We are here to help**

Don't be afraid to ask for help. Please ASK!

Not every new student's transition into college life is a smooth one and that is completely OKAY! We are here to take care of you!

No matter how challenging or great a day may look like, its essential to embrace whatever comes your way. We cannot escape challenges however we can alter our take on them. Whenever life gives you surprises, enjoy them and when difficulties come your way, remember 'This too shall pass'- good times or bad ones pass with time, nothing is constant so make the best of what life has to offer you! And in case you need any help, we are there to help you and take good care of you!

- Saniya Bedi
Counselling Psychologist