

## Transition to Third Level

You've achieved the points and accepted the offer now you're off to college. At Third Level you can expect lots of changes from Second Level, not limited to, but including many of the following:

- A real increase in personal freedom (and the accompanying responsibility)
- Extra demands on your time (both study and personal time)
- Completely different timetabling
- Changes in your relationships with your lecturers / professors
- Noticeable differences in your relationships with your parents
- Study time needs will increase
- Little or no interaction between your parents and the college
- Differences in testing/grading procedures
- Much greater emphasis on personal motivation

All of the above will take some time to become accustomed too, but everyone will encounter a little frustration and/or excitement with these new situations, so you should never feel it is only happening to you.



### **How can I best manage these changes?**

The first few months of college life will be concerned with learning to navigate many of the above changes and differences. How successful you are at managing these new changes will to a large degree impact on your chances of staying in college and successfully graduating with the best qualification you can achieve. Here are some suggestions that may be of some assistance.

**Time Management:** You need to get a handle on this as early as possible. This begins with having some realistic expectations about how much time is involved in attending class, studying the material and completing assignments. Purchase your textbooks as early as possible. Don't procrastinate when it comes to having work submitted on time. Above all allot enough time for some relaxation.

**Develop Good Study Habits:** There is no one study technique which suits everybody. The key is to find out what works for you, usually through trial and error, and then stick with it. Some of the classical approaches include; completing your study notes soon after lectures finish as this assists retention; break down your larger tasks into smaller ones which will help make the task more manageable; make a list of your main priorities and work to get these items finished; don't jump from one subject area to another; start assignments well ahead of time; if you come across material that you can't grasp find assistance as soon as possible from a classmate or a lecturer, review your study notes regularly.

**Self Care:** Remember to eat and sleep as well as possible since this can enhance your psychological as well as physical being.

**Support:** If you are encountering difficulties either personal or academic then seek help as early as possible. There are many students every year who either leave third level or fail to achieve their full potential because they don't look for assistance. Half the battle is to recognise that there is a problem and more often or not the solution can only be achieved with the help of others such as friends, family, the Students Union, a campus counsellor, a chaplain or some other internal or external support system. Find out what your college has to offer you because if you get help sooner rather than later this can help decrease stress and assist in finding an effective solution.