
FEUP
Healthy Minds

You deserve it



Contacts

spo@fe.up.pt | psispo@fe.up.pt

Psychological support by appointment:

Mondays to Fridays, from 9:30 to 15:30

PSYCHOLOGY AND GUIDANCE SERVICE

FEUP FACULDADE DE ENGENHARIA
UNIVERSIDADE DO PORTO

I'm in college

Now what?



New challenges

Joining college demands several changes to which it is not always easy to adapt:

- Finding a new house or bedroom
- Bigger classes and school
- Managing own money
- Managing own time
- Choosing activities to do
- Establishing new relationships
- Adjusting to prior relationships
- Being apart from usual support net
- Managing family and friends' expectations
- Managing own expectations

College can be a place full of surprises and disappointments.

And that's ok!

You may end up feeling...

- Alone
- Lost
- Not fitting in
- Inferior to your classmates
- Sad
- Nervous
- Disappointed about classes or the course itself

But you can also experience...

- More autonomy
- More independence
- Freedom
- Sense of responsibility
- Feeling of accomplishment
- The pleasure of making new bonds



How to handle all of this?

We leave you some tips on how to handle this new step of your life even better:

- **Look out for yourself!** Focus on finding a personal balance where you feel good about yourself.
- **Know when to say YES or NO.** There are many offers when it comes to social life (parties, going out, academical groups). Choose what makes sense to you and don't feel bad about it.
- **Facing difficulties.** Don't be afraid to ask when you don't know something and look out for help! This is a transition period where doubts and not knowing are natural.
- **Organize your day.** It is impossible to do everything at once. Prioritize your tasks and deal with things one at a time.
- **Learn how to manage stress.** Pressure may cause feelings of distress and being out of control. Try to understand when and why this happens. To release pressure, exercising and relaxation practices may be useful. In case you're feeling you can't deal with this alone, seek psychological help.