

## Important Warning Signs of Poor Adjustment to College Life

1. *Isolation.* It is unhealthy not to be involved with others and campus activities. Isolation can breed negative thoughts and feelings and is often an indication of anxiety and depression.
2. *Irritability.* Feeling angry or antagonistic toward others can be a sign of many different types of problems. When ignored, such feelings can escalate into many other problems.
3. *Poor class attendance.* Attendance in class ought to be a top priority for students. When it is not, it is often due to other problems such as those listed here.
4. *Too much socializing.* Spending too much time with friends, and/or excessive alcohol and drug use can interfere with personal and academic goals.
5. *Going home every weekend.* The college years are a time to develop independence and autonomy. This cannot be accomplished when a student never really leaves home emotionally, which in turn limits relationship development.
6. *Sleeping and eating poorly.* When physiological processes such as sleep and appetite are disrupted, these are signs of underlying medical or emotional problems. Also, one cannot function well as a student when the body is not appropriately nurtured.
7. *Stress.* While some stress is inevitable, prolonged periods of high stress resulting from any of the items in this list are serious warning signs. It means that, sooner or later, the body and emotions will begin to break down.
8. *Poor communication skills.* Lack of assertiveness or aggressiveness in communications with others will nearly always produce other problems and interfere with many aspects of college life.
9. *Relationship problems.* All people experience tensions and conflicts in relationships. When more or all relationships are filled with such things it affects other areas of life and can produce anxiety and depression.
10. *Poor concentration.* Academic life requires students to focus and concentrate. Students who find this difficult because of distractions are likely to experience problems in adjustment to the demands placed upon them.
11. *Excessive use of electronics.* Excessive use of e-mail, IM (instant messaging), and video games to the exclusion of other activities interferes with academics and making friends on campus.

### Contact:

#### [University Counseling Center](#)

308 Administration Building  
(412) 396-6204