

Student Life Cycle

Student Experiences

Who Can Help?

June - August

Excited and unprepared for what is to come, may doubt if they will fit in or about their residence situation

FYI, Res
FYI, AA

Unsure of what to study at college or how to register

Anxiety about starting a new chapter in their life, possibly leaving home, and the impact on their relationships*

FYI, PSC, EWC
SA/FA
Res

Payment of fees/ applying for student loans

Moving into Residence

September

Changes in registration

RO

Adjusting to living with a roommate**

Res

Experiencing strain on family and other relationships

PSC, EWC

Possible homesickness

PSC, EWC

Adjusting to less structured class and home work*

LSC, Lib

Learning new time management strategies and study habits to settle into the routine of class

LSC, Lib

Coping with working while in school

PSC

Developing a social life

SAMRC

Exploring opportunities for campus involvement**

SAMRC

Trying to keep up social activities, work and meet academic demands**

PSC, LSC

Change in health patterns

EWC

October

Roommate tension may grow as stress increases and initial courtesy wears off**

Res

Thanksgiving Weekend signals a much needed break**

Homesickness may return after coming back to college from Thanksgiving

PSC, EWC

Preparation for mid-term exams (mid-October to mid-November)*

LSC, Lib

Surprise and possible disappointment at lower marks (may not be seeing the same results as in high school)*

PSC

Financial stress and discovering the need to budget*

PSC, SA/FA

Registration for next semester begins

AA, RO

November

Increased academic stress due to an accumulation of work*

LSC, Lib

Health may decline due to stress or personal habits

PSC, EWC

May question intellectual abilities*

AA, PSC

May question desire to return to the College

PSC

Papers and tests returned – reality check on academic performance**

AA, PSC, LSC, Lib

Thinking about withdrawing from a course(s)

AA, PSC, RO

Thinking about changing major**

AA

May be running short of money**

PSC, SA/FA

Final papers, projects assigned**

LSC, Lib

May have trouble juggling school, work and social life

PSC

Final papers, projects due**

LSC, Lib

Relationships with friends, family, partners and roommates strained by stress**

PSC

Overwhelmed by all that needs to be done by the end of term**

PSC, LSC, Lib

December

Preparations for final exams, workload can feel overwhelming*

PSC, LSC, Lib

Worries begin about the next semester*

AA, PSC

Financial stress from winter semester tuition payment and holiday spending

SA/FA

Final Exams

Fatigue and stress**

PSC, EWC

Excited for winter break**

January	
Excited to see people on campus and start new courses*	
Students in residence may be home sick after returning home in December*	PSC
Inability to maintain a healthy lifestyle, due to weight loss/gain and stress level*	EWC
Adding or dropping classes	RO
February	
Anxiety about studying/preparing for mid-terms*	LSC, Lib
Mood may be affected by bad weather, lack of energy and enthusiasm*	EWC
Mid-term exams	LSC, Lib
Reading break gives students a much needed rest	
Considering taking Spring courses (2 course maximum)	AA, RO
March	
Concern about completing work for courses, pressure to do well on final exams*	PSC, LSC, Lib
Concern about housing and employment for next year if this has not been secured*	PSC, CS
Questioning program, and ability/desire to return to college next year*	AA, PSC
Registration for the Fall semester	AA, RO
April	
Concern about marks and academic results for the year*	AA, PSC
Anxiety about the year ending, going home, finding summer employment*	CS
Relief that exams are over*	
Moving out of Residence and into summer accomodations	

Sources

* University of Toronto

** St. Francis Xavier University

Services Legend

FYI = First Year Insight orientation program

AA = Academic Advising

Res = Residence office/Resident Advisor

PSC = Peer Support Centre

EWC = EnCana Wellness Centre

LSC = Learning Skills Centre

Lib = Library

SA/FA = Student Awards and Financial Aid

RO = Registrar's Office

SAMRC = Student's Association of Mount Royal College

CS = Career Services