

## Transitioning Tips For Mature Students

*Here are some tips that will help you with your transition back to school.*

### **Prepare for an Academic Environment**

Identify your learning and study skills. How you learn can change over time and the way you used to study might not work for you anymore. If you need help developing your skills, speak with the Learning Centre at your campus.

### **Be patient**

It may take you a semester or two to get in the groove of things. It also might take you some time to fully reach your academic potential.

### **Relating to Others**

Take advantage of all the great opportunities there are on campus to connect with other like-minded students. Consider starting up your own club with students who share your values and desire to learn.

### **Get your family and friends involved**

Develop your own support network including family members, or friends. Talking to others can be a great source of encouragement during stressful times.

### **Be Flexible**

You might have to pass off some of your responsibilities to others in your family. Delegation is a good thing!

### **Embrace Technology**

Computer technology is used a lot throughout the college for teaching, learning and accessing resources. If you are not sure how to use it, speak with one of the techs in the Computing Commons or ask a fellow student to assist you.

### **Acknowledge & Embrace Change**

Going back to school brings many changes to your life and to the lives of those around you. Be sure to embrace the change! Talk to your family, partner or others you live with. Let them know about your time schedules, your busy times, your need for quiet times, and your need for support (or even the occasional nagging). If they are fully informed, they are more likely to feel part of the process and will be in a better position to support you.

### **Reward Yourself**

When you have accomplished something great - reward yourself. Be sure you take satisfaction from your accomplishments.