

TRANSFER SHOCK 101



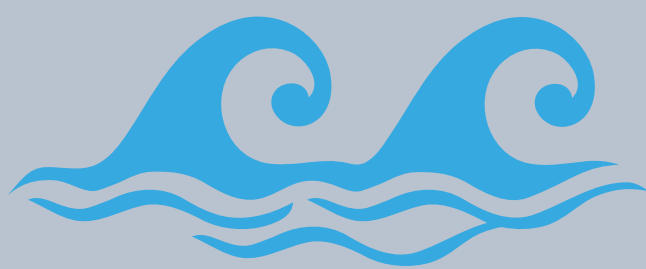
WHAT IS TRANSFER SHOCK?

Let's face it—transitioning to a new school is difficult and there's so many reasons why. Transfer shock is a phenomenon of a temporary dip in grade point average during the first few quarters from transfers. Many of us go through this...and the good news is students often recover as they become more acclimated to their new environment.



WHAT IT CAN FEEL LIKE:

- It can feel like waves of different feelings such as: Being overwhelmed, Feelings of isolation, anxiety, and confusion about your position at a university.



MODES OF APPEARANCE:

- It can appear of feeling a loss in a sense of community. A temporary drop in grades in your 1st quarter but not limited to the 1st quarter.
- One of our Peer coaches from last year composed a [blog](#) on how she worked through her transfer shock - take a read!

STRATEGIES TO DEAL WITH TRANSFER SHOCK:

- Keep asking questions, even if they seem silly
- Be kind to yourself - it can take many a full year to transition to a new environment!
- Build community (transfer or otherwise)
- Access Transfer Coaches for advice
- Use CAPS as a resource to use health strategies for mental wellness
- Create connections with faculty that can help you maneuver the university



MORE INFO: TRITON TRANSFER HUB

tritontransfers@ucsd.edu

transferstudents.ucsd.edu

[@tritontransfers](https://twitter.com/tritontransfers)