



TECHNOLOGY
CENTER

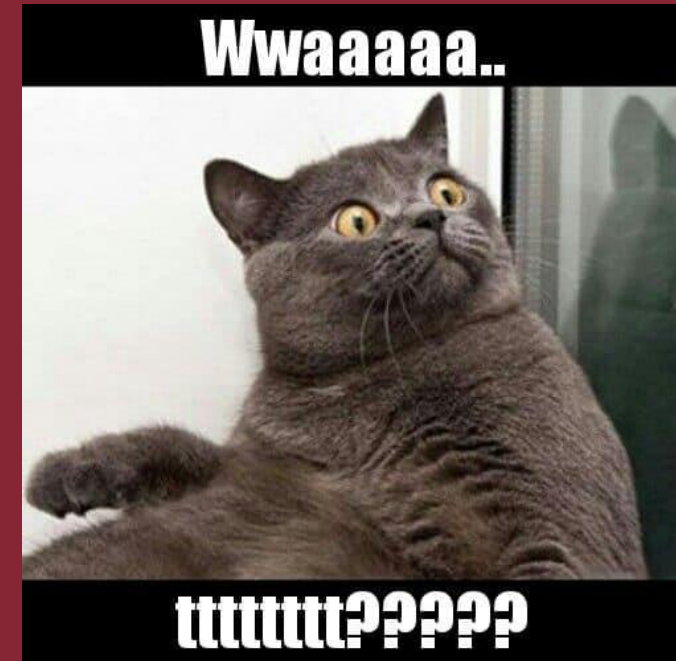
Transfer Info Series: Session 8

Avoid Transfer Shock: The guide to
Academics, Supports & Campus Life

What is Transfer Shock?

When you transition to another college, especially from a community college to a university, you will likely encounter many changes that can lead you to experience some amount of “transfer shock”.

- By definition, Transfer Shock is “the academic and social disorientation experienced by students following transfer from one institution to another.
- With transfer shock, students may experience:
 - A temporary dip in grades during the first semester or two
 - Social disorientation
 - Academic disorientation
 - Stress & Anxiety
 - Loneliness & Homesickness



So why does Transfer Shock happen?

For a variety of reasons! And it's important to note that each student will face different "stressors" or reasons for experiencing transfer shock so everyone's approach to acclimating to their new campus will be different.

- ❖ Increased Academic Expectations
- ❖ Difficult Course Work
- ❖ Moving Away from Family & Friends
- ❖ Roommates
- ❖ New Life Expectations (Bills, Groceries, etc.)
- ❖ Need to Establish New:
 - Social connections & friends
 - Study habits
 - Routines
 - Support Systems



- ❖ Campus differences in:
 - Expectations, traditions, culture, policies, support services
 - Academic Systems (i.e. Student Portals, Canvas, Blackboard etc.)
 - The social climate



How can you avoid Transfer Shock?

Find out as much information about your new school as you can!

Ask for help

Ask for help

Look for job opportunities

Can transfer students live on campus together?

Be prepared for difficult course work

Beef up study and time management habits.

Maintain balance in your schedule & don't overload yourself

Is there a transfer office or counselor?

What resources does my college offer?

Remind yourself that this is normal

Be patient with yourself

How does academic & transfer advising work?

Get plenty of exercise

Attend Transfer Orientations & Events

Meet your professors

Work to meet other people

Join clubs & participate in campus events

2023 Upcoming Events

- ✓ **University of Houston – Victoria** on Campus
 - Every other Thursday starting January 19
 - Betsy Wright Building Rm 103 from 11 a.m. to 1 p.m.
- ✓ **Transfer Info Series (Spring 2023)**
 - Session information coming soon!
- ✓ **Super Saturday**
 - Saturday, January 7 from 10 a.m. – 2 p.m.
 - Student Services Building
- ✓ **VC Support Services Showcase**
 - Wednesday, January 11 from 3 p.m. – 4:30 p.m. and 6 p.m. – 7:30 p.m.
 - Student Center
- ✓ **Transfer Fair**
 - Tuesday, April 4 from 11 a.m. to 2 p.m.
 - Student Center

- ✓ **Texas A&M – Kingsville Engineering Showcase**
 - March 31st, 2023



Resources & Contacts



**WE'VE GOT
YOUR
BACK**

Transfer Services – Stay up to date on all things transfer.
<https://www.victoriacollege.edu/Explore/GettingStarted/Advising/TransferServices>

Bailey Koebrick: Title V - Transfer Coordinator
Advising & Counseling Services
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