

Navigating TRANSFER SHOCK



Transferring to a new university can be disorienting and present many hurdles. Follow the steps below to ease the transition.

New Culture 01



Take a tour of campus to orient yourself
Meet with an [Academic Advisor](#) and the [Career Design Center](#) to design your future

02 Course Load

Anticipate academic challenges
Allow yourself time to adjust
Meet with an [Academic Advisor](#)
Visit faculty office hours
Get to know your instructors



Social Connections 03



Join at least one [campus club/organization](#)
Join [Aggie Handshake](#) to look for job opportunities
Check the [USU Event Calendar](#) for activities
Get fit and connect with others through [Aggie Fitness](#)

04 Emotional Regulation

Be kind to yourself—transfer shock is expected
Meet with a [Success Coach](#) for academic support
Meet with [CAPS](#) for mental & emotional support



Learning Experience 05



Treat the transition as a learning experience
Your skills, background, and experiences are just
as valuable as those of other students
Good things are ahead!

