

Managing Pressures in the Transition to University



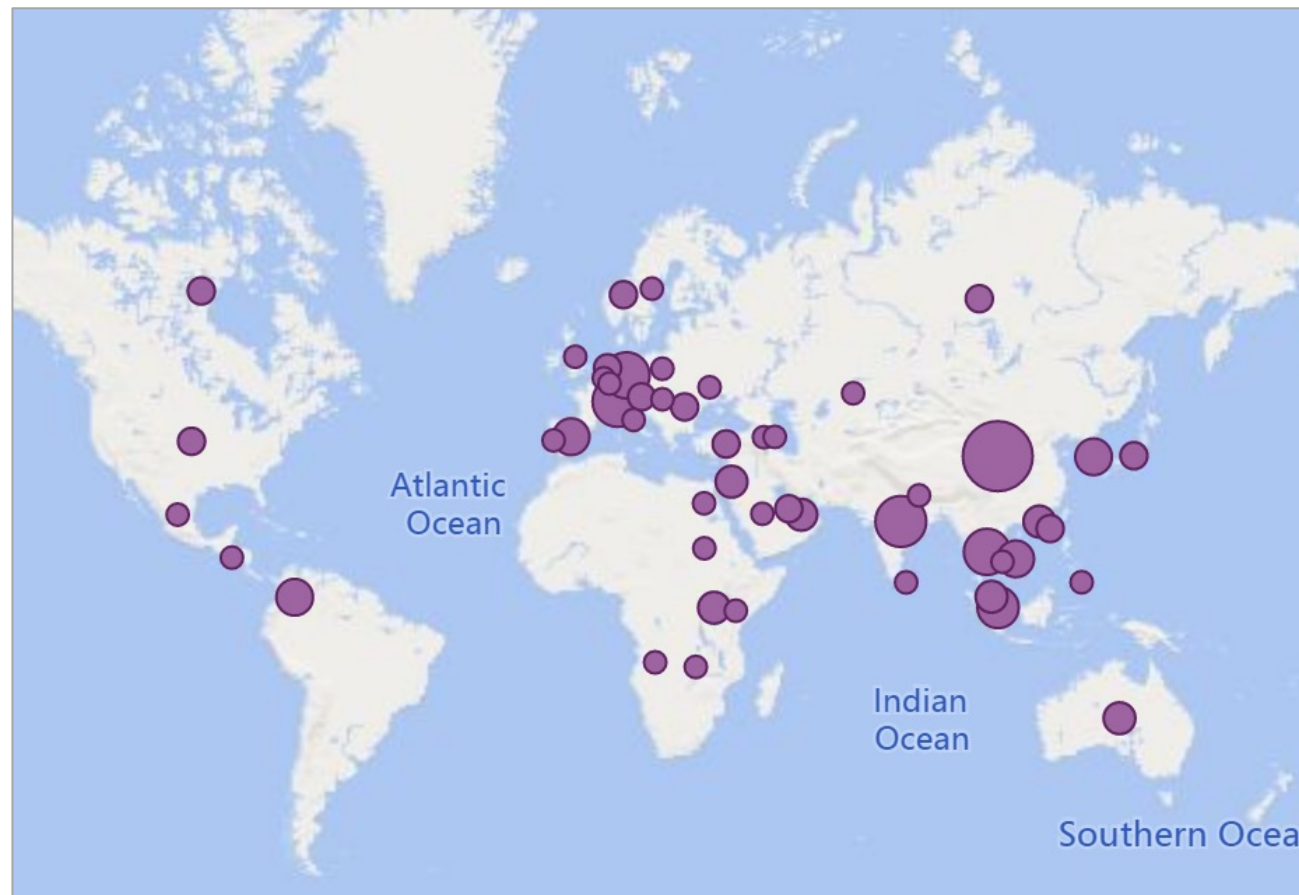
Shaping the future of international education

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- ✓ Cross-cultural transitions: emerging themes & recommendations
 - ✓ Practical activity



This survey asked international school counselors about the impact of the pandemic on the well-being of their graduating students, and how schools and universities can do more to support the mental health of students who transition into higher education.

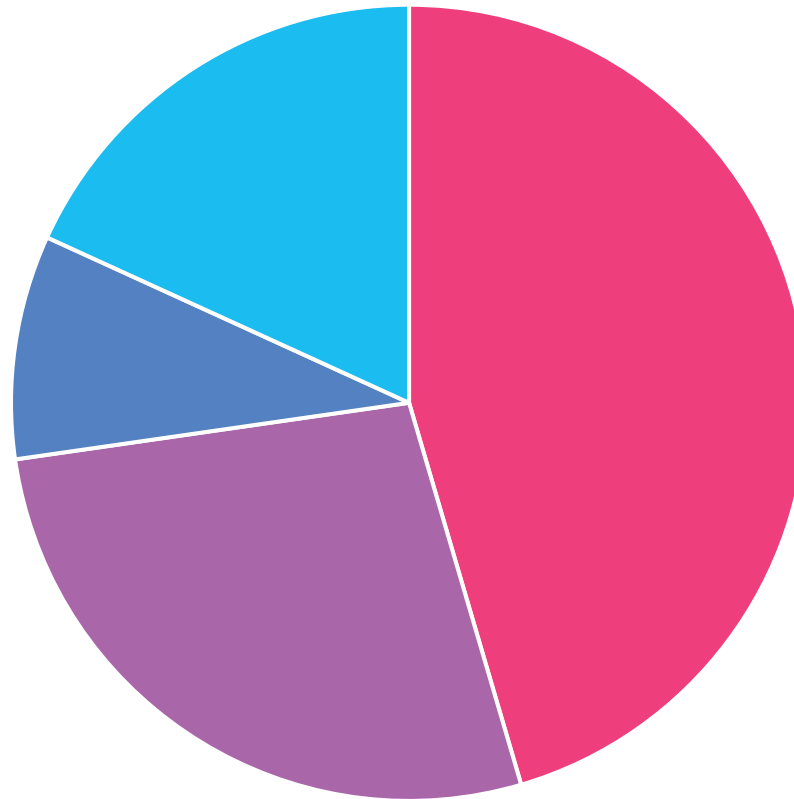
134 counsellors based in **52 countries** answered the survey and provided significant insight into this area. We hope that this report helps you to support your students.



Respondents

10 countries
across
4 continents

Students from **11**
CIS schools and
universities



■ Europe ■ Asia ■ North America ■ The Middle East



**Emerging
theme**

Discrimination &
Personal Safety

Worrying about discrimination has influenced my decision, I don't want to study somewhere where I could be victimized or harassed.



**Emerging
theme**

Resilience?

I do feel that being an international student you have a unique starting point. You may be better adapted to survive—university student



**Emerging
theme**

Identity

Is my race going to define me differently in a new place?



**Emerging
theme**

Narrow definition
of success

There is this internal pressure, there are things and courses I'd love to do, but it's too risky, it's better to not choose something risky.



**Emerging
theme**

Cultural
preparedness

I constantly had to tell people about my religion because they always assumed the wrong thing.

Cultivating skills such as time and routine management and social emotional learning

Talk about the cultural and social changes and intersecting identities

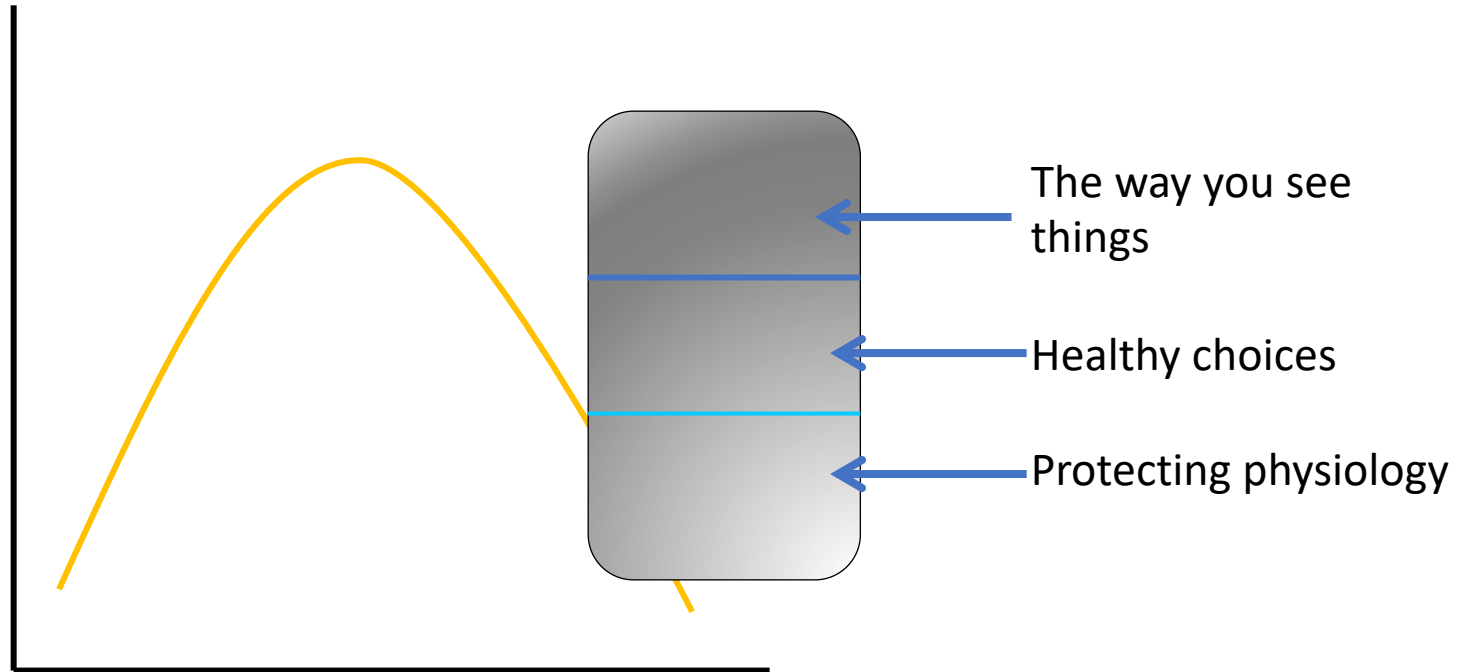
Ask the university questions about their support services

Teach students to view university/college support services as proactive skill-building

Encourage early conversations about needs

Utilize social media platforms to reach out to students and facilitate students to find their peers

Psychological fitness



How Are You Doing?

Exercise		+ 2		+ 1		- 1	
Relaxation	+ 2		+ 1		- 1		
Sleep	+ 2		+ 1		- 1		
Diet		+ 2		+ 1		- 1	
Alcohol						- 1	- 2
Social	+ 2		+ 1				
Relationships		+ 2		+ 1			

Resources

[Know before you go](#)

[Transitions into University](#)

[The Global Nomad's Guide to University Transition](#)

[Growing up in Transit](#)

[A student's guide to your first year of college](#)

[Supporting Students in Transition to University](#)





THANK
you

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