

# 輔導工作室

## University Adjustment for Year 1 Students

University life is full of excitement, but also faced with challenges. For differences do exist between secondary education and university education; therefore university students are facing a transitional stage in their first year of study. This article gives good hints in helping new students to adjust better and faster in their university life/study in areas of:

1. Finding and developing self-identify
2. Familiarizing with the campus environment
3. Building up support network
4. Setting up new goals
5. Living healthily and happily

The earlier you adapt, the easier you can have a soft landing in the new journey at HKIEd. You can also click into the hyperlink to view the article [Time Management](#).