

Coping With Summer Transitions

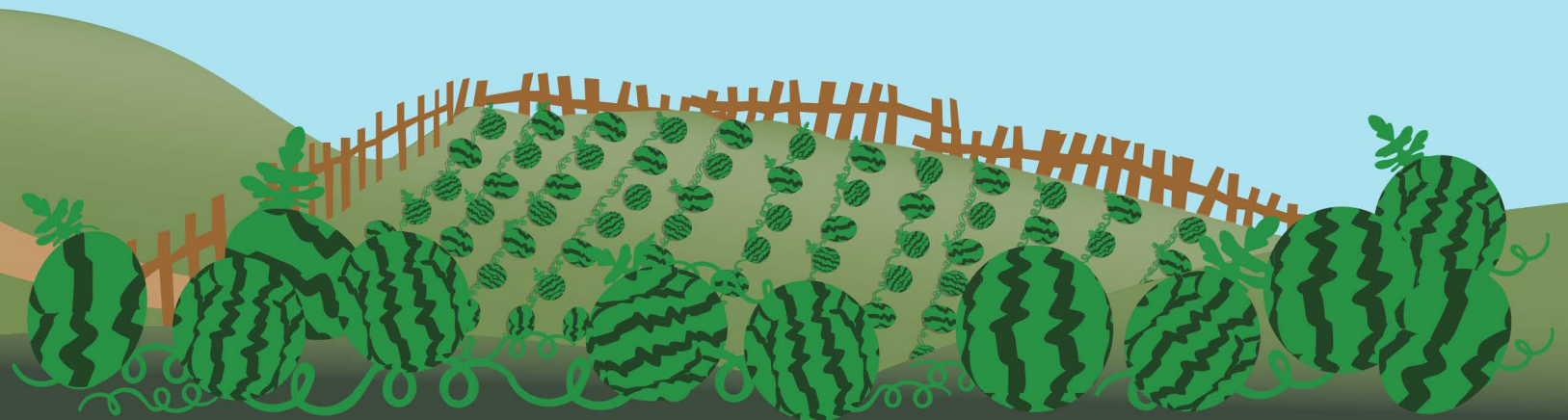
The transition into summer will likely bring a significant shift from the routine you've been used to this academic year. Perhaps you're starting a new internship or job, returning to family, staying in the area, or not sure of what you'll be doing. You will likely have to navigate both making new connections and maintaining already made ones. Whether you're going to a new setting or returning to a familiar place, adjustment will go most smoothly with respectful communication and boundary setting. Read on for more ideas on making smooth transitions for yourself and others.

Navigating Family Interactions

- **Re-Introduce Yourself:** Sharing new values and boundaries with your family gives them the chance to support you and respect your growing independence. Accept that they may need it spelled out.
- **Speak It, Don't Think It:** Your family's new norms may have unintended effects on you. If your family does something that bothers you, be kind but direct so they feel they have a chance to respond.
- **Respect Your Family's Autonomy:** Your family has grown used to your absence, and your return can bring activity, noise, and general disruption to their routine. Acknowledge the effects of your presence, and do your part for harmonious living.

Reconnecting With Old Friends

- **Time Is Limited:** It's tempting to pack your time with as many plans as possible, but you likely won't get to it all. Make important plans early and accept you may miss out on some things.
- **Distance:** Values and interests shared with old friends might not align as well anymore. It's okay to feel a relationship has waned and that you might need to move on; we're all constantly growing.
- **Balance:** You have friends at home, and you have friends back at school. It can be easy to get lost in the moment. Planning time to message or meet up with your college friends is important to keeping those relationships strong come Fall, and vice versa when in school.



Summer Quarter Differences

- **Same Spaces, Different Faces:** Summer school can feel odd, being in the same place and not seeing friends or familiar traffic. Use it as an opportunity to meet someone new.
- **Unique Rigors:** Summer classes can feel different or accelerated compared to courses at other times of year, especially with many summer activities to enjoy. Plan out your studies so that you can fit in time to enjoy the summer without falling behind.
- **Explore:** Dive into a U Rec class or learn a new skill at the Maker's Space. There are also unique events in the summer you'd normally miss if you left town. Look ahead to an events calendar and make plans to see what the city has to offer.

Work and Internship Adjustments

- **Work Life Balance:** Work attendance obligations can be more demanding than school. Leave your schedule free for a week or two as an adjustment period to avoid overload.
- **Different Demographics:** Often your peers at school are in the same stage of life as you, but in a work role that could change. Be respectful of coworkers and their boundaries. Typical discussions in the student center may not be appropriate in the break room.
- **Still Learning:** Remember that you're still learning, and be kind to yourself if you make mistakes while acclimating. Ask questions and be willing to take constructive criticism. If you've been hired for a role they believe you have what it takes.

Still Figuring It Out

It's possible you're still deciding what to do this summer, or perhaps wherever you will be there is some ambiguity attached. Be open to new experiences and rely on your support circle for encouragement.

