Transitions = "W"
No two W's are the same... What might your W look like?

Honeymoon Phase
- Orientation
- Move In
- Build Friend Group

Initial Adjustment
- Ace First Test
- Decide Major
- Find Niche
- Solidify Friend Group

Adaptation & Adjustment
- Learn From Mistakes
- Try New Activities
- Set New Goals

Reassessing Expectations
- Culture Shock
- Friendship Conflicts
- Don't Make Team

Gradual Improvement
- Unsure How To Get Internship
- Relationship Strain and/or Infidelity
- 'Treat' Anxiety with Drugs/Alcohol
- Isolated Growth