



Navigating Transfer Shock

Moving from one educational institution to another can produce academic and social disorientation. While the transfer experience can present many hurdles, becoming involved with your Utah State campus and building an academic and safety net will help to ease that transition.

Hurdle #1

A new institution means a new way of doing things, new expectations, traditions and policies.

- Take a tour of campus, even if you took one when you were first deciding to attend.
- Meet with an [Academic Advisor](#) and with the [Career Design Center](#) to learn how USU can help you design the future you want.

Hurdle #2

Course loads can change from institution to institution, especially if you're beginning upper-division classes.

- Anticipate academic challenges and manage your expectations of what you'll accomplish your first couple of semesters while you adjust.
- Meet with your [Academic Advisor](#) to review your course load, learn about professors and discuss your concerns.
- Take advantage of faculty office hours and introduce yourself to your professors.

Hurdle #3

It can take effort to form new social connections.

- Reach out to others and join at least one [campus club or organization](#).
- Sign up [for Aggie Handshake](#) to look for job opportunities on campus.
- Check the [USU Calendar](#) regularly for events that might interest you.
- Connect with others while maintaining your physical wellness by taking advantage of [Aggie Wellness](#) recreation opportunities.

Hurdle #4

Culture shock is a natural emotional reaction to the disorientation triggered by a transition.

- Be kind to yourself. Transfer shock is normal and you're not any less of a student for experiencing it.
- If your transfer shock is affecting you academically, reach out to an [Academic Success Coach](#) for support.
- If your transfer shock is affecting you emotionally, reach out to the [Counseling and Psychological Services](#) for support.

Transferring from another institution is a great learning experience, and your background is just as valuable as those of your classmates. Insisting on a seat at the table will improve your Utah State experience as well as that of your classmates. Good things are ahead!

For more information on the [USU Academic Resource Finder](#), [Habits of Mind](#) courses

and sign up with an [Academic Success Coach](#), visit

Academic Belonging and Learning Excellence • usu.edu/able



UtahStateUniversity