

NAVIGATING TRANSFER SHOCK

What is transfer shock?

Transfer shock is a phenomenon that affects students who transfer from one college institution to another during their first semester. People who experience transfer shock may find their grades affected, have increased stress levels, or feel isolated from their new University.

Research

- Transfer Shock affects nearly 70% of community college transfers.
- Academic, social, and individual factors contribute to Transfer shock (e.g., gender, race, field of study, class sizes, pace of instruction)
- Students ages 21-24 are at higher risk of experiencing Transfer Shock than students over the age of 25.
- 99% of transfer students experience GPA changes after transferring. These changes are largely influenced by the timing of transfer and individual student characteristics (e.g., age, gender).
- Studies show that students are better able to cope with Transfer Shock when they combine practices from their previous and current institutions.

Tips for Adjusting

- Lean on your loved ones, your advisor, and professors for support
- Attend events where you can meet others
- Be proactive about coursework and manage your time well
- Utilize offices/resources on campus
- Join a club or an intramural sport
- Find peers to study with
- Make it a priority to balance work and play
- Be patient with yourself - experiencing transfer shock and going through an adjustment phase is normal and expected
- Don't forget to take breaks, slow down, and check in with yourself throughout the semester
- Get to know Philly! One of perks of going to Temple is our proximity to the city, so don't be afraid to explore

What May be Different at Temple

- Larger class sizes
- Pace of instruction
- Varying teaching styles
- Larger & condensed campus
- Larger student body
- More offices
- More clubs/organizations
- More major/minor/cert opportunities
- More leisure opportunities
- Education Abroad opportunities
- The registration process
- Teaching Assistants
- Labs & recitations
- Location & proximity to the city

Task Force Contact Info

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Campus Resources

- Wellness Resource Center (@bewelltu) (wellness.temple.edu)
- Cherry Pantry (@tucherrypantry) (deanofstudents.temple.edu/cherry-pantry)
- Tuttleman Counseling Services (@tuttleman_resiliency_center) (counseling.temple.edu)