

**FROM THE SCOTTISH ASSOCIATION FOR MENTAL HEALTH:**

# WELCOME TO COLLEGE!



**"This welcoming newsletter has been put together by me, Laura Glennie, the College Connect Coordinator from the Scottish Association for Mental Health (SAMH) working for GCC Cardonald. I am writing to you to share important tips and info for your transition.**

**My job at College is mostly to support those from school who have just arrived at College. However, in my role I also raise awareness and skills in dealing with mental health across the campus. If you would like to chat to me please email [Laura.Glennie@samh.org.uk](mailto:Laura.Glennie@samh.org.uk) "**

## MENTAL HEALTH IN THE FIRST FEW WEEKS OF COLLEGE...

**It's normal for some people to feel some challenging emotions when starting a new course.**

For some people this could be feeling nervous, overwhelmed or fearful. Maybe this could be mixed in with positive emotions like proud, eager or confident.

Whatever you're feeling please remember that your emotions will shift. As our brains have the time to process these changes - as well as meeting new people and learning new things - our feelings about being new will become less intense.

Your brain might take time to adjust to the idea of College life, or take time for you gain more confidence in your course. Try your best not to make any rushed judgements on College life until you have settled in for a while.

**As new students in 2020, you will all experience some effects of Covid-19. This might create extra stressors in life and it's normal to be worried about this.**

If you are experiencing long or intense periods of worry about Covid-19 it can very helpful to talk about it. At College there is a free Counselling service, as well as a Student Support team who care about your wellbeing.

Everyone, including your classmates and Staff at the College, will have their own personal thoughts about this challenging time. Its okay not to be okay and sometimes it makes sense to get extra support.

**Whatever your situation, you may find that you have more responsibility for your own studies than you have been used to ...**

This can provide flexibility in how you structure your day, but getting used to planning your own schedule can be a challenge.

As we know, no matter how good a plan is, sometimes things don't go as you expected. This can be difficult, but it happens to everyone. You might find it helpful to have a plan B, an alternate work schedule if your day or week's routine is disrupted and to schedule in 'spare time' so that you can catch up if necessary.

It's also good to talk to your tutor about extensions or flexible arrangements in advance, so that you feel comfortable talking to them if things are not going to plan. Think about having this conversation as a class.

# CHECK IN WITH YOURSELF



**Many people find it hard to identify their emotions. We might know when we are 'happy' or 'sad' but less so with other feelings. You could use this simple feelings wheel in the first few weeks of College identifying 3-4 different emotions each day.**

# LOOKING TO CHAT?

**If you have any questions about :**

**Transitions to College**

**Mental wellbeing during transitions**

**The work of SAMH**

**How you can get mental health training**



**Email: [Laura.Glennie@samh.org.uk](mailto:Laura.Glennie@samh.org.uk)**

## COLLEGE CONNECT - WHATS IT ALL ABOUT

**BY LAURA GLENNIE,  
COLLEGE CONNECT COORDINATOR.**

The move from school to college can be challenging for young people. Whether your emotions are up and down or a bit anxious, or you have a diagnosed mental health challenge, getting to know new people, new places and generally getting around can be stressful. On top of this, new subjects or curriculum can add to the pressure.

This can be particularly difficult for young people who are already struggling with low mood, anxiety and other mental health problems.

The College Connect project provides important links to support young people's mental health and wellbeing through these transitions.

We work closely with students, families, teachers, lecturers and other staff within school, college and the wider community. Most of all, we are present in both school, college and any time in between. As this is a new project a majority of my work has been with St Pauls HS students from Pollok.

**If you think that you could benefit from support like this, please email me at [Laura.Glennie@samh.org.uk](mailto:Laura.Glennie@samh.org.uk) who can work out how to support you best with your transition.**