

## MAKING THE CHANGE FROM SCHOOL TO COLLEGE

Going to college from school is a big change. Lot of things will be different. This can include:

- where the college is
- how you get to college
- tutors and other college staff
- what to do with your personal things when at college
- where the toilets are and when you are allowed to use them
- what happens at break time
- what happens at lunch time
- how lessons and classrooms are organised
- not wearing a school uniform
- new college rules
- different timetables
- lots of other students

All these changes may feel very uncomfortable at first. It is normal to feel anxious and a bit scared when starting a new school. Usually these feelings will go away after the first week or two. Things that can help include:

- finding out as much as possible before you start or speaking to someone from the teaching team or ALS team if you haven't had the chance to look around before you start
- talking about any worries you have with trusted adults and staff at the college
- doing things that help you stay calm

Starting college can feel very uncomfortable at first but you will be OK. After a few weeks in your new college, you will feel more comfortable as you learn and accept the changes.