

TRANSITIONS (TO COLLEGE)

Secondary Coffee & Learning Program
Tuesday, 3 March 2020



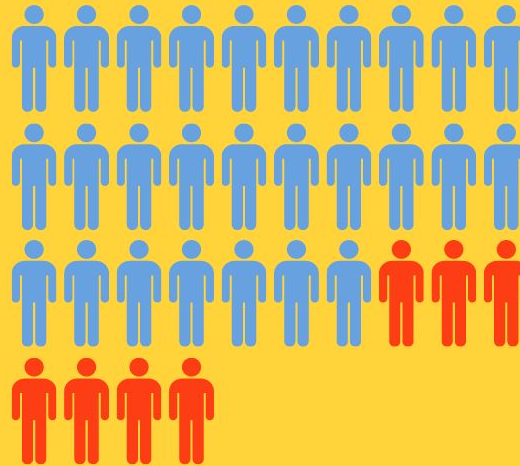
CLASS OF 2020

Fast Facts



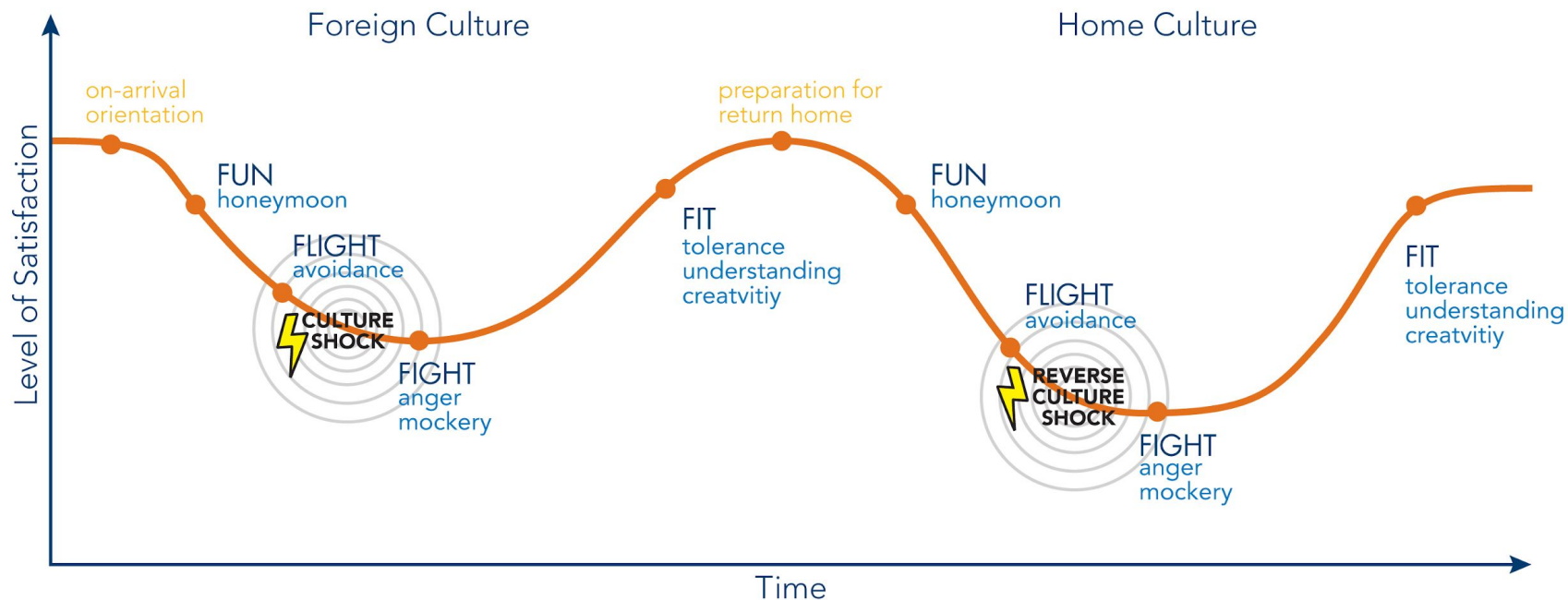
PASSION

79%



27 of 34 respondents indicated that they possess a passion, and 41% of those with a passion identified the arts as their area of interest!

STAGES OF TRANSITION



One may actually experience several high and low points in each transition. Also, multiple and simultaneous “U” curves may be experienced, with academic adjustment happening at a different rate than social or emotional transition, for example.

This diagram is available as a bookmark through the InterVarsity Store at tiny.cc/bkmmk

Lisa Espineli Chinn & David Pollock © 2011 InterVarsity Christian Fellowship/USA



Our Lenses Here: We Want to Learn...

1. **As Parents & Caregivers:** How do we guide our children through transition productively?
2. **As Friends, Colleagues & Community Members:** How do we be supportive of those going through transitions around us?
3. **As Individuals Experiencing Transition:** How do we help ourselves as we experience transitions ourselves?

Experiencing Transition Firsthand

(What we are doing with your children)





Our Transition Programming for Seniors

- Weekly Meetings
- Weekly Conversation Topics Emails
- Individual Counseling
- Adulting Week

Call to Action

Let us know if you would be willing to lead a session on some essential skill or give a 10-15 minutes Ted-Talk style “Non-Linear Lunch” talk for the seniors!

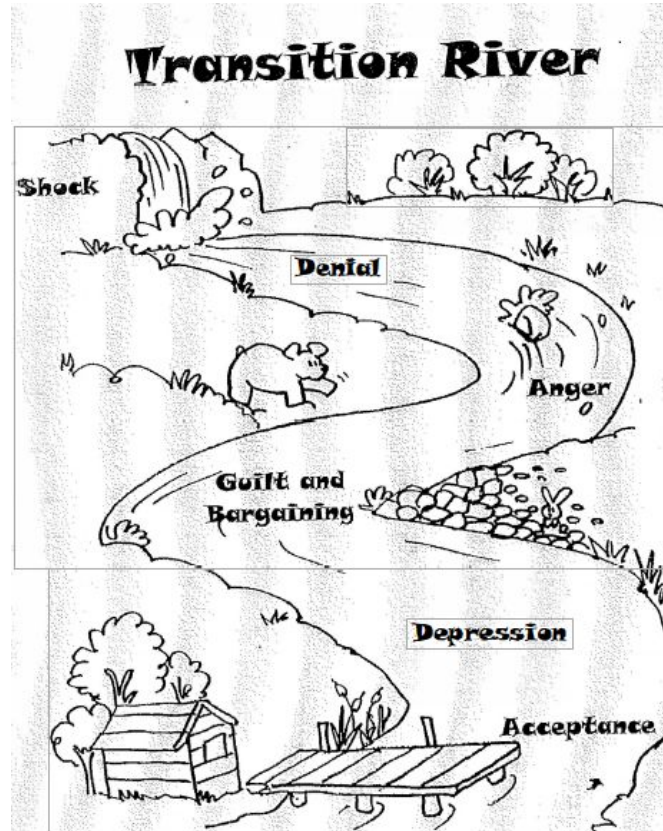
BUILDING YOUR RAFT

Class of 2020 Transition Class #2
Wednesday, 4 March 2020





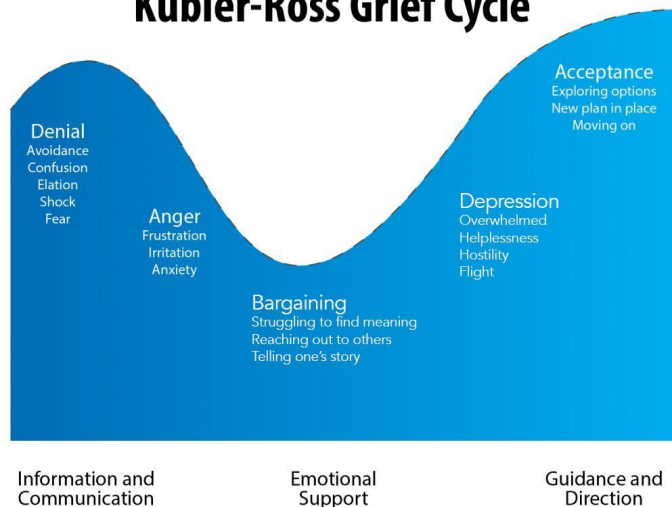
Stages of Transition look like Grief!



Stages of Transition: Comfortable

- You feel settled, comfortable, know where you belong and how you fit in with your group of friends. You know your way around and where to find things. You're familiar with the customs and traditions of the community.

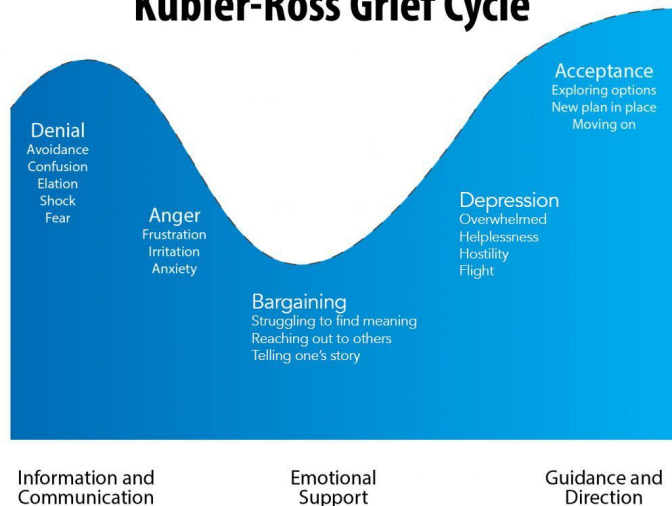
Kübler-Ross Grief Cycle



Stages of Transition: Leaving

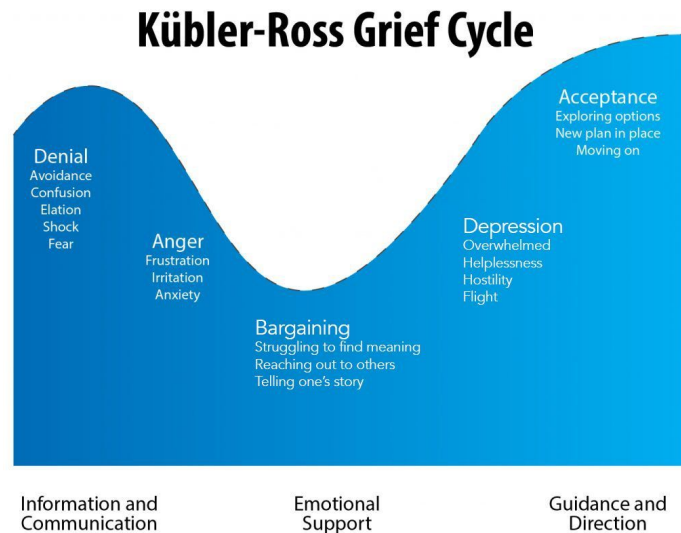
- You learn you are going to be leaving soon and start to mentally prepare. You may feel initial shock. You also start to pull away from people and things. Sometimes you aren't even aware that you're doing this!

Kübler-Ross Grief Cycle



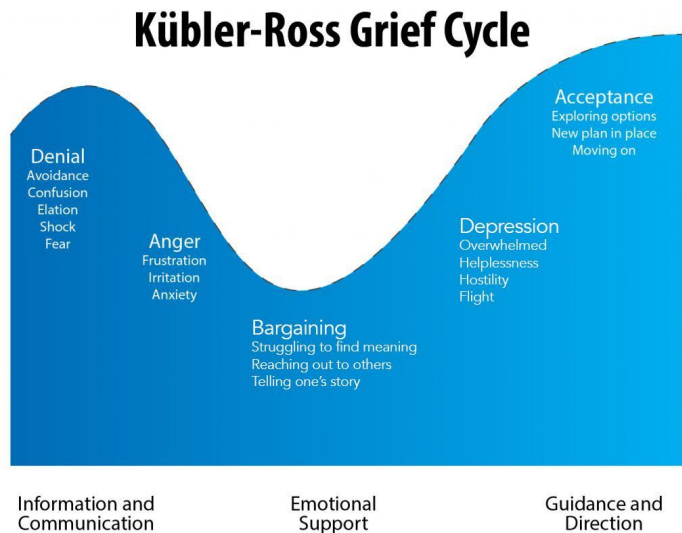
Stages of Transition: Transition

- **Transition:** This stage begins after you leave and arrive in your new country. It's challenging at first but gets better as you accept and become a part of your new community. For some, it may be a time of confusion, loss of self-esteem, sadness and depression. But keep your chin up!



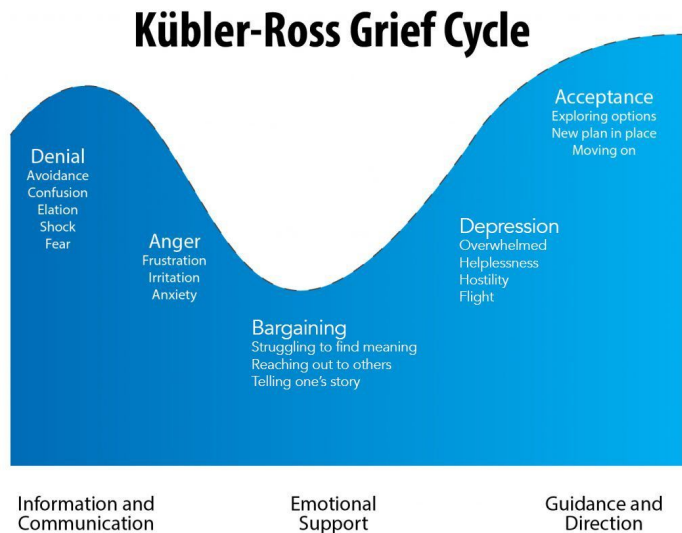
Stages of Transition: Entering

- You're starting to learn from others what is culturally OK and what isn't in your new country. You slowly start to feel accepted by others and are making new friends.

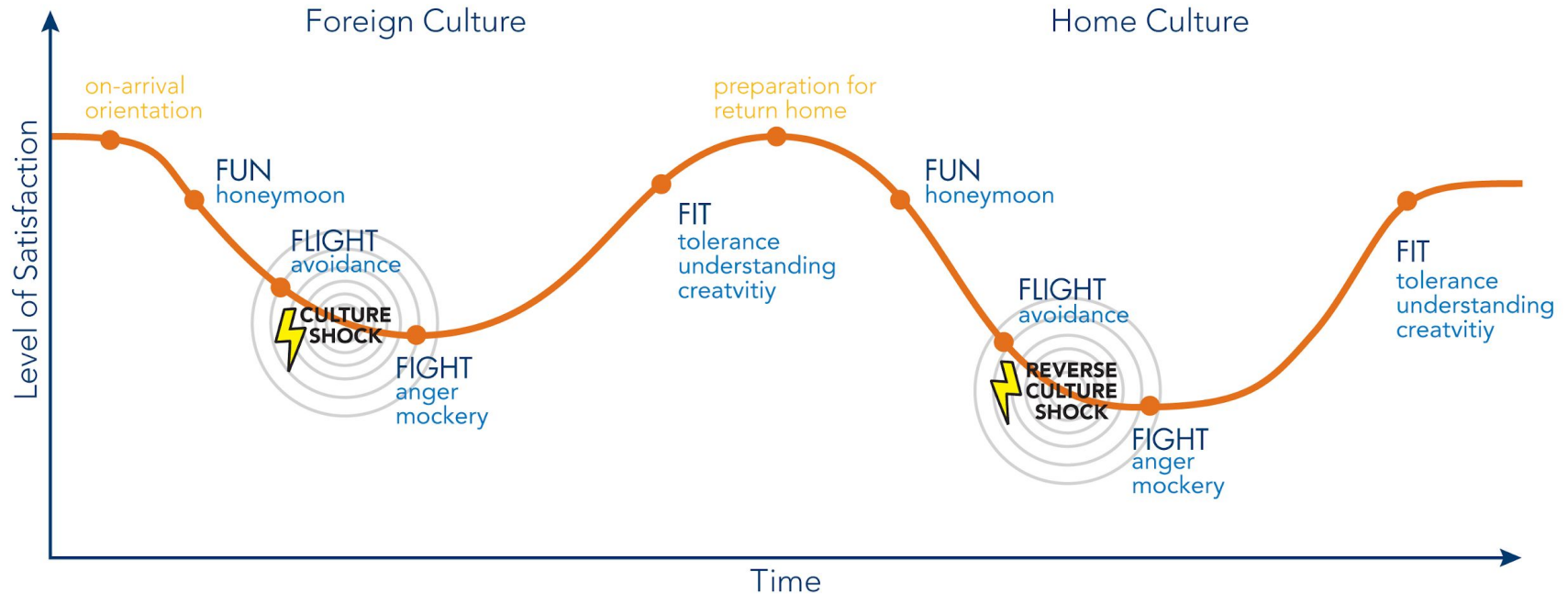


Stages of Transition: Reinvolvement

- By now, you're back to your old self! Once again you're feeling comfortable and are part of the community.



STAGES OF TRANSITION



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Building Your RAFT *Strategies for Transitioning*



What is your RAFT?

Reconciliation

Affirmation

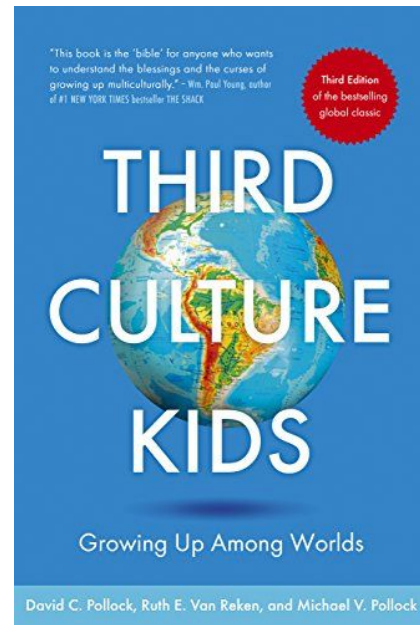
Farewells

Think Destination



Building Your RAFT

- Expect chaos, transition, good times, tough times...
- Novel situations, newness: don't forget that you don't have all the answers!
 - There are strategies and techniques that have been developed through others' experiences!
- Every ending is a new adventure's beginning!
 - Leaving right is important for entering right.





Reconciliation

- **This means healing any broken or damaged relationships before you leave.**
- What relationships do you see that might need attention?
 - Family members, teachers, friends, others?
- Why? What happened?
- When would be the best time?
- What do you need to say to make things right?
- How can you deliver your message most effectively?
- **Exercise**: Choose a damaged relationship that seems to be easier than the others to mend. Make a plan to remedy it. Is there anything you can do right now? Do it!

Make a plan for all of those damaged relationships.



Affirmation

- **This is thanking those who provided emotional support and encouragement.**
- Who has made your journey better?
- What did they do to help you on your way?
- What can you do to thank them?
- When would be the best time to express your appreciation?
- How would you do this?
- **Exercise:** Are there any people you could express your appreciation to right now?
Do it!

Make a plan for all of your affirming relationships.



Farewells

- **This extremely difficult step is about saying your goodbyes.**
- To whom or what do you need to say goodbye?
 - People, places?
- Why? What experiences have prompted this?
- What does a proper goodbye look like for each of these?
 - How will you do this?
 - Gifts? Cards? Conversations? Letters? Emails? Hugs?
- When would be the appropriate time and place for the goodbye?
- **Exercise:** Start making a list of people and places you will need to say goodbye to and what you might want to say to them.

Make a plan for making your farewells.



Think Destination

- **This is all about spending time thinking about your next destination.**
- What will your next destination be like?
- What can you learn about it in concrete terms?
- How will it be different from where you are now? The same?
- What questions do you have that will help you develop your comfort?
- **Exercise:** What experiences would ease your transition to your new school? You probably don't know where you are headed yet, so we cannot be too specific, but in reflecting on yourself and your needs, what would help your transition?

Make a plan to learn as much as you can about your next stop!



But Don't Forget Where You Come From...

- Who will you stay in touch with? How? When?
- Who will be nearby in your new location?
- What do you need/enjoy here that you can get there?

Never stop growing and thinking about who you are or how you got here!



Finding Your Way In College

- Find Your People.
 - International Center & International Student Orientation
 - Theme Houses, Greek Life
 - Affinity Groups (e.g. African Students Union, European Students, TCKs, etc)
- Learn Your New Space.
 - Be a tourist in your new city!
- Build Your Support System.
 - Look for mentors.
 - Connect with faculty.
 - Contact any local friends, family.
 - Join First Year opportunities (seminars, programs, etc)
 - Get involved: extracurriculars, co-curriculars, intramurals, clubs, groups, teams, etc.
 - Create a communication plan with your family!



Transition Curriculum Objectives

- We intend to cover topics that will help with this process of building your RAFT and of transitioning to life after ISD in general.
- We want you to think about your legacy as individuals and as a class as you are departing.
- We want you to anticipate and prepare for the bumps in the road ahead.
- We want you to acknowledge the steps to ease your transition.
- We want you to bond with each other.
- We want you to have some fun.

Observing & Encountering Transition



What is your RAKE?

Reconciliation

Affirmation

Keep in Touch

Explore





RAKE: What we do when others are leaving...

Reconciliation: Resolve personal conflicts before leaving. Forgive and be forgiven.

Affirmation: Tell people how important they are to you.

Keep in Touch: Plan to remain in contact to continue to be a part of their lives.

Explore: Explore new opportunities and experiences to “replace” or “fill the void.”



Our Lenses Here: We Want to Learn...

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Turn & Talk

What have you learned from this session that can help you as a parent, as a community member, and as one going through transition?





Additional Resources

- [Morris, Hannah. \(2017\). New College, New Culture: Preparing for a Strong First Semester as a Third Culture Kid. *The Foreign Service Journal*, June 2017, 58-72.](#)
- [Pollock, D. & Van Reken, R. \(2009\). Third Culture Kids. Nicholas Brearley Publishing, New York.](#)