Transitional Tips for Davis Scholars

• Remember that “It’s a New Day”!

• Mixed or conflicting feelings are common.

• There is so much to do....

• You planned carefully, but you cannot plan for what you do not know.

• Be kind to yourself...

• Some things “gotta” change. Reprioritize; give some things up.

• Relational shifts

• Find your niche

• Schedule in self-care

• Give time for reflection on the learning, both inside and outside the classroom

• Personal growth, identity shifts are inevitable – both expected and the unexpected

• Other – we are all unique and will have things unique to us, and that’s okay!

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