



UW-MADISON TRANSFER GUIDE



**TRANSFER
TRANSITION
PROGRAM**
UW-MADISON

Welcome to UW-Madison

Congratulations! You are officially a student at the University of Wisconsin-Madison. Now that you're here, be sure to take a moment to acknowledge all the hard work that went into your journey to get to Madison. Enjoy this moment – you've earned it!

One of UW-Madison's unique features is our core philosophy - the Wisconsin Idea. Formalized in 1912, this is the belief voiced by former UW President Charles Van Hise, that the "beneficent influence of the University" should reach "every family of the state." Over time, the Wisconsin Idea has come to signify our public service mission, and its boundaries have expanded to encompass our global community.

Our transfer students are drawn from that global community and contribute so much to campus culture, student life, and classroom learning at UW-Madison. Not only do transfer students come from a variety of colleges, they are also diverse in their identities, lived experiences, and their paths to graduation. **Through their backgrounds, goals, and commitment to education, #UWTransfers make the Wisconsin Idea happen.**

The Wisconsin Experience

You'll hear folx* at UW-Madison talk a lot about the Wisconsin Experience. Drawn directly from the Wisconsin Idea, this is the vision we have for the total student experience - the learning you do both inside and outside the classroom. Your Wisconsin Experience should help you develop intellectually and personally across these four areas:



Intellectual Confidence



Relentless Curiosity



Purposeful Action



Empathy and Humility

Ask Yourself

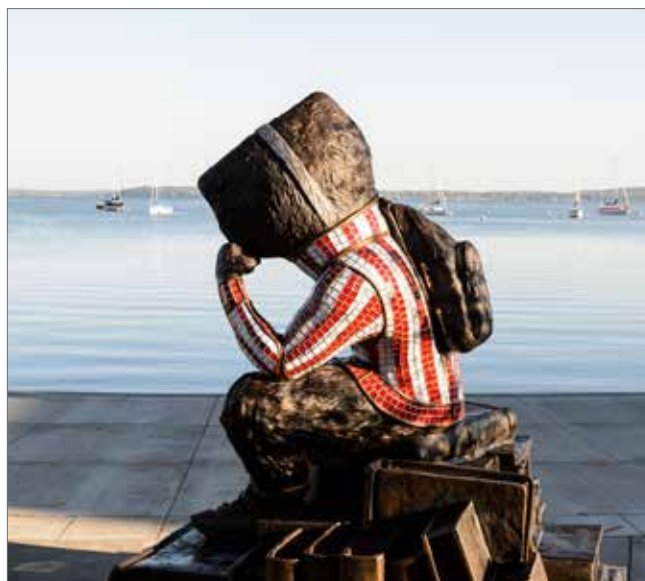
What skills do I need to develop to progress towards my intended career?

What passions do I have that I'd like to continue exploring?

What do I want to try that's new?

What will I contribute to the Wisconsin Idea?

Bottom line - it's never too early to start thinking about the legacy you will leave.



*folx: an alternative spelling of "folks" for solidarity with marginalized communities

Connect with the Transfer Transition Program

The Transfer Transition Program is one of the resources available to you as a new transfer student on campus. We are part of the Center for the First-Year Experience, and have a space dedicated to you - the Transfer Engagement Center (TEC)- which is centrally located in Room 110 of the Middleton Building at 1305 Linden Dr. Check transfer.wisc.edu for updated hours in the TEC and other services.



Our team consists of both professional staff and Transfer Student Coordinators - students who transferred here in previous semesters - and we are here to help you through your transition.

Once school starts, you'll receive a weekly newsletter from us with helpful tips, reminders, and info on upcoming Transfer Transition Program, campus-wide, and community events.

Be sure to connect with us in your first semester on campus. We can't wait to meet you!



The W-Curve and Stages of Transition

The transition to UW-Madison looks different for everyone, but new students often experience fluctuations in their levels of comfort, satisfaction, and success throughout the semester, or even over the course of a year. You may also experience something similar if you study abroad, when you graduate, and during other significant life changes.

This pattern of highs and lows is often referred to as the W-Curve (Gullahorn & Gullahorn, 1963; Zeller & Mosier, 1993.) Check out the hallmarks of the stages in the graph to the right.

Honeymoon

- » Feelings of excitement, optimism
- » Builds from the admission decision through SOAR and into Wisconsin Welcome
- » Confidence in college skills gained previously
- » Any initial disappointments are easy to look past



Culture Shock

- » Sometimes sets in during first round of midterms
- » Prior expectations differ from actual experiences
- » Differences between old and new schools can feel overwhelming
- » Self-doubt and feeling of isolation may creep in

Feelings

Time

Initial Adjustment

- » Start feeling more established and self-aware
- » Finding and setting new, comfortable routines
- » Remembering skills developed at previous institutions
- » May still be issues of acceptance lingering below the surface

Acceptance & Integration

- » Feeling more connected with new campus
- » Old and new worlds are beginning to co-exist rather than conflict
- » Starts to take on more leadership roles as an experienced student
- » Focus on developing new and meaningful relationships

curve

Mental Isolation

- » May feel stuck between two worlds
- » May experience second round of culture shock
- » Pressure to make big decisions (choosing a major, next year's housing) before fully acclimating
- » Re-evaluation of goals and expectations may occur



Navigating Transition

You came to UW-Madison with a strong work ethic and an impressive record of academic accomplishments. It's not uncommon to struggle in your first semesters, and even to notice a dip in your GPA. This is a normal part of transition and it happens to all new students. Your brain is in overdrive trying to adjust to a new campus layout, academic policies and procedures, and norms and culture on top of learning new material in your courses. Transition itself could be a 4-credit course! Even though you might feel like things are harder for you at first, you should know that the average GPA for first-semester transfer students is exactly the same as for continuing students-- a 3.0. #UWTransfers routinely adapt and succeed, and so will you!

Check out these tips, drawn from both former transfer students and staff on how to smooth your transition, both academically and socially. Remember: challenge is good. Challenge leads to growth.

Get Involved

Our #1 piece of advice for new students: Involvement is not a distraction from your education, it's a part of it. Also, studies show it can actually help your grades.

Hint: The Student Organization Fair, held at the beginning of every semester, is a great way to talk to a lot of different orgs and find one that fits your interests.



Advocate

Be a self-advocate. Build a network of advisors, faculty members, and other students who can give you the support you need.

Hint: Start by finding at least one person you trust on campus, and meet with them regularly. This could be an advisor, professor, staff member, or even another student.



Be Well

Sleep, regular exercise, healthy nutrition, and utilizing mental health resources are key to finding the balance you need to adjust.

Hint: Free and confidential mental health care is available to UW-Madison students through University Health Services. Food assistance is also available from a number of campus and community groups: uhs.wisc.edu/food



Be Patient

Give yourself time to feel comfortable. You are not behind schedule if you don't feel fully transitioned within the first few weeks. We promise you will adjust in time.

Hint: Seek connections with folks in similar situations. Visit the Transfer Engagement Center to connect with our Transfer Student Coordinators and other transfer students who can relate.



Reach Out

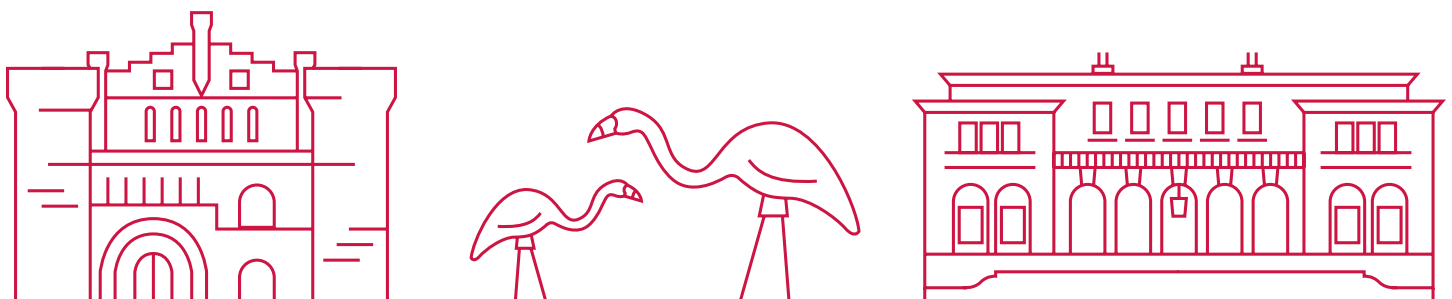
It can be hard to ask for help when you need it, but asking is actually the hardest part. And seriously, there are no stupid questions.

Hint: At UW-Madison, seeking out academic support is an expectation, not a weakness. Check out the tutoring resources available through the Greater University Tutoring Service (GUTS). Attend your professors' and teaching assistants' office hours and use the libraries' chat service.

Celebrate

Even small steps are victories. Celebrate the successes you have. Appreciate when your hard work pays off, or when you do something you didn't think you could.

Hint: Bring the fun. Spend some time hanging out on the Terrace when the weather's nice. Go for a hike in the UW Arboretum. Use your free bus pass to explore the rest of what Madison has to offer.





 @TransferUWMadison

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