



Introduction to First-Day Jitters

Welcome to our welcome pack! Starting a new academic or professional journey can be both exciting and intimidating. It's normal to feel nervous or unsure about what to expect. This pack is designed to help you understand and manage common first-day jitters and expectations.

Activity 1: Reflective Journaling

Take a few minutes to reflect on your thoughts and feelings about starting your new journey. Write down your hopes, fears, and expectations. What are you looking forward to? What are you nervous about?

Understanding Your Emotions

It's essential to recognize and understand your emotions when starting something new. Take this quiz to identify how you're feeling:

1. How do you feel about starting your new journey?
 - a) Excited and confident
 - b) Nervous and unsure
 - c) A mix of both
2. What are your biggest concerns about starting your new journey?
 - a) Making new friends
 - b) Meeting academic or professional expectations
 - c) Other (please specify)

Building Confidence and Resilience

Building confidence and resilience is crucial for overcoming first-day jitters. Here are some tips to help you get started:

- Practice positive self-talk
- Set realistic goals and expectations
- Focus on your strengths and accomplishments

Activity 2: Goal Setting

Set three goals for yourself in the next week. Make sure they're specific, measurable, achievable, relevant, and time-bound (SMART). Write them down and track your progress.

Creating a Support Network

Having a support network is vital for navigating new academic or professional settings. Here are some tips to help you build your network:

- Introduce yourself to your peers and colleagues
- Attend social events and join clubs or organizations
- Connect with mentors or advisors

Activity 3: Support Network Map

Create a map of your support network. Include friends, family members, mentors, and colleagues. Identify who you can turn to for help and support.

Academic and Professional Expectations

Understanding academic and professional expectations is essential for success. Here are some tips to help you get started:

- Familiarize yourself with the curriculum or job description
- Set clear goals and expectations with your instructors or supervisors
- Prioritize tasks and manage your time effectively

Activity 4: Expectation Mapping

Create a concept map of your academic or professional expectations. Include your goals, aspirations, and potential challenges.

Time Management and Organization

Effective time management and organization are crucial for achieving success. Here are some tips to help you get started:

- Create a schedule and stick to it
- Prioritize tasks and break them down into smaller chunks
- Use tools and resources to stay organized

Activity 5: Time Management Plan

Create a time management plan for the next week. Include your schedule, tasks, and deadlines.

Communication and Active Listening

Effective communication and active listening are essential for building strong relationships and achieving success. Here are some tips to help you get started:

- Practice active listening by focusing on the speaker and asking questions
- Clarify expectations and ask for feedback
- Be open and honest in your communication

Activity 6: Communication Role-Play

Role-play a scenario where you need to communicate effectively with a peer or colleague. Practice active listening and clarify expectations.

Seeking Help and Feedback

Seeking help and feedback is essential for growth and development. Here are some tips to help you get started:

- Identify your strengths and weaknesses
- Ask for feedback from instructors or supervisors
- Seek help when needed

Activity 7: Feedback Form

Create a feedback form to ask for feedback from instructors or supervisors. Include questions about your strengths, weaknesses, and areas for improvement.

Conclusion and Next Steps

Congratulations on completing this welcome pack! Remember that it's normal to feel nervous or unsure when starting something new. You've taken the first step towards understanding and managing common first-day jitters and expectations.

Activity 8: Reflection and Goal Setting

Reflect on what you've learned and set new goals for yourself. Write down your thoughts, feelings, and expectations.

Additional Resources

Here are some additional resources to help you navigate your new academic or professional journey:

- Counseling services
- Academic support programs
- Online resources and tutorials

