

## Adjusting to College

Transitioning to college can put a great amount of stress on students, as would the adjustment period to any new environment. However, it is necessary to not get overwhelmed or let this hinder progress toward your goals. It's vital to identify a support system that will encourage you on your journey through college. We have many resources to assist you acclimate and succeed at WIU, which you can find on our website.



- Western's First Generation Society, or W1GS, is an organization just for First Generation students to support the unique experiences of our students who are the first in their family to attend college. Visit [Purple Post](#) to search for W1GS.
- The [Multicultural Center](#) houses the [Gwendolyn Brooks Cultural Center](#), [Women's Center](#), [Casa Latina Cultural Center](#), and the [LBGT\\*QA Resource Center](#). Support, groups, and programs are offered throughout the year for all students. The MCC aims to advance the goals of educational, social, and cultural awareness. Together, the MCC provides resources to enhance the campus community's understanding and appreciation of all identities.
- The [University Counseling Center](#) provides free, personal counseling services to currently enrolled Western Illinois University undergraduate and graduate students. The UCC also provides psychological and learning problems assessments.

Throughout the academic year, the UCC offers the WIU Community a wide array of educational programs such as sexual assault prevention, healthy relationships, relaxation, and other topics. The counselors hold masters or doctoral degrees and are certified or licensed in counseling or psychology.

- In addition, staying healthy and active is essential to your success. [Campus Recreation](#) has wonderful facilities and offerings for different levels and types of fitness. Their mission is to provide life-enhancing, recreational opportunities through the promotion of active lifestyle, personal growth, and experiential learning. We provide life balance with recreation.
- The [Student Development and Success Center](#), a part of [Student Services](#), is committed to providing a student centered, co-curricular environment that supports the academic mission of the University and embraces the belief that learning is not confined solely within traditional classroom boundaries. department with three functional areas including [Disability Resources](#), [Health Education](#), and [Student Development](#).
- WIU offers support specifically for your [First Year Experience](#). The Office of Retention Initiatives is proud to offer a number of resources and additional ways to find connections, mentors, and assistance to students. Both the [Building Connections Mentorship program](#) and the [Leatherneck Success Team](#) offer fantastic ways for students to find additional people on campus who are focused on and committed to their success. This site is loaded with information such as how to communicate and connect with your professors and a list of resources outside of this guide.
- A part of the Retention Initiatives office is the [Transition and Academic Skills Center](#), which provides various services and areas of support that assist students toward a successful transition into the Western Illinois University community. These services include Leatherneck Launch (New Student Orientation) during fall, spring and summer which is designed to introduce new students to Western; [Academic Success Coaching](#), a service to students to help them achieve their academic goals, [Rocky's Resources](#) which includes tutoring services as well as academic success workshops for all students, and Camp Leatherneck.

- ~~Connect with the community and others~~



- The [Office of Student Engagement](#) provides students with practical, educational, and leadership opportunities that complement the academic experience and foster a sense of belonging. You can find information on various programs, student organizations, leadership, and service opportunities.
- [Campus Recreation](#) has Intramural Sports, Club Sports, group workouts, and other fun events throughout the year.
- Your [residence hall](#) is a great place to get involved. Resident Assistants offer programs throughout the year. You can be a part of Interhall Council, meet friends at the Dining Hall, and study with room- and hallmates.