

# TransitionToCollege



## TransitionToCollege

*Custom Report for*

### Heather Rogers

Welcome to your *TRANSITION TO COLLEGE Student's Personal Style Report!* It gives your results from the *Personal Style Inventory (PSI)*. The PSI reliably measures personality and thousands of people worldwide have taken it. You can rely on its accuracy if you have answered honestly.

This *Report* offers suggestions for your transition to college based on your answers to the *PSI*. You'll read about choosing a college that suits your personal style, finding a living situation compatible with your particular traits, and making many other important decisions.

The description of your personal style will probably seem accurate overall. Focus on the parts that ring especially true to you. If a point seems off-target, skip ahead to the next one, or consider asking someone close to you for another view. Please keep an open mind as you read. You may learn something new about yourself, or confirm ideas you already had.

Any complete understanding of your strengths and areas of best fit should take into account other factors such as educational preparation, financial situation, work experience, and personal skills and abilities. You might want to discuss your results with a career counselor, academic adviser, or other trained individual who could give you additional perspective. This report should

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## Your Personal Style - Profile

Here is a graphic summary of your personal style on 7 traits important in your transition to college. Each trait has 2 contrasting ends, like Introverted *versus* Extroverted. Neither side is necessarily better than the other. Your score is represented by a ♦ symbol in one of 5 categories. A ♦ in the box at the far right or far left indicates you are closer to the description on the right; a score on the left means you are closer to the description on the left. If the ♦ appears in the center, both sides describe you about equally well depending

<p><b>AGREEABLE</b></p> <p>You place a high priority on your relationships with people. You seek harmony and cooperation. Empathetic and attuned to emotions, you consider others' feelings in your decisions. You avoid conflict and try to resolve it quickly when it arises.</p>	<table border="1"> <tr> <td></td> <td></td> <td></td> <td></td> <td>♦</td> </tr> </table>					♦	<p><b>CRITICAL</b></p> <p>Rational and objective, you value critical thinking. In most situations, including your relationships with other people. You prefer straight-forward, realistic communication of the facts, and logical decisions and actions. For you, conflict is OK and can be useful to clarify issues and resolve problems.</p>
				♦			
<p><b>EMOTIONALLY REACTIVE</b></p> <p>Reactive to pressure, you are drained by stress and conflict in your work and home environments. You respond strongly to stress, readily internalize tensions, develop symptoms of strain, and recover slowly from setbacks.</p>	<table border="1"> <tr> <td></td> <td></td> <td>♦</td> <td></td> <td></td> </tr> </table>			♦			<p><b>EMOTIONALLY RESILIENT</b></p> <p>Resilient to pressure, you can handle high levels of stress at home and at work without becoming upset. Calm when faced with stress and conflict, you don't internalize tensions, and you recover quickly from disappointments and setbacks.</p>
		♦					
<p><b>INTROVERTED</b></p> <p>Inward-oriented and reserved, you prefer to interact one-to-one or in small groups, rather than in larger groups. You like to concentrate on one task at a time in a quiet setting with few distractions. Spending time with others takes energy; you re-energize by spending time alone.</p>	<table border="1"> <tr> <td></td> <td></td> <td></td> <td></td> <td>♦</td> </tr> </table>					♦	<p><b>EXTROVERTED</b></p> <p>Outgoing, gregarious, and talkative, you enjoy meetings and gatherings of all kinds and conversations with many people. You like to work interactively on multiple tasks and don't mind interruptions. Being alone takes energy; you re-energize by spending time with people.</p>
				♦			
<p><b>STABILITY-ORIENTED</b></p> <p>You value familiarity, predictability, and precedent and find comfort in stability and routine. Tried-and-true ways of doing things are for you. You go with what you know and adhere to tradition and convention.</p>	<table border="1"> <tr> <td></td> <td></td> <td></td> <td></td> <td>♦</td> </tr> </table>					♦	<p><b>CHANGE-ORIENTED</b></p> <p>You value new learning, change, and innovation and are motivated by novelty, variety, and opportunities for improvement. You are curious, progressive, and willing to explore and experiment.</p>
				♦			
<p><b>PESSIMISTIC</b></p> <p>Inclined to see what could go wrong, you are attuned to possible risks and roadblocks in your life. You anticipate difficulties in solving problems. You readily envision what might go wrong and adjust your expectations and plans accordingly.</p>	<table border="1"> <tr> <td></td> <td></td> <td></td> <td></td> <td>♦</td> </tr> </table>					♦	<p><b>OPTIMISTIC</b></p> <p>Inclined to foresee positive outcomes, you expect things to go well in your life. You anticipate few problems, and figure you can solve those that do arise. You readily envision a bright future and tend to believe that what can go right will go right.</p>
				♦			
<p><b>NON-WORK-CENTERED</b></p> <p>You value leisure and recreation as well as time with other people like friends and family. You try to maintain balance between your work and personal or non-work life.</p>	<table border="1"> <tr> <td></td> <td></td> <td></td> <td></td> <td>♦</td> </tr> </table>					♦	<p><b>WORK-CENTERED</b></p> <p>Working hard in school, on a job, or in other pursuits is very important for you. You commit a lot of time and energy to attaining your goals and being successful. You dislike idleness.</p>
				♦			
<p><b>FLEXIBLE</b></p> <p>Adaptable and spontaneous, you prefer to do things your way without being hemmed in by rules or traditions. You flourish in unstructured situations where you can go with the flow, improvise, and make on-the-spot adjustments. You prefer activities where you have maximal latitude, autonomy, and freedom.</p>	<table border="1"> <tr> <td></td> <td></td> <td></td> <td></td> <td>♦</td> </tr> </table>					♦	<p><b>STRUCTURED</b></p> <p>Orderly and organized, you like clear goals and expectations. You are at your best in structured situations with well-defined rules and established ways of doing things. You like to plan ahead and follow an agenda. You want things settled and decided, so you prefer activities you can perform in a conscientious, systematic way.</p>
				♦			

## Choices in Your Transition to College

As you weigh your options in this time of personal growth, a college situation that fits your personality will give you the best chances of success. Choose well, and you can expect a fun, fulfilling college

### Choosing a Campus

#### Urban, suburban, or rural?

- You can expect to feel most satisfied in an area different from what you have known so far: more urban or more rural, in a different region, with people different from those you knew in high school.
- You'll probably enjoy a campus in or near a major city with a variety of cultural attractions, entertainment, recreation, and opportunities for interesting social interaction; or, if you are into outdoors, look for a setting with ready access to outdoor recreation and leisure activities.

**Big school, small school?** In deciding whether to go to a large state university, a small, private college, or a campus with features of both, consider how much you wish to be involved in the campus social life and community. A small school - where everybody knows everybody - creates chances to join in many social events and develop a strong sense of community, but perhaps limited privacy. A large school allows some anonymity when you want it, has greater social diversity, wider variety of choices for affiliation, but more difficulty gaining a sense of community.

- You'll feel equally at home at a large or small campus.

### Academic Challenge of the College You Are Considering

- You'll feel highly motivated and stimulated at a college that pushes you to use your abilities. With your strong values for achievement and hard work, you'll want to seriously consider the highest-ranked school that admits you. Challenge yourself! Look for the best college to develop your talents.

## Your College Living Situation

### On-Campus or Off-Campus?

- Living on campus will likely have a strong appeal. You'll appreciate the structure of dormitory life, university apartments, or Greek housing with its set meal times, building rules, designated study areas, and organized activities.
- You'll probably feel quite uncomfortable in a living situation that seems chaotic or disorderly.

## Your College Living Situation

**Roommate harmony.** Living cooperatively with your roommates or housemates depends on meshing your personal style with theirs.

- In your room you'll probably want things well organized. With a roommate who has a more casual style, you'd better talk through your expectations and reach a compromise. (You'll probably have to tolerate more clutter than you're used to. Seize this opportunity to develop your flexibility!)
- You'll probably have to guard against letting your roommate take undue advantage of your good nature. Stand up for your rights! You'll feel good about insisting that others handle their shares of the chores and bills. (Posting a chore chart or bill chart could help!)
- Because you hope for the best, you might overlook differences with a roommate or hope they'll go away – until conflict comes out. As soon as you see problems, try to let your roommate know what's on your mind. The longer you wait, the harder you'll have to work to resolve differences!

## Your Social Life at College

College offers many opportunities to meet people and start new friendships. And, as you leave high school, especially at college in a new town or city, you may have trouble staying in touch with family and friends back home. Some first-year college students have difficulty meeting people; others find it easy to make new acquaintances.

**Your approach to socializing and relationships.** Your results from the Personal Style Inventory indicate that:

- While you'd feel comfortable belonging to a community on campus, it's not a strong need for you.
- You enjoy socializing – in groups of all sizes – the more, the merrier! Being with people stimulates you. You like to exchange opinions and share news.
- Gregarious and outgoing, you like a wide, extended network of contacts, acquaintances, and friends, and you try to stay in touch with as many of them as you can.
- You don't like to be alone much, and you tend to avoid solitary activities.
- You may sometimes dominate conversations with quieter individuals or invade their personal space.

**New acquaintances and friends.** With your personality,

- You can expect to enjoy your many chances to meet new people and make new friends at college.
- With your outgoing nature, meeting people and making friends comes easily. You'll feel drawn to organized groups, such as campus clubs and sports teams, and to informal gatherings as well.
- A people-oriented individual, you'll often initiate group activities in organizations and among friends. You'll probably find yourself trying to involve quieter students in your social activities.
- At times, your enthusiasm for socializing might come across as too intense for a more reserved individual who prefers a slower pace in relationships.

**Gatherings and parties.** Weekend parties represent a memorable part of the college experience for many students.

- Parties and social gatherings appeal to you. They give you energy, enjoyment, and pleasure. Long after you've forgotten many of your classes, you'll probably look back fondly on your college parties.
- You'll want to go to other peoples' parties, organize parties, and get into the party scene. You'll like socializing with your friends and acquaintances and meeting new people.
- With your gregarious nature, you might feel tempted to party too much and study too little. You may have to curb your partying impulses somewhat to keep up your grades.

## Your College Major and Field of Study

This section of your *Report* lists majors - or fields of study - compatible with your personal style. People with personality profiles similar to yours have found success and satisfaction in these fields. You will also find a list of majors that *don't* match your personality. If you're seriously thinking about going into a field listed as a mismatch, take a class or two in it as soon as you can, to find out what's involved.

- Because you're uncertain what you want to do after college, you'll benefit from exploring your options before declaring a major. For now, your ideal major is undecided! Choose later, when you know more. Most majors at most colleges will allow you to wait until the 2nd year to declare.

**Fields of study compatible with your personality.** Results from the Personal Style Inventory can identify a few fields of study highly compatible with your personal style. People with personalities similar to yours have found success and satisfaction in these fields. Studying and working in one of these fields could suit you - IF your interests and abilities match. If you're already interested in a field of study not on this list, it might suit you just fine. Your personality will probably differ from that of many others in the field, which in turn may allow you to make unique contributions. Your results indicated a good fit between your personality and:

- Art: Visual or Performing
- Business: Finance
- Business: General
- Business: Marketing
- Communications
- Agriculture
- Business: Finance
- Business: Human Resources
- Math
- Science

## Class Schedule & Courses

During your first two or three weeks on campus you have a few key choices to make about classes, including the number and mix of courses you take. As time goes on you continue to have choices about

**Course load.** Most colleges require a minimum of 12 to 15 credit-hours for full-time students – four or five courses. Most college students have to take classes in certain subjects, from English to Physical Education to Science.

- With your strong work drive, you'll enjoy immersing yourself in coursework and challenging yourself to do well. You can take a full course load. If you do well, consider an extra course next term.
- You can handle several tough courses and still keep up your grades if the rest of your life is going well. You might take summer courses or an intensive mini-term course to speed graduation.

**Class schedule?** By planning ahead you can schedule classes at times convenient for you. If you don't like your assigned schedule, you can usually change it during the first week of class – even after the first meetings. If you want a 'closed' course, contact the professor, then go to the next meeting and ask to 'add.'

- You'll prefer to plan your schedule as far ahead as you can. Use advance registration, get familiar with the timetable of classes, and learn the requirements. You'll probably get the classes you want.
- You'll enjoy a schedule that provides as much variation and novelty as possible during the day. Try to get classes that meet at different times, and find a variety of different places to study. You may want to schedule some classes with non-traditional teaching methods, multi-media presentations, field trips, and guest speakers.
- In planning your class schedule, consider your needs for sleep. While you can probably handle some sleep-disruption, your grades and your quality of life will suffer if you don't get enough rest.

**What classes?** While your college will require some courses in certain categories, you have a wide range of choices concerning your elective classes and specialties within your major.

- With your strong need for novelty, you'll prefer classes on new and divergent topics each term, in varied settings, with field work, incorporating varied activities like guest speakers and team projects.
- As you're uncertain about your major and possible career-directions, look for courses on topics that let you sample different majors you have considered or that you might find interesting enough in the long run to choose as your major.

**Course organization and your learning style.** You can often choose among classes with different formats – large lectures, small seminars, laboratories, and independent study. You will find it easiest and most satisfying to take classes with formats that match your style of learning. In your first year, try for the closest possible match.

- With your highly independent style you learn best with the minimum of guidance from teachers and open-ended assignments that require you to take the initiative in locating resources, doing research, and completing projects on your own. You get annoyed if teachers try to spoon feed you.
- You'll enjoy courses involving autonomous learning, hands-on experience, and one-to-one interaction with instructors, such as independent study, Internet-based courses, off-campus study, and directed reading.

## Choosing Class Formats & Professors

**Compatible class formats.** Try to get classes with formats that suit your learning style and personality.

- Look for well-organized classes with specific objectives, detailed term calendars, and course outlines that lay out the requirements, due-dates for assignments, design of tests, and criteria for grading. If a class seems disorganized on the first day, drop it and find another class. You'll be glad you did.
- At your best in classes with opportunities to participate in open discussion and give-and-take with other students, you'll want to look for courses that emphasize interaction, like seminars and labs.
- You'll feel comfortable in courses with in-class group exercises, extended team projects, debates and brain-storming with other students, and assignments that involve face-to-face interaction.
  - With your outgoing style, you'll have trouble sitting still in courses that consist mainly of lectures.

Classes with solo assignments will take extra energy, especially if you're not used to working alone.

Think carefully about taking classes that require extensive library or Internet research.

**Compatible instructors.** For a comfortable learning experience, choose instructors and professors with personal styles like yours. If you want to stretch yourself – a reason for going to college in the first place – choose instructors with styles different from yours. Learn about instructors by talking with students or looking up the course evaluations.

- Like you, your ideal instructor is well-organized. He or she distributes a syllabus with an agenda, objectives, and requirements, then delivers the course according to plan, with no surprises.
- Your preferred professor follows an outline, presents material in a logical sequence, and has consistent policies about grading, attendance, and assignments so you know exactly what to expect.
- A professor with an optimistic, upbeat outlook will appeal to you, especially one who highlights the benefits and positive features of the course material. You may not enjoy a professor who focuses on problems, flaws, risks, and worst-case scenarios.

## Successful Studying

Your academic success depends heavily on your study habits. Besides attending classes, most college courses require activities outside of class: preparing for quizzes and tests, written assignments, projects, papers, and others. These take time and energy. For most students, college requires a lot more work than

**Managing your time.** Organizing and managing your time represent key skills in your transition from the structured routine of high school to the independent learning required in college.

- With your organized personal style you'll find it easy to manage your time, develop a disciplined study plan, and follow it consistently. Your orderly habits will enable you to adapt readily to the lack of structure at college. You may even become too regimented at times, so be sure to schedule breaks and down-time, too!
- You may occasionally under-estimate the time or work needed for assignments or over-estimate your abilities. Consider working far ahead of your deadlines to avoid problems at the last minute when things take longer than you expect or your skills aren't as sharp as you think.

**Study habits that suit your personality.** Study in a way that works for you; don't worry about being different.

- You learn best by talking things through with people. Your ideal study arrangement involves a study group. Exchange ideas and have fun! You'll like energy sources nearby, like music or TV. Do your individual work – such as take-home exams – in short sessions, and then reward yourself! If you are on the computer frequently, make sure that you don't spend too much time E-mailing and Instant Messaging other students about matters unrelated to your courses.
- You are most comfortable with a systematic, organized approach to studying. Build on this strength by using a day-planner, taking good notes, making flash-cards for tests, or maybe joining a study group.
- With your orderly style, you may over-emphasize studies at the expense of relationships, fun, and recreation. Treat these like any other priorities – put them on your calendar and follow through!
- With your work-oriented values, you have the drive to succeed. When it's time to work you'll have no trouble resisting the temptation to play! You may give in to the temptation to pursue success at the expense of relationships – so set some goals for maintaining relationships and give them high priority.

## Taking Care of Yourself and Managing Stress

College life can be stressful, especially in the first year. Studies have shown that over one-third of students who drop out of college are not in academic difficulty, but they are usually experiencing some form of personal distress. Keep up your energy by taking care of yourself. Attend to your personal needs, like sleep and exercise. Pay attention your own stress, and find ways to cope with pressure. You can handle

- You scored above average on sense of identity. You have a fairly clear idea of your beliefs and who you are. This will help you navigate through college and beyond as you make major life choices about a career, a partner, and having a family.
- College offers an ideal opportunity to continue the life-long process of sharpening your self-understanding by building on your strengths, identifying your weaknesses, and making decisions about your future compatible with your personality.
- As you make friends and develop relationships, ask yourself how you can build on them in ways congruent with your personal values, spiritual beliefs, and views about politics and society.
- Consider new avenues of self-development, like taking classes on unfamiliar topics that pique your interests, traveling to foreign cultures, and working as a volunteer.
- Think about how you can help friends who have not found themselves and are confused about who they are and how they fit into the world.
- You can expect to experience about the same amount of stress as most people in college. When things get tough, find healthy ways to manage the stress. Discuss your experiences with friends (they'll have similar stories), and if necessary, consider using campus resources like the Counseling Center.
- You may feel stress from falling behind in schoolwork, if you allow yourself to get over-involved in socializing and partying and put off your studies.
- For support in managing stress you'll feel most comfortable going to your friends and talking about your experiences. Trying to deal with stress by yourself could just make it worse.

## Potential Pitfalls and Problems

People have different experiences at college, depending on their personalities. With your personal style you can expect to encounter some problems that others with similar personalities have faced in the past. Based on your results, here are some potential pitfalls you might encounter:

- Stress & strain. As you face the demands and challenges of college, you'll experience your share of personal stress. As long as you take care of yourself, your personality enables you to cope with routine difficulties and to know when you need outside help dealing with bigger problems. If you get over-loaded and over-stressed at a time when you've lost sleep or gotten run-down, you could have trouble.
- Over-socializing. You'll enjoy interacting with other students in activities on campus and at parties. With your outgoing personality, socializing can easily end up taking too much of your time. If your grades slip, you may benefit by restricting your social life a little.
- "Workaholism." With your strong work ethic and hard-driving style, you strive for excellence. In your quest for straight-As and honors, you'll find yourself spending long hours studying. Keep in mind that there's more to college than academics. Employers and graduate schools seek well-rounded individuals. Ask yourself, are you giving enough time to the things that make college memorable? Take regular breaks from your studies, attend to your relationships, and have some fun!
- Over-rigidity. Your conscientious, organized style will help you succeed in college, as everyone will appreciate your orderliness, dependability, and follow-through. If you over-do the day-planner drill, though, you could end up skipping spur-of-the-moment opportunities you'll regret missing.

## Using Campus Resources

Your college offers many resources to help you and other students, probably more than your high school. Take time to learn what's available. Some resources will appeal to you more than others. Here are a

**Orientation programs.** Many colleges have a Welcome Week or new-student orientation before classes start. Program like this can give you a head-start on college and many chances to meet new people.

- You'll enjoy the orientation program. Attending will help satisfy your needs to plan ahead and get organized for your academic career. The hand-outs, calendar, and your notes will prove useful later.

**First-year programs.** Your college may offer special programs for first-year students, like Freshman Seminar, Learning Communities, or First-Year Studies. These can acquaint you with your college's curriculum, direct you to resources like the Career Center, Tutoring Services, Counseling Resources, Recreation Facilities, and alert you to special learning opportunities. Consider signing up for one even if it doesn't exactly suit your personality.

- For first-year programs compatible with your style, look for courses that require independent learning and rely mainly on outside-of-class activities, communication via Internet, and group work, with a minimum of lecturing and instruction. You'll probably be bored in traditional lecture courses.

**Resources for your needs.** Your campus may have a Learning Center, Writing Workshop, Help Center, Mentor Program, Counseling Center, Career Center, or other resources. Your campus also probably has a student employment office where you can learn about internships and part-time jobs. Think about using some of these to meet your needs.

- As you're fairly uncertain about your major and career, start spending focused time identifying what would work best for you. Consider taking a vocational interest inventory (usually available at the Counseling Center) or visit the Advising Center and see an Academic Advisor for undeclared majors.
- You may benefit from the understanding, affirmation, and emotional support you can get from an occasional visit to the campus Counseling Center. Also consider the benefits of the campus resources for recreation like the Fitness Center, Pool, and other athletic facilities.

The traits measured by the Transition to College instrument are part of a comprehensive personality measurement system that has been validated extensively in a wide range of U.S. and international settings with adult, adolescent, and college student populations. Some of the key criteria which these measures predict are grade-point average, individual course grades, satisfaction with school as a whole, satisfaction with social life, satisfaction with academic progress, overall life satisfaction, career satisfaction, withdrawal from school, ability to handle stress, and maintenance of effective social relationships. A technical manual is available upon request.

The report developers have a solid academic & consulting background. They have created a series of career-development tools for multiple age groups: high school students, college freshmen, new college graduates, mature professionals, and retirees. Key developers include John W. Lounsbury, Ph.D., Licensed Industrial / Organizational Psychologist, and Professor of Psychology, University of Tennessee; Lucy W. Gibson, Ph.D., licensed Industrial/ Organizational Psychologist, with previous teaching at Tusculum College, Maryville College, and University of Tennessee; and Eric Sundstrom, Ph.D., Professor of Psychology at the University of Tennessee and licensed Industrial/Organizational Psychologist.

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