



*Change is inevitable, except
from a vending machine.*

-anonymous

Navigating Uncharted Waters: Advising Students through Transition

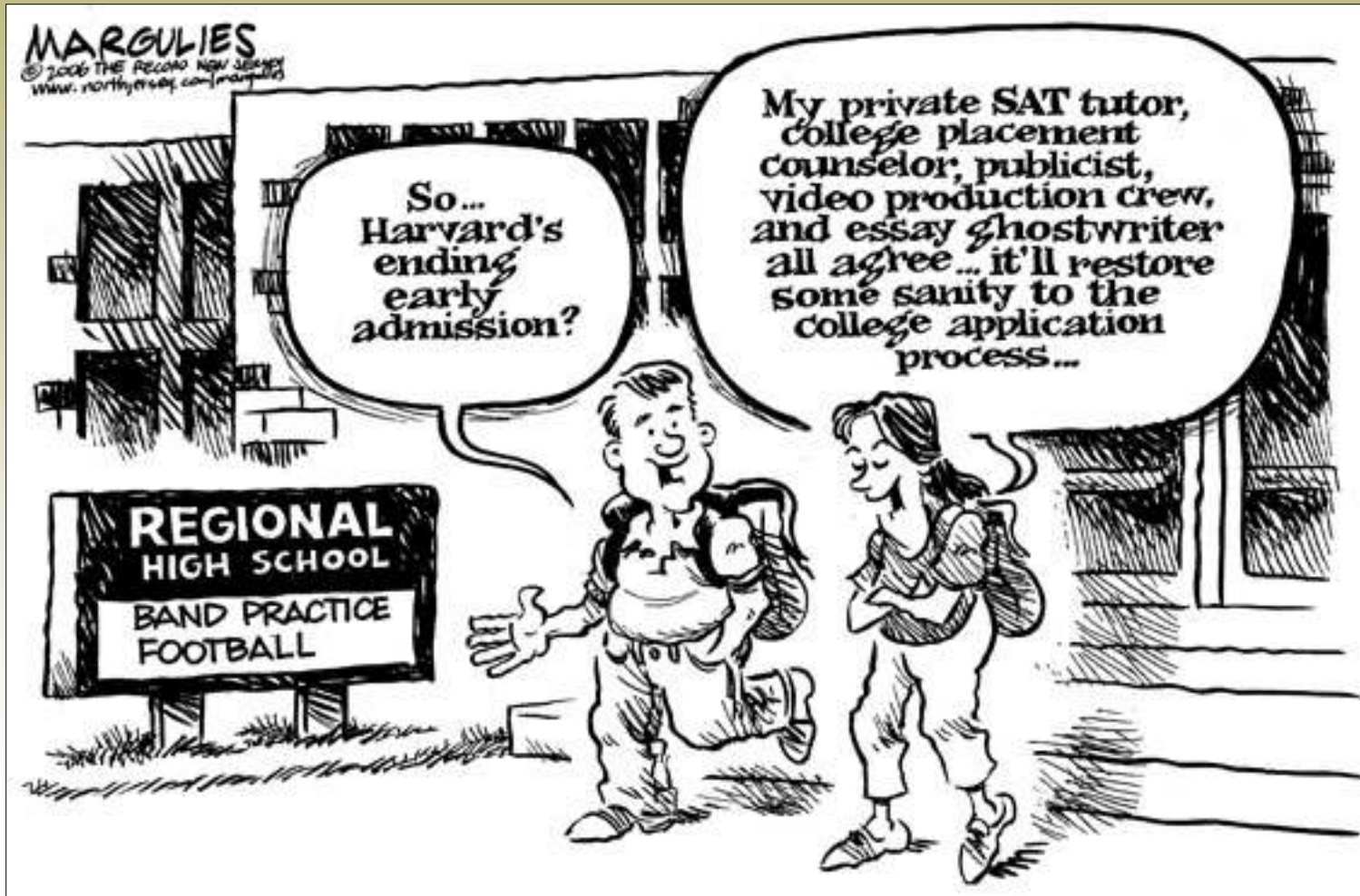
Amanda Idema
Academic Advisor, Michigan State University

Niki Rudolph
Academic Advisor, Michigan State University

Times change...



Our students change...



Our institutions change...





Ts' l mahnu
uterna ot twan
ot geifur
hingts uto.



It's human
nature to want
to figure
things out.

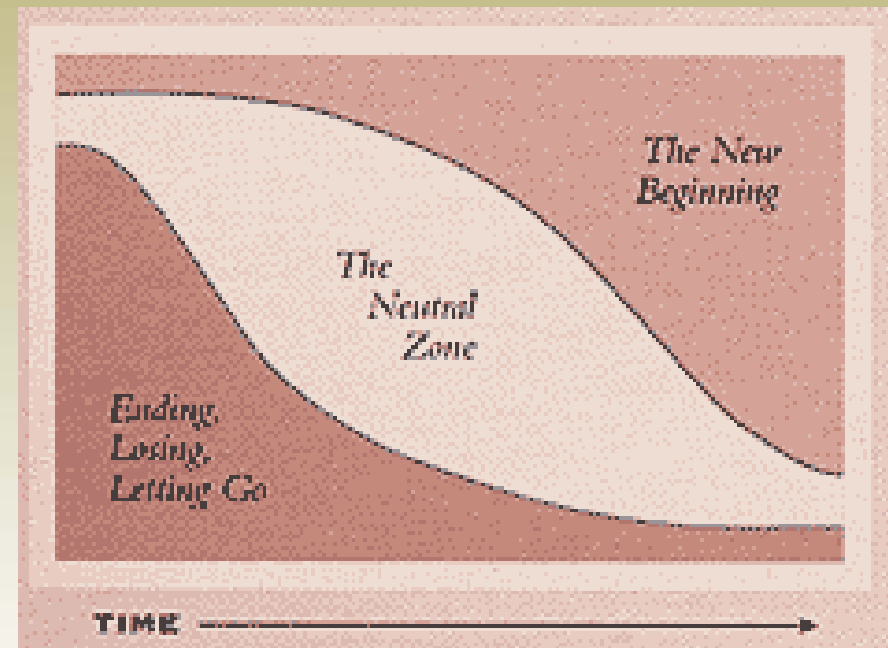


Change vs. Transition

- Change is situational
- Transition is psychological
- Timelines are vastly different
- Attention is often on Change - needs to be on Transition

Bridges Model of Transition

- Endings
- Neutral Zones
- Beginnings



From Bridges, W. (2003) Managing Transitions: Making the Most of Change. Cambridge, MA: De Capo Press.



Endings

- Let go of old ways
- Let go of old roles and identities
- Five stages of grieving: Anger, Bargaining, Anxiety, Sadness, & Disorientation
- Define what's over and what's not



Endings

- Don't have their own space/room anymore
- “Teachers” don't give them homework
- High school friends are not around



I am not afraid of death. It's just that I don't want to be there when it happens.

-Woody Allen



Neutral Zones

- “Nowhere between two somewheres.”
- Confusion \neq something’s wrong with you
- Ambiguity and confusion are prevalent
- Ripe with creativity



Neutral Zones

- Friends?
- What do I want to do with my life?
- Which electives/courses should I choose?
- Is college for me?
- Is this the right major?



It takes nine months to have a baby,
no matter how many people
you put on the job.

-American saying



Beginnings

- New identity and energy
- Makes the Ending *real*
- What if it doesn't work?
- The start of a new organization
- Focus on the purpose of Change



Beginnings

- New friends
- New found freedom
- Making choices
- Developing (hopefully) new study habits
- Meeting new people



There is no fruit which is not bitter
before it is ripe.

-Publilius Syrus



How do we help?

What questions might you ask to help students identify and work through...

- Endings
- Neutral Zones
- Beginnings



Considerations and Questions

- How does this apply for students choosing a major once they are here?
- What transition questions might you ask for students getting ready to graduate?
- What other situations might have students in transition?



Thanks for your discussion!

Amanda Idema

Academic Advisor

College of Education

Michigan State University

grayama1@msu.edu

Niki Rudolph

Assistant Director

College of Comm. Arts & Sciences

Michigan State University

nrudolph@msu.edu