

Lesson 1: Understanding change

College is about change

Read through and think about each of the following:

- "10 ways cope big changes" from Psychology Today
<https://www.psychologytoday.com/us/blog/here-there-and-everywhere/201701/10-ways-cope-big-changes>
- How to get better at dealing with change
<https://hbr.org/2016/09/how-to-get-better-at-dealing-with-change>
- Growth and change through the college years
<https://psychcentral.com/lib/growth-and-change-through-the-college-years#1>
- "Managing change and the unexpected" from OpenStax Student Success
<https://openstax.org/books/college-success/pages/4-4-managing-change-and-the-unexpected>