



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Adjusting to College Life?

10 questions about the transition from school to university

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist

Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Understanding yourself is the most courageous thing you can do. Simply pausing to ask how you are, and actually answering honestly, is an act of profound self-respect.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Am I Adjusting to College Life?

This screener helps you reflect on your adjustment to college life. Please answer the following questions honestly.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Have you often felt a deep longing for your home and family since starting college?
- Do you find it difficult to initiate conversations or connect with new people on campus?
- Are you struggling to keep up with the academic demands and expectations of your courses?
- Do you often feel overwhelmed by the new freedoms and responsibilities of college life?
- Have you experienced significant worry about managing your finances or unexpected expenses?
- Do you miss the familiar routines and comforts of your home life quite frequently?
- Do you sometimes feel unsure about who you are or where you fit in this new environment?
- Do you find yourself frequently anxious about your future career path and life choices?
- Have you found it challenging to locate a sense of belonging or community within the college?
- Do you experience moments of significant excitement and hope about the possibilities college offers?

Score: Count the number of 'Yes' answers. A 'Yes' indicates a challenge in that area.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Adjusting Well

You are navigating the transition smoothly. Continue to nurture your connections and engage with college activities.

SCORE: 4-6

Mild Difficulty

You are facing some common adjustment challenges. Small, consistent efforts can help ease these feelings.

SCORE: 7-8

Moderate Difficulty

Several aspects of college adjustment are proving difficult. Seeking support from friends, family, or college resources is recommended.

SCORE: 9-10

Significant Adjustment Difficulty

You are experiencing considerable distress. Reaching out for professional guidance and support is highly encouraged.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

Remember that adjusting to a new environment takes time and effort. Be kind to yourself and celebrate small victories along the way.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What is one thing you appreciate about your college experience so far?

2. What is one small step you can take this week to connect with someone new?

3. How can you best utilize the support systems available to you on campus?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindful Living Guide

Practical strategies for daily peace and focus.

₹199

2

Building Resilience Toolkit

Techniques to bounce back from challenges.

₹99

3

Effective Study Habits Course

Learn to manage academic pressure successfully.

₹199

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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Scan any QR code below to explore more resources, book a session, or reach us on WhatsApp.



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"Thank you for taking this first step. Whether your score was low or high, knowing where you stand is where all real change begins."

– Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224