

Below you will find some suggestions on how to manage your expectations.

Setting Goals: Establish your goals for what you want to achieve and plan how they will fit into your longer term goals.

Informed Realism: It is important to become familiar with any new requirements and to be realistic about how you will meet them.

Flexibility: Good coping mechanisms will come from approaching differences between reality and expectations with some flexibility.

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Further resources:

www.enhancementthemes.ac.uk/enhancement-themes/current-enhancement-theme/transition-skills.

Further reading:

Morisano, D Hirsh, J B Peterson, J B, Pihl, R O and Shore, B M (2010) : *Setting, elaborating, and reflecting on personal goals improves academic performance*, Journal of Applied Psychology, 95, pp 255-264.



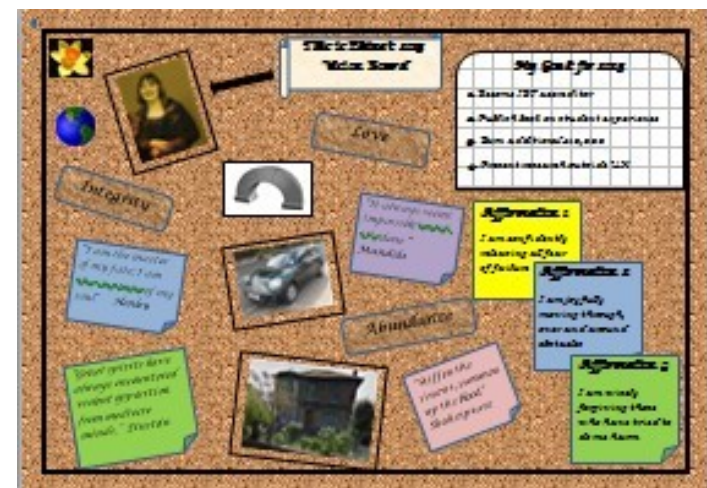
Navigating Transitions: Managing my expectations at university

Why is it important to manage my expectations?

It is important to be clear about your expectations of what it is like to be in higher education. It will help if your expectations are informed and realistic.

What might happen if my expectations and my reality are different?

If your expectations and your reality are different then there is a gap that could widen and impact negatively on your academic success. It might help you to manage your expectations if you create a vision board like the one below.



Some facts about goals

- There is evidence that people who have clear goals help themselves to remain motivated in achieving them.
- The goals themselves are important but the experience that you can gain in setting and achieving goals can also help you to be successful in the future.

Strategies for self-management of expectations

- Find out as much as possible about what the expectations will be.
- Think carefully about your goals and make sure you have a healthy mixture of short term achievements and a longer term plan.

Once you are clear about your goals and the timescales you have to achieve them, it is useful to make sure that you are focused and motivated.

There are many online resources and apps that you can use to record your goals.

- It is important to have goals for all the important areas of your life, such as career, finance, health and relationships.
- A list of goals should include short term ones that, once achieved, can increase your confidence.
- A list of goals should include longer term goals which indicate a plan or strategy for success.
- Revisit these lists to keep them dynamic.

- Act quickly to close any gap that is opening.
- Be aware of any difference between what you expected to happen and what is happening.

- An affirmation is a positive statement that describes a situation that you desire.
- A vision board is a visual way of capturing your goals and helping you stay motivated and focussed on how you plan to achieve them.