

# Chapter 7

## Effects of the High School to College Transition on Student Well-Being, Personal Growth, and Resilience Building

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### ABSTRACT

*This book chapter delves into the multifaceted impact of the high school to college transition on students' well-being, personal growth, and resilience. As adolescents embark on this significant life change, they encounter a myriad of challenges that shape their psychological and emotional landscape. The chapter scrutinizes the emotional toll of this transition, exploring the stressors and anxieties that students commonly face as they navigate the unfamiliar terrain of college life. Moreover, it investigates how the transition acts as a crucible for personal growth, fostering*

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*self-discovery, independence, and the cultivation of essential life skills. The authors emphasize the pivotal role of resilience-building during this period, shedding light on the strategies and support systems that contribute to students' ability to overcome adversity. Drawing on psychological theories and empirical studies, the chapter provides valuable insights into the nuanced interplay between the high school to college transition and the holistic development of students.*

Adolescence is a crucial developmental stage that every individual has to go through in their lives as part of human development to bridge the gap between childhood and adulthood. It entails a considerable amount of changes. It is mainly characterised by the heavy amount of physical, cognitive, emotional, psychological, and social changes that are seen within an individual which are pivotal for their role in the formation of the individual's identity. As adolescents navigate the obstacles and opportunities of this formative period, the move from high school to college appears as a critical milestone launching them into a world of newfound independence, intellectual inquiry, and personal development. High school or the confinements of high school and one's parents or guardians is one that is all too familiar and comforting. A direct jump from this into the real independent world in the context of college can be a complex and transformative phase that can be filled with a variety of emotions, challenges, and opportunities.

Adolescence, which generally runs from the ages of 10 to 19, includes the years of pubertal onset, which marks the biological shift from childhood to adulthood. This stage is distinguished by rapid physical development, hormonal swings, and the appearance of secondary sexual traits. Adolescence is a phase of heightened cognitive development that is defined by the growth of complex thinking, abstract reasoning, and the establishment of a more sophisticated self-identity (Steinberg, 2008). Adolescents manage the emotional and social intricacies of peer interactions, identity formation, and the exploration of values and beliefs that will define their adult lives (Eccles, 2004). Understanding adolescence is critical since it has far-reaching ramifications for an individual's path into adulthood. This developmental stage serves as a crucible for the development of critical life skills, coping strategies, and the psychological foundation for resilience and well-being. According to research, adolescent experiences can have long-term implications on mental health, decision-making, and social connections (Patton et al., 2016) which gives reason to look into the impact of a major transition in their lives that is the high school to college transition and its effects on the various domains of our research.

The article by Andrea Venezia and Laura Jaeger (2013) on "Transitions from high school to college: The Future of Children" explores the challenges and complexities students face during the transition from high school to college. The main source of concern is the large number of high school graduates who attend college without the essential information, abilities, or mental habits. The authors emphasize the

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