

Framing

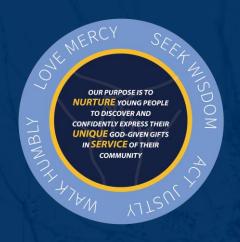
- It is stressful, hard, and you might feel anxious
- It is exciting, challenging, and you will have fun
- The words we use help to frame our experience





Uncertainty

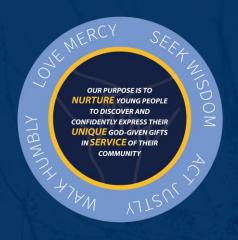
- Is normal
- You want to know everything so you can feel in control (you still aren't even if you do!)
- Get used to the feeling and learn to be flexible things change and you are okay to go with that





Ask

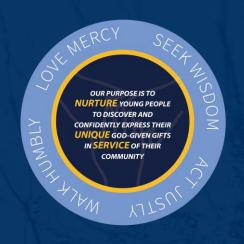
- Learn this skill
- Can't find your room?
- Don't know what homework was set?
- Didn't understand the questions?
- Lost something?
- You can feel like you should know, or you are bothering someone. Just ask if you need help (saves heaps of time)





Challenge is normal

- But it feels uncomfortable my heart is racing, my palms are sweaty
- Learn to see it differently I get to stretch my learning, physical skills, social skills – I am lucky
- The feeling passes (and then you have the skill)
- If you avoid everything uncomfortable your world will get smaller and smaller.





Relationships

- Be nice to everyone and see what happens
- Learn people's names, smile, ask about their day
- Make friends with people you don't know (more connections the better!)
- Be friends with everyone but choose who you listen to and are influenced by

