



USING SCHLOSSBERG'S THEORY TO HELP FIRST YEAR STUDENTS

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INTRODUCTIONS

- Who are we?
- Who are you?
- Why the Transition Theory?



LEARNING OUTCOMES

- Attendees will be able to explain Schlossberg's Transition Theory and the 4 S System of Support
- Attendees will be able to see how Schlossberg's Transition Theory applies to their work
- Attendees will leave with added strategies to assist students in major transitions in their lives
- Attendees will get a chance to discuss theory and practice with other professionals

TRANSITION THEORY OVERVIEW

- A theory developed by Nancy Schlossberg to analyze how adults cope with transition and how to aid
- What is a transition?
 - “Any event, or non-event, that results in changed relationships, routines, assumptions and roles”
 - Anticipated, Unanticipated, and Non-Events
- Variables of Transition
 - Individual’s perception
 - Characteristics of Environment (pre-transition and post transition)
 - Characteristics of individual in transition
- Impact of Transition
 - Transition itself
 - Individual
 - Environment



Photo by Rod Millington
<https://www.transitionthroughlife.com/bio/>

TRANSITION FIRST YEARS STUDENTS FACE

- With a partner take two minutes to list all the transitions a first year student might face
 - These can be expected transitions (coming to college), unexpected (sudden illness or death of loved one), or nonevents (not getting into a program)
- Let's compile!
 - Anticipated
 - Unanticipated
 - Non Events

4 S SYSTEM

- A model was developed to identify the 4 major factors that can influence a person's ability to cope with transition
 - Situation: *Timing, duration, control, triggers, concurrent events or stress, assessment*
 - Self: *Personal and demographic characteristics, values, outlook*
 - Social Support: *Family and friends, institutional support*
 - Strategies: *Coping mechanisms and actions in response to transitions*

APPLYING 4 S SYSTEM TO PRACTICE

How can we help?

- **Relationship building**
- **Assessment of 4 Ss**
 - Individual's environment (situation)
 - Internal resources (self)
 - External resources (support)
 - Current coping skills (strategies)
- **Goal setting**
 - Set a goal for each "S"
 - Modify environment, regain sense of balance, increase support, develop an action plan
- **Intervention**
 - How can we reframe the situation for the student?

CASE STUDY

Questions to consider:

- What transitions are present in this scenario?
- Apply the “4 S Model” to the transition(s)
 - Situation:
 - Self:
 - Social Support:
 - Strategies:
- Based on your role at the university, how would you advise Henry?

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Schlossberg NK, Waters EB, & Goodman J. (1995). Counseling adults in transition: Linking theory to practice (2nd ed.). New York: Springer Publishing.

Transitions through life. How to survive according to Nancy K. Schlossberg. (n.d.). Retrieved from <https://www.transitionsthroughlife.com/>

QUESTIONS?

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