

COLLEGE OF BUSINESS AND ENTREPRENEURIAL TECHNOLOGY

DEPARTMENT OF OFFICE ADMINISTRATION

**THE ADAPTATION TO COLLEGE LIFE OF FRESHMAN STUDENTS**

---

An Undergraduate Thesis  
Presented to the Faculty of the  
College of Business and Entrepreneurial Technology  
**RIZAL TECHNOLOGICAL UNIVERSITY**  
Boni Avenue, Mandaluyong City

---

In Partial Fulfillment  
Of the Requirements for the Degree  
Bachelor of Science in Office Administration  
Major in Office Management

By

Arcabal, Christine Joy S.

Cabauatan Kate V.

Mabini Jizelle May A.

Nuevo Ginalyn L.

Pablo Geraldine P.

**January 2018**

**ABSTRACT**

This study is entitled “**The Adaptation of Freshman Students**”. This study seeks to find answers to various specific problems including the demographic profile of the respondents, the adjustments made by the students in their first year, the problems encountered by the students and the solutions to those problems. . The researchers assumption that The major adjustments of the freshman office management students are time management and adaptation in their new environment. The researchers used a descriptive method of research. In terms of sampling method, the researchers use purposive sampling because the study requires representative of office management student by year level. Majority of the respondents are females. Majority of the respondents said that the major adjustment made by the freshman student is their New Environment. The least adjustment made by the students based on the results is the New subjects that they will take. Their expectations was about the new professors and classmates and the least is about the facilities of the school they entered. The major problem the students encountered were Social Hindrances and Time Management. The solutions on the other problems met by the students were to study the subject very well and always prepare time schedule. The researchers finding was majority of the respondents were female. The findings of the study was that Major Adjustment of Freshman Office Management Students does in College Life result were based on the respondents which shows a weighted mean of 4.49 and that is

COLLEGE OF BUSINESS AND ENTREPRENEURIAL TECHNOLOGY

DEPARTMENT OF OFFICE ADMINISTRATION

New Environment. The highest category with a weighted mean of 4.47 in Expectations during college was new classmates/blockmates. It simply shows that freshman students were excited on socializing with different people. The two major problems met during adjustment in college were Social Hindrances with a weighted mean of 4.86 which means Strongly Agree and Time Management with a weighted mean of 4.37 which means Agree. The solutions to the problems met on adjustment of freshman students were study the subject very well. The results were based on the respondents with a weighted mean of 4.38 which means Agree. The researchers conclude that freshman students tend to face major adjustments when entering college on new environment and time management. Freshman students expect new classmates and better ways of teaching. The problems met are social hindrances and time management. The solutions to the problems are to study the subject very well and prepare daily time schedule. The researchers recommend that the freshman students may be oriented prior to enrollment. Freshman students may be carefully assisted by faculty members in terms of academic, physical and emotional aspect. The students may set their priorities and they should know their responsibilities for easy adjustment to college life, freshman students should be brave and open to adapt their new environment. The family and friends of the students may be supportive for them to easily overcome any obstacles they will be facing. The students may be patient it may seem overwhelming for new students and it become more familiar with time. The students may connect with

	COLLEGE OF BUSINESS AND ENTREPRENEURIAL TECHNOLOGY	
	DEPARTMENT OF OFFICE ADMINISTRATION	
	<p>other students through this they will discover and share similar questions and concerns. The students may get involved in student organizations as is a fun way to interact with other students and faculty. Meeting people with similar interest and goals is an exciting way to make friends. The administrative may assist students in addressing problems that interfere with learning. The future researchers need to be patient in gathering data and understanding the importance of the study.</p>	

COLLEGE OF BUSINESS AND ENTREPRENEURIAL TECHNOLOGY

DEPARTMENT OF OFFICE ADMINISTRATION

## **CHAPTER I**

### **THE PROBLEM AND ITS BACKGROUND**

College is a more serious matter than being a high school student. It is one of the stepping stones in reaching one's dreams. There are a lot of adjustments that students do in order to adopt the nature in college life.

College means different things to each person, but the one thing it means for most people is more freedom. Adjusting in college life can be difficult, which is why most universities have a strong network of people, organizations, and services that will help you get involved and make the most of your college experience. Other individuals may be enthusiastic about college initially, but then discover that the actual experience falls short of their expectations. They don't feel happy, comfortable, or secure in their new environment. These feelings are typical and part of the normal developmental transition to college.

Many universities conduct campus tour or seminars for briefly describing and giving information about the school they enrolled in. Students will be responsible for going to school, navigating around campus, and finding help where you need it. Even though you have attended school for most of your life, college differs greatly from what you have experience. Professors teaching styles vary greatly, but in most cases, the approach is collective and oblen and

collaborative learning. In college, professors create a syllabus for their class so that you know what assignment is due and what is expected of you.

College students must make choices about when and how to study, socialize with new acquaintances, become involved in activities, budget money, exercise, and make time to eat and sleep. They are faced with the challenge of learning how to balance going to class, participating in activities, completing schoolwork on time, taking basic care of one-self, and having fun as well. This time one may encounter different struggles like: managing time, different surroundings and relationship at college and changing relationships with family and friends from home. In managing time, fr's typically experience changing demands on their time. Days are less routine and predictable.

Some students feel they have virtually no time for themselves because of the time and energy needed to manage multiple obligations. However, other students may find the academic workload manageable, but then they feel that they're have too much free time that isn't relaxing or comfortable. Freshman does also have to adjust to new surroundings, and relate to unfamiliar people. Because In college, there is usually less interaction between parents and the school, and students are faced with the need to work out problems or concerns directly with professors. As students experience more freedom and responsibility in college, relationships with parents and other significant people change. Freshman, as well as their parents, may fear losing aspects of their

relationship with each other. It is important to point out that parents also need to adjust during this period. They are dealing with their child becoming more independent in some ways, but still needing them too. This is the reason why the researchers conduct and study; it is to know the adequate adjustments to college life of the freshman students.

### **CONCEPTUAL FRAMEWORK**

As the support to the study, the researchers shall use the following theories for the primary theoretical basis of the study undertaken.

“Developmental research has documented not only the factors that influence how young people decide whom to include and whom to exclude in their social groups, but also the considerable psychological consequences of such behavior, especially for those who are rejected”- (Joan M. Ostrove and Susan M. Long(2007), The Review of Educational Summer pp. 363–389)

Previous studies have suggested that relationships and making meaningful connections are important for students to adjust to the college environment. Students who have been able to establish bonds in their new environment adjusted better than students who were isolated and not as successful in establishing new friendships and relationships. The theory of attachment has been used to explain the importance of emotional bonds and healthy adjustment. Healthy individuals tend to have secure attachments to parents, guardians, and significant others in their lives. Individuals with secure