

How to transition.

01 Communicate your plan

coming to have many friends and create life new environment and new challenges.

→ acknowledge your feeling and emotion without judging or suppressing them

(2) How to manage stress and current growth.

→ manage stress reduce stress and clear your mind.

→ manage stress and current growth Plan your day.

→ manage stress and current growth

(1) How to prepare interview.

→ Research the company.

→ Practice interviewing.

→ Research your interview

→ Practice your speaking voice and body language.

→ Review the job description