

Transitions: Endings That Are Beginnings

Change. It's part of life. It can herald an exciting – and oftentimes unanticipated – adventure. However, in most cases we are surprised by the texture of change and by the experiences that result when our relationships or situations alter by design, serendipity or happenstance.

Regardless whether you are a new or seasoned student to Roosevelt University, the Counseling Center provides transitional space for your internal explorations. However, please be aware that The Center has transitioned in space as we have relocated to the 5th floor of the Herman Crown Center. As long as you are an actively enrolled student, you can utilize our services to better understand the various external and internal demands in your life, and to focus the options available to you more clearly during the coming year.

Wisdom ideally grows with life experience. As we develop wisdom we become aware that, before we can embrace novelty, we often must relinquish outgrown aspects of our lives that have provided comfort or security. These losses can evoke sadness, relief, or sometimes a mixture of contradictory feelings. However, if we recognize letting go of the outgrown as an opportunity, change becomes a transition that can paradoxically integrate the poignancy of loss with growth. Thus, even in the saddest or most lonely moment while transitioning to a new place in life we can experience richness in being and in articulating a previously unknown aspect of identity that may be startling when given the chance to emerge.

Daily life is often dynamic at Roosevelt University, and the best changes are transitions involving invigorating challenges to grow as the main organizing forces. If you are a new student or staff at RU, your experience will be an adventure each day. Get involved in campus life. You will encounter new faces and personalities, new places, and new expectations of yourself and others. Seeing these as opportunities to expand your life – to gain both depth and breadth of knowledge and being – can be vitalizing. "Seize the Day" can be your mantra as you allow yourself to stretch.

If you have been employed for a period of time at RU, or are on the home stretch of completing your degree, the apparent opportunities for growth may be more subtle in your daily life with the future seemingly holding all the promise—or conversely seeming to have no structure as a destination. However, you are constantly transitioning and metamorphosing even when you are not consciously pursuing change. In these latter situations, you may experience restless moments that initially are barely perceptible, or conversely, disquieting. Rather than immediately distracting yourself, it is often important to sit in these moments to see what percolates into your awareness about who you are and where you need to go.

Your attitude in approaching transitions – of both the immediately stimulating and quietly momentous variety – will impact the extent to which you are vitally involved in your daily life or increasingly depleted by it. It is important to periodically consider how new experiences, relationships, and expectations fit into your life to forestall needless psychological depletion. As you consider how the new integrates with your previous experience, you may commit yourself more deeply to the course your life is following – or you may redirect your energies. In either situation, you will be engaging the transitions in life rather than finding yourself buffeted about by change without plans or intentionality.