

Appendix: Interview Transcript: Participant 7

Interview conducted on March 14, 2025, for the study 'The Role of Peer Support in First-Year University Adjustment.' Participant 7 is a first-year engineering student at Northbridge University.

Q1: How was the jump from high school to university for you?

A: Honestly, it was rough. The first week felt like I'd been dropped into the middle of a movie that was already halfway through. The workload... yeah, heavier than I thought. And I remember walking out of my first lecture thinking, 'Wait, was I supposed to understand all of that?'

Q2: Did your peers play a role in helping you adjust?

A: Oh, for sure. My roommate basically dragged me out of my shell. She'd say, 'Come on, we're meeting friends,' and I'd just go along. That's how I met half the people I talk to now. Having a group made the campus feel smaller.

Q3: Did you reach out for any academic help?

A: Yeah, I did. I joined this calculus study group. We'd meet twice a week in the library, always at the same table near the windows. Sometimes we'd spend half the time joking around, but it still kept me on track.

Q4: How would you sum up your first semester?



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A: Honestly? Messy but good. I stumbled a lot at the start, but I ended the semester feeling like, okay, I can do this.

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