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**Title**

Development and validation of a scale to measure first year students' transitional challenges, wellbeing, help-seeking, and adjustments in an Australian university / Prathyusha Sanagavarapu ; Jessy Abraham ; Emma Taylor

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**Abstract**

To date, there is no research or instrument that can collectively measure beginning students' transitional challenges, wellbeing, help-seeking, and adjustments to university. This paper addresses this research gap by theorising and describing the relationship between these constructs and by developing and assessing the psychometric properties of a scale to measure those, labelled as Transition, Wellbeing, Help-seeking, and Adjustments Scale (TWHAS). Data was collected from 306 first year students studying in an Australian university, using a self-reporting questionnaire. The analysis shows that the TWHAS is a sound and psychometrically valid instrument. This questionnaire makes a unique contribution to the students' transition literature in Higher Education. Its implications for universities, along with recommendations for further research, are also briefly discussed. (HRK / Abstract übernommen) Prathyusha Sanagavarapu, E-Mail: p.sanagavarapu@westernsydney.edu.au