

Tips to Beat Homesickness

Why Do I Feel This Way?

If homesickness is bothering you, you're not alone. Experiencing new things and meeting different people can be exciting and stressful at the same time. It's natural to have a period of adjustment when you leave home. In fact most students experience some form of homesickness while in college. The good news is that homesickness goes away eventually.

As you gradually get used to your new surroundings, you'll grow more comfortable.

What's The Best Cure For Homesickness?

If you are homesick don't give up! Take advantage of some of the tips above and try to make it through one week at a time. Set goals for yourself such as meeting new friends and getting involved in campus activities. And if you feel like you are dealing with an abnormal amount of homesickness or depression you can also visit the Counseling Center located in the Early-Fielding Building – 458-8590.

Finally: Remember that homesickness is a form of grieving and that it is OK to feel that way. Remember that you are not alone; many students feel the same way that you do.

What Can I Do? Helpful Tips On How To Deal:

- Join a campus club
- Decorate: Don't let your college residence hall room look bare. Keep photos, posters, and knick-knacks from home in your room to make you feel more comfortable in your new surroundings.
- Talk to someone you're comfortable with, whether it's a friend, RA, peer counselor, or a counselor in the Counseling Center.
- Decide whether the best policy is for you to have frequent or less frequent contact with home. Do constant phone calls and texts make you feel better or worse?
- Take care of yourself! Get organized, eat well, get enough sleep, and get some physical activity.
- Write about it: keep a journal for yourself or write a letter to your family or friends telling them how you feel.
- Be patient! Dealing with homesickness will take some time.
- Have realistic expectations for yourself. Accept that things will be different, but different isn't bad or wrong. This new experience is all part of the process of preparing you for a fantastic future!

Milk & Cookie Break with LIFE

Sunday, October 3

7:00 p.m.

BDG Quad

Rain Location: Gaines Gatehouse

