



Ten Ways to Combat Homesickness on a College Campus

1. Acknowledge to yourself that the sad, uneasy feeling you are having may be related to being homesick.
2. Find someone to talk to about it—a roommate, a friend from home, a resident assistant, a family member, or if necessary a counselor.
3. Call home (if you can) more often for awhile and share the fact that you miss your family, your room, your old friends, your neighborhood and yes, maybe even your problematic younger sister/brother(s).
4. Familiarize yourself with your new surroundings. Walk around. You will feel more in control if you know where buildings, classes and services are.
5. Plan a date to go home and make arrangements. This often helps curtail impulsive returns and keeps you focused on your goals in staying.
6. Put a picture of your parents, house, siblings or old friends up in your room to give you a more comfortable and safe feeling.
7. Seek new opportunities. As scary as it is to see all those people, all those classes, all those buildings, all those choices, they will provide opportunities to meet people who like what you like. Take classes that you're interested in and get involved in your favorite activity or try new ones.
8. If the doldrums immobilize you, consider getting more exercise by using our recreation center.
9. Do something. Don't wait for it to go away by itself. Buried problems often emerge later disguised as headaches, fatigue, illness, or lack of motivation.
10. Appreciate yourself and your growth process and give yourself time. You will settle in.



**HANG IN THERE!
THE SUN WILL SHINE SOONER THAN YOU THINK!**
