

Does this sound like you?

- You think about your friends and family at home more often than you'd like
- You often find yourself wishing you were at home rather than at college
- Developing a sense of acceptance and security at college has been difficult
- You feel lonely, sad, teary, or anxious more than usual
- You experience feelings of anxiety or dread as you return to college after a visit at home
- Concentrating on academics seems more difficult than usual
- You feel like you don't have control of some areas of your life
- You often experience self-doubt and feel like you will fail at college

Why do college students experience homesickness?

The transition to college is a time of a lot of change and adjustment. It can be difficult even for people who have been away from family and friends before. As people begin college, they often leave behind a comfortable environment where they knew what to expect. They often leave a support system of family and friends whom they could count on at any time. In addition, people encounter a new environment that is often very different from what they are used to: a new roommate, a different living arrangement, a different educational structure, a different schedule, new freedoms, new responsibilities, and much more! At times, everything can seem very challenging and even overwhelming.

Will homesickness get better on its own?

The feeling of homesickness improves for some people over time as they meet people, get connected with the university, and become more comfortable with their new environment. For other people, the feelings seem to linger and result in symptoms of depression or anxiety.

What are some tips for dealing with homesickness?

- Keep in contact with friends and family at home
- Stick to a schedule, eat well, and get enough sleep
- Be patient and give yourself time to adjust
- Stay on campus - get connected: socialize with people in your classes and residence hall, join a club or organization, volunteer on campus or in the community
- Take time to do things you enjoy
- Express your feelings in a journal
- Recognize what you're gaining by being away from home
- Keep positive thoughts

How can a counselor help me?

You may find it helpful to talk to a counselor about your feelings. Seek help, especially if you find yourself skipping class, feeling hopeless or worthless, feeling anxious or irritable, not sleeping well, using drugs or alcohol excessively, having difficulty concentrating, or thinking about suicide or death.