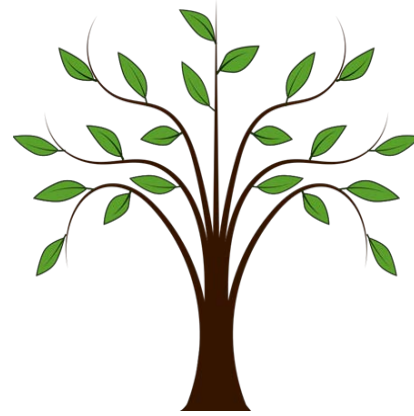


Dealing With Homesickness



Homesickness on campus is drawing new attention from researchers who say it is a distinct emotional condition akin to grieving. In severe cases, it can worsen depression or anxiety and increase the risk that students will drop out. You can learn strategies to help regulate the emotions cause by homesickness.

About 20% of students entering college report they are bothered by missing home. About 5% have homesickness so severe it interferes with their daily lives. Homesickness is more than a childish failure to separate from parents. For many it involves a more complex set of feelings tied to being home including longing for predictability, routine, familiarity and the comfort of fitting in, being safe and feeling loved.

Tips for help in regulating the emotions due to homesickness:

1 | Connect and Explore

Feel more at home by getting involved. Meet new people in classes, residence halls, and extracurriculars; consider joining a student group or intramural team. Scope out new favorite spots around campus and the community.

2 | Take Care of Yourself

Independence can be both exciting and frightening. Create a routine to manage your time and make the most of your experience. Prioritize things like getting enough sleep, eating regularly, reaching out to family and friends back home, and finding ways to unwind.

3 | Start off Strong

Attend class, start projects early, connect with people who share your interests, and try new things. Remember, we all make mistakes! Keep a sense of humor as you take on new challenges and grow.

4 | Give it Time

Adjustment is a process; ease into it. Build a support network of people you trust and share your difficulties together. If adjustment issues interfere with your life, consider speaking with a counselor. All fee-paying students are eligible for a limited number of free mental health visits.

If you find your symptoms are so severe that you feel unable to try any of the above suggestions, call the Student Health Center (503035202269) or the Student Counseling Center (503-352-2191) for an appointment.