If work is proving too difficult, you may need to improve your study skills or your organization of time. There may be people in the office of Academic Support Services or Dean of Students who can help in this area.

Remember to get enough food and sleep! These affect you emotionally as well as physically.

Make contacts and friends through shared activities such as sport or other interests. There are so many clubs and societies within the university and locally, that you are very likely to find something that suits your particular interests. At the start of the academic year many new people will be joining - you are unlikely to be the only new person.

Give yourself time to adjust - you don't have to get everything right straight away. Nor do you have to rush into making major decisions about staying or leaving.

**What if none of this stuff works?**

Talking with someone in the counseling center is very likely to help. If you find that you are having continuing trouble adjusting, or continue to feel homesick after a reasonable amount of time (4-6 weeks), we invite you to meet with one of us or join our support group.
Research indicates that as many as 70% of university students develop feelings of homesickness at some point during their college career. While the excitement, stress, and new surroundings of being in college are a part of every student’s experience, the adjustments that have to be made are not always easy. Some students will start by being mildly depressed and anxious several weeks before leaving home, in anticipation of the impending change. Others will be fine initially, and then to their surprise find themselves feeling homesick later in the academic year, perhaps after the Thanksgiving or semester break, or even at the start of their second academic year.

It’s important to remember that you aren’t the only one having these feelings and that there are many others that have to make the transition to college life along with you. We all find our own ways to cope with homesickness. One of the ways is to talk about it to someone, whether that someone is your friend, family member, or a counselor.

**Maybe I’m Homesick?**

**SIGNS**
- Low energy or motivation
- Trouble sleeping
- Increases/decreases in appetite
- Feeling like you just "don't care" about anything
- Having difficulty with school
- Increased use of drugs or alcohol
- Obsessively missing family/friends
- Phone bills beyond your budget
- Pervasive unhappiness or displeasure
- Feeling like you "need" to go home
- Lack of interest or involvement in new surroundings
- Depressed feelings or constantly feeling close to tears
- Frequent nervousness or social anxiety
- Obsessive thoughts and inability to concentrate
- Minor physical ailments
- No longer enjoying anything at college, even though you used to
- Feeling like everyone else is happy except you

**CAUSE**
- The distance from home – the farther you go, the worse it may be
- A sense of anticlimax – you have finally arrived at college after working to ward it for so long
- Unhappiness when things are different from your expectations of student life
- A heavy workload

Students who are homesick often feel they have no control over their environment, recognize they are not yet identified with the place, and do not feel committed to the university or their place in it.

**WHAT MIGHT HELP?**

Talk to someone. If you haven't yet made friends here, then try a tutor, supervisor, chaplain, nurse or counselor.

Keep in good contact with the people you have left behind; arrange a time to go back to see them, perhaps after a few weeks. But also give yourself time within the university to begin to get involved here. Don't let looking back actually hinder moving forward.

Remember that many other students will be experiencing similar feelings, although you may assume that they are doing fine!

You are allowed to feel sad and homesick! You are also allowed to enjoy yourself - it isn't being disloyal to those you miss!

Be realistic about what to expect from student life and from yourself. Establish a balance between work and leisure: you are NOT expected to work ALL the time - you would soon burn out if you tried. On the other hand, if you don't put in enough time on work, you can very quickly get behind, which only adds to the stress!