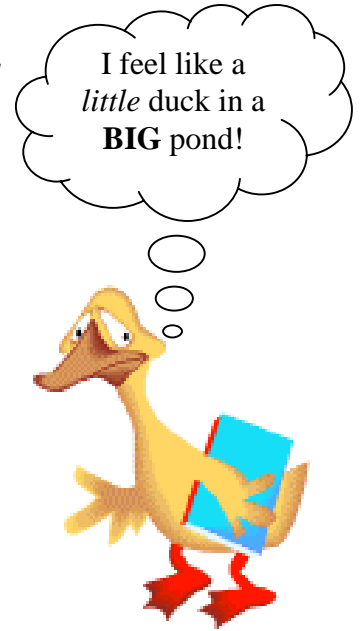


Homesickness Coping Tips

- Acknowledge that you are feeling homesick. This is a very natural and common response for students who leave home.
- Remember that many other students are sharing similar feelings, even though they may not tell you about it.
- Talk with an older sibling, friend, or student who has gone away from home.
- Make a collage with photos of home, family and friends on your bulletin board. Mix in some photos of your favorite campus activities and new friends you have made at Northwest.
- Get to know the Northwest campus and the surrounding Maryville community. Take a friend and explore interesting things to do and places to see.
- Remember to get enough food and sleep. Proper rest and nutrition are important to emotional & physical well being.
- Increase your amount of exercise. This will elevate your metabolism & give you more energy.
- Seek some involvement in a student organization or activity.
- Keep in touch with the people back home but limit your telephone usage (May accrue high phone bill or interfere with your roommate wanting to use the phone). Try writing a letter or e-mail about your activities and experiences.
- Set up e-mail connections with friends at other colleges and universities.
- Choose a date to go home & make the necessary arrangements. This helps to limit impulsive home visits and ease the adjustment process.
- Give yourself time to adjust. Overcoming homesickness is a gradual process for most.



If homesickness is an issue, consult your RA. If it persists or interferes with you academically or personally, contact the Counseling Center at 660-562-1220 & make an appointment to talk with a counselor.