



HOMESICKNESS COPING TIPS

YOU DON'T HAVE TO FEEL ALONE

- 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.
- Adjust your new room and decorate it so it's a place you feel comfortable in. Bring your favorite blankets, pillows, and pictures.
- 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.
- Seek some involvement in a student organization or activity. Talk to your RA about fun activities available.
- Try writing a letter or e-mail about your activities and experiences to your parents/relatives, they will love hearing from you.
- Text, call, Snapchat, etc with friends and family to keep connected.
- Choose a date to go home & make the necessary arrangements. This helps to limit impulsive home visits and ease the adjustment process. It will also give you something to look forward to.
- Give yourself time to adjust. Overcoming homesickness is a gradual process for most.
- Stay positive. Know that it gets better and remember that you are at college for a purpose

If homesickness is an issue, consult your RA or contact the Wellness Center at 660-562-1348 & make an appointment to talk with a counselor.

