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Let's Talk about Homesickness

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Let's Talk About **HOMESICKNESS**

#1 THING TO REMEMBER:

If you are feeling homesick, **YOU ARE NOT ALONE**

Homesickness is a natural and expected part of adjusting to college and can impact anyone at any time.

The first, perhaps biggest change, is going to be your surroundings and getting acclimated to the campus community

HIGH SCHOOL

- Full day schedule organized for you
- Required to attend class
- 5-15 hours (average) of study time PER WEEK
- Parents and teachers remind you to do your assignments
- Know a lot of people
- Few outside distractions/additional responsibilities

COLLEGE

- Flexible schedule that you design
- Attendance/Participation is up to you
- 30-40 hours on average of study time PER WEEK
- Up to you to stay organized and complete your assignments on time
- New place/environment with a new diverse population
- Added Responsibilities in addition to "just" school (i.e. job, clubs, organizations, etc.)



SIGNS AND SYMPTOMS

- Change in eating/sleeping habits
- Calling home more often than usual, or making frequent trips home
- Hostility/Irritability
- Sadness/Depression
- Low self-esteem
- Recurrent Illness
- Withdrawing from friends/activities and school work

5 MYTHS ABOUT HOMESICKNESS

1.) Homesickness is only something young kids experience.

WRONG! Homesickness can affect anyone, regardless of age.

2.) Severe homesickness will just "go away."

WRONG! If you cannot seem to function or are having a hard time coping, speak with someone about your feelings and seek help.

3.) Talking about home can cause someone to become homesick.

WRONG! Often, talking about friends and family back home (or memories) can alleviate some of your anxiety and is a great way to connect to your peers - you never know, they may be feeling the same way!

4.) Homesickness always makes you miss your family.

WRONG! Homesickness means you miss what you are used to, maybe your friends and family, but it could also be you miss your old routine, security and the familiarity of your hometown.

5.) Homesickness always feels like anxiety/sadness.

WRONG! You can be enjoying your time at college and still be homesick.

EASE YOUR TRANSITION

- Realize that what you are feeling/thinking and going through is completely normal!
- Keep in touch with friends and family back home (create a communication plan and plan trips home in advance).
- Take care of yourself! Exercise at the Preston Center, take a walk around campus, or take a drive around Bowling Green!
- Have fun and relax! Meet new people, join a club/organization, take a trip and engage in your classes.
- Talk to someone! If you are feeling overwhelmed, talk to your RA or Hall Director or meet with a professional at the WKU Counseling Center.

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