Spring 2015

A Stranger in a Strange Land: Out-of-State Students Coping in College

Clare Pratt
Western Kentucky University, clare.pratt002@topper.wku.edu

DeLeon Lott
Western Kentucky University, deleon.lott435@topper.wku.edu

Follow this and additional works at: http://digitalcommons.wku.edu/cns_apps

Part of the Counseling Commons

Recommended Citation
http://digitalcommons.wku.edu/cns_apps/37
Facts and Information:

- According to education analysis company Niche Ink, more than half, a good 58% of college bound high school graduates go to college within 100 miles of their home.
- However, where does this leave the other 40% of students? Frequently, they leave their home state, and try their luck at an out of state school, which is often far away from home, and the world they have known.
- Niche Ink also discovered the part of the country that seem to have the most high school graduates leaving the area, which is also backed up by Federal data: The Northeast. Data suggests that students leave due to high test scores of students, leading to high rates of competition, and the small geographical size of the states.

Three Major Issues Faced by Out of State College Students:

- Homesickness
- High Cost of Tuition
- Developing and Sustaining Social Success
WITH ALL THESE ISSUES FACED BY OUT OF STATE STUDENTS, IS IT WORTH IT TO SPREAD YOUR WINGS AND LEAVE YOUR HOME STATE TO ATTEND COLLEGE? IN MANY CASES, YES IT IS. LEAVING YOUR HOME STATE CAN MEAN EXPERIENCING A NEW AREA, AND THE AREAS CULTURE, MEETING NEW AND EXCITING PEOPLE, AND HAVING NEW EXPERIENCES THAT CAN HELP YOU GROW AS A PERSON. AND, REALLY ISN’T THAT ONE OF THE REASONS PEOPLE GO TO COLLEGE?

• Homesickness (Screw this place, I wanna go home!)
  To help combat homesickness, students should focus on making new friends, staying connected to friends and family at home, and focusing on academic success.

• High Cost for Tuition and Residence (I owe HOW much now?!) 
  The high cost of out of state tuition and resident fees is a major issue facing all state of state students. Encourage students to make responsible shopping decisions. Learn good money management skills, and a certain amount of self-control. Plus, it’s important to save money for the gas to drive home on occasion, or to buy a bus, or plane ticket. Out of state students can go to school anywhere from 1 to 20 hours away from their hometown.

• Developing and sustaining social support (Look at all my new Facebook friends!)
  Developing and sustaining social support is important for all college students, but it’s especially important for out of state students. Students should consider reaching out to faculty and staff, to create mentorships, and meet positive role models. It’s also important for out of state students to make friends in their new institution. One good way to make friends and mentors is to get involved in their campus community. Join school organizations, and get connected to their new home.

References


• Trice, A. D. (2002). First Semester College Students’ Email to Parents: I. Frequency and Content Related to Parenting Style. College Student Journal.