

Homesickness is the distress or impairment caused by an actual or anticipated separation from home. Psychologists call it “separation anxiety” and it may include feelings of sadness, loneliness, insecurity, missing loved ones, and/or apathy toward your new environment. Below are some tips that may help you in coping with homesickness and your transition to living away from home when you go to college.

Give yourself permission to be homesick

Realize that a period of “homesickness” is a natural response to your transition. Being homesick doesn't mean you're a “baby” in any way. It is normal to feel homesick when you move away to college.

Familiarize yourself with your new surroundings

Once you know your new environment, find your way around, see where your classes are, and discover some fun new hang-outs, you will likely feel more comfortable and in control of your situation.

Explore activities and invite others

Make a list of all the things you like to do and explore what clubs or organizations are available to you. Chances are you'll find one and maybe even many! Inviting roommates and neighbors is also a great way to initiate new friendships.

Bring familiar things with you

Sprucing up your apartment or dorm with familiar items can help ease the shock of a new environment. Having familiar items with you in your new living space can help facilitate a smoother transition.

Be open to new opportunities

Try to avoid comparing your new environment to home. It's different! Be open to exploring new situations, opportunities, people, classes, and choices. The more open you are to new things, the less you will miss past things.

Keep in touch with friends from home

Stay in contact with friends and family via email, actual mail, and phone calls. Tell them all about your new experiences.

Make plans to visit home

Planning a visit home may be comforting and allow you to focus on your goals while on campus. It also prevents impulsive trips home and encourages you to invest in your new life at school. Trips home can be relaxing, but don't let them become your only focus.

If you find you are still having trouble adjusting, you may want to speak with a counselor. BYU's Counseling and Psychological Services (caps.byu.edu) offers counseling at no cost to students.



ADDITIONAL RESOURCES

WHAT IS HOMESICKNESS?

Homesickness is a form of separation anxiety and can be completely normal when moving away to college.

HOW CAN I DEAL WITH IT? A good way to deal

with homesickness is by looking for opportunities to explore activities and meet new people.

MAKE PLANS Making plans to visit home can actually be helpful if you are struggling with homesickness.

TALK ABOUT IT If you are homesick for an extended period of time, you may want to speak with a counselor.

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