

HOMESICKNESS

Beginning life at University naturally produces feelings of anxiety as well as excitement. Concerns about the move, the course and meeting new people invariably generate apprehension. For many, these feelings are quickly overcome as they adapt to the new environment. For others the transition can take longer

What might help?

1. Believe that the feelings will pass. They almost always do. Homesickness is not unusual and it can be conquered!
2. Share your feelings. Talk to others who are probably feeling the same as you. (You can't read their minds, just like they can't read yours!) If you haven't yet made friends, talk to a tutor, supervisor, chaplain or counsellor
3. Give yourself time to adjust. You don't have to get everything right straight away
4. Decide whether the best policy for you is to have frequent contact with home (because it makes you feel better) or less contact (because it makes you feel worse)
5. Think carefully about whether to go home at weekends (if this is possible). Some students feel it helps but also give yourself time within the University to get involved. Don't let looking back hinder moving forward
6. Encourage friends and family to come and see you in your new setting
7. Remember, you are allowed to feel sad and homesick. And you are allowed to enjoy yourself –

Homesickness can resurface at any time during your studies, but if it persists and stops you from doing normal social and academic activities, contact the Counselling Service to arrange an appointment.

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