

Are You Feeling Homesick?



Exciting Ideas
Challenging Classes
New Friends
Intellectual Stimulation

Fun
Greater Independence
New Experiences
Different Opportunities

Even if you are excited about being at SMU, you may find that you yearn for the familiar people, places and routines associated with home.

Homesickness

It can be harder than you expected to leave home or move to a new place.

The transition to college may be more difficult than you had anticipated and some of your expectations may be disappointed.

Faced with unfamiliar surroundings and new challenges, you may feel less confident than usual. You may be feeling sad and uneasy. You may be feeling Homesick!

What Might Help?

- Homesickness is a natural response to missing what is familiar.
- Don't be afraid to acknowledge that this is what you are feeling.
- Talk to someone. Many other students are probably feeling homesick as well.
- Stay in touch with people from home. Get support from family and old friends.
- Decorate your new residence with familiar items from home. Pictures of family or friends and familiar items can make you feel more comfortable.
- Take good care of yourself. Get enough food and sleep and exercise.
- Don't use alcohol or substances to avoid or bury your feelings.
- Become more familiar with your new surroundings. Try to identify niches where you feel comfortable.
- Take advantage of the new opportunities and resources available at college.
- Give yourself time. There have been many changes in your life and transitions take time.
- Use campus resources to help you adjust. Talk to a counselor at Counseling and Psychiatric Services, a member of the campus clergy, or your resident assistant.