

How to overcome homesickness

Going away to college for the first time can be a new, fun and unique experience. However it can also be scary to be away from home for a long period time. Not only do you have to adjust to the new world of college life, but you have to also deal with new emotions such as homesickness. Homesickness is common among freshman college students. These emotions can overwhelm you and perhaps make you feel like you made the wrong decision in attending a school far away from home. There are things you can do to help you get past the initial homesick period and adjust to your new life:

Call Home

Make sure you have an unlimited long distance calling plan on your cell phone and don't be afraid to call home. It is nice to hear a familiar voice to comfort you when you are feeling down.

Travel Home

If you are close enough to be able to catch the train home or jump in your car, then go home one weekend a month or so. Grab a home cooked meal, catch up on your laundry and just enjoy the atmosphere that you are familiar with. If you are a plane ride away, then consider saving your money for a trip home during the semester break. Being with family now and again is comforting and reassuring.

Occupy Yourself

Try to surround yourself with plenty of activities to keep your mind off of your emotions. Join clubs or pledge to a sorority or fraternity. Obtain a part time job or spend more time on your studies. This will not only take your mind off of your homesick feelings, but you will also meet new friends and adjust to your new life.

Make Your New Home Familiar

When you move into your college dorm, bring items that remind you of home. Bring your favorite comforter or pillow. Bring pictures of your family and friends and prop them in your room. If you do get the chance to travel home once or twice during the semester, then bring back a home cooked meal. Do your best to make your new living space a familiar living space.

Socialize

You may have family back home, however you can form a new one while you are away. Go out to social events on campus and make new friends. Go to the movies with your roommate or grab a study partner from one of your classes and make friends. If your roommate lives close to the school, maybe ask if you can travel home with him or her one weekend.

Homesickness generally occurs in the beginning of your experience away at college. It is brought on overwhelmingly because of the lack of familiarity of your new surroundings. It is also hard if you are away at a new school and you have no familiar friends around. If you make your new surroundings more comfortable and familiar, then the homesick feeling will soon fade away and your new home will be a sanctuary.