

**Homesickness** is a natural part of college life, particularly when you go to school where you may have limited access to friends and family. Home represents the familiar, and the familiar is almost always more comfortable than the unknown. Even if you are very excited about the new stage in your life, the many changes that take place and the many challenges you will face in college can cause you to seek out the familiar.

The first semester is generally the toughest, particularly the first six weeks. And each time you have a new experience, particularly a difficult one such as failing your first test; you may find yourself longing for home. Some students have a very difficult time adjusting to college life, and decide in their first semester that they are not ready to leave home. Most, however, are able to adjust to their new surroundings and eventually thrive on all the opportunities college life offers.

Here are some tips for combating homesickness:

- Before leaving for school, make a list of all the people with whom you want to stay in contact. Make note of their physical addresses, phone numbers, and email addresses.
- Contact your friends and family any time homesickness strikes. Simply calling a sibling or exchanging emails with a friend can be the pick-me-up you need.
- Plan a couple of trips home in the first semester. Maybe plan a trip home for your high school's homecoming weekend. Contact friends and suggest that everyone meet at the game.
- Meet with people and participate in activities on-campus and in your community.
- Make an appointment with a Women's Health Counselor and talk about your homesickness. Develop strategies to address the situation.

In no time you'll find yourself having so much fun that you don't have time to miss home!