

Homesickness and Adjustment

Strategies for Coping with Homesickness

- Don't be too hard on yourself
- Be aware of and open to your feelings
- Establish a strong support system
- Set realistic expectations
- Develop strong time management skills
- Get involved in campus activities
- Utilize stress management strategies
- Maintain good physical health
- Remember that these feelings will pass with time

Questions?

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Adjusting to college life is a normal, but often very difficult process. Feelings of stress can result from being in unfamiliar surroundings, being separated from family and friends, and feeling lonely or isolated. Adjustment also takes place in new social environments. Students often experience increased freedom and independence, which also comes with increased responsibility that can become overwhelming.

Homesickness is not an unusual phenomenon and is typically transient in nature. Adjusting to demands is not only possible, but part of the college experience. In fact, the process can be a rewarding one, resulting in new found confidence, a sense of accomplishment, and new friendships. It should not be feared.

If you are experiencing difficulties in coping with homesickness, you may benefit from additional support.

Possible Indicators of Homesickness:

- Loneliness
- Sadness
- Decreased concentration in class
- Decreased motivation
- Increased stress and tension
- Decreased confidence
- Feeling nervous and disoriented
- Feelings of boredom
- Negative attitudes
- Fatigue

