



## Psychological Counseling Center Homesickness

### Why am I feeling like ...

- "Everything is so different here; I don't know if I will ever get used to this place."
- "No one understands my customs, and the food is not at all like home."
- "I don't know how I will make new friends."
- "People don't like me."
- "My roommates are so different from me; it is difficult to share the space."
- "The work seems hard and the professors don't know who I am."
- "I wonder if [Mom, Dad, Grandmother...] is okay at home without me?"
- "College is not as much fun and special as I had thought it would be."
- "It is so difficult to make decisions about everything."

### Why am I ...

- Overwhelmed emotionally
- Sad
- Anxious
- Obsessing about some things
- Feeling sick more often than usual
- Having difficulty sleeping
- Having difficulty eating
- Doubting my abilities
- Fearing that I might be failing my classes
- Calling home frequently
- Sad now, when I was so excited at first
- Struggling to finish routine things
- Struggling to make decisions
- Calling home so often
- Wondering how to maintain a long distance relationship
- Missing/Not missing my boyfriend/girlfriend/partner

## College Students and Homesickness

Is missing home making it difficult for you to enjoy college life? Homesickness can feel quite distressing. Students in any class year may feel homesick because they have left behind familiar faces, places, and customs. Even those who have successfully lived away from home before coming to college may become homesick. Students who are homesick often feel they are not “connected,” and have not found their place on campus.

Moving away from home to college involves two key tasks - leaving the familiar and adapting to the new. This transition naturally generates both excitement and anxiety, and for some students, this is their first major life transition. Some students adapt quickly to their new environment; others take longer to transition and may feel preoccupied with home-focused thoughts. Homesick students may yearn for and grieve over the loss of what is familiar, such as family, friends, pets, personal belongings, places, routines, and the realization that family life continues while they are away at college.

## Helpful Ways to Overcome Homesickness

- Be patient; give yourself time to adapt to your new environment
- Recognize that many students experience homesickness; you are not alone
- Talk to someone. The New Paltz campus community includes many supportive resources
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  - Residence Life staff (RAs, RDs)
  - Faculty, academic, and EOP advisors
  - Spiritual leaders
  - Psychological Counseling Center (PCC): 845-257-2920
  - OASIS peer support hotline: 845-257-4945
  - Friends and roommates
- Decorate your room with photos of family, friends and places from home
- Keep in contact with loved ones and friends from home
- Arrange a time to return home or have friends and family visit, such as the Parent and Family weekend in the fall, a wonderful time to show off your new college “home”
- Learn about campus clubs, activities, and events, and try one; participating in campus events can help students feel more connected to their new home.
- Remind yourself that it is okay to feel sad and homesick. It is also okay to enjoy yourself and doing so isn't disloyal to those you miss back home.
- Be realistic about scheduling. Establish a balance between work and fun, so you stay on top of academics and have time for new friends and activities.
- If work is proving too difficult, talk to your professor, stop by the Tutoring Center for extra help, or arrange a study group with classmates.
- Get enough food and sleep!
- Invite a roommate or classmate to join you for a meal
- If homesick feelings prevent you from participating socially or academically, seek professional help at the Psychological Counseling Center (PCC) 845-257-2920

## Campus Resources

Student Association list of campus clubs and organizations (845-257-3070)

<http://www.newpaltzsa.com/organizations/current>

Student Union Building and Department information about events and programs

<http://www.newpaltz.edu/saus/sub.html>

[http://www.newpaltz.edu/saus/dept\\_programs.html](http://www.newpaltz.edu/saus/dept_programs.html)

Center for Student Success

Old Main Building, Room B106

<http://www.newpaltz.edu/studentsuccess/>

OASIS Peer Student Hotline: 845-257-4945

<http://www.newpaltz.edu/counseling/oasishaven.html>

**Psychological Counseling Center (PCC) 845-257-2920**

A Division of Student Affairs

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