

MISSING HOME?

Here are some suggestions to keep in mind about coping with homesickness while creating a second home at American University:

- Accept that it may take some time to feel as comfortable at school as you do at home. You may feel a sense of loss and discomfort with all of the changes, but you are capable of surviving these feelings if you allow yourself to relax and explore.
- Analyze your Homesickness. What experience, person, animal, or thing are you missing the most? Are you longing for someone to listen to you? Do you long to meet people to hang out with? Have you had trouble finding students with similar values or life experiences? Ask yourself what things you can control.
- Take Action. Structure your time and open up to AU experiences that may replace those at home. Decorating your room, learning where to play your favorite sport, going to a movie, finding out about student organizations on campus and even studying for classes are examples of activities to help you
- Maintain contact with family by phone, e-mail, Facetime/Skype and/or IM. Remember that a continuing psychological connection with home and loved ones exists even when you are not there physically.
- Try to limit the amount of time you consciously think of home. Refocus on what you can do now at AU. Focus on things that relax you -- deep breathing, listening to music, going for a walk, exercising, or talking to a friend.
- Try to make new friends by talking with other students on your floor, in classes or those sitting in TDR, the Tavern, or Davenport.
- Go for help if you continue to feel distress. You can talk with one of our caring clinicians. Call the Counseling Center to schedule a confidential appointment at (202) 885-3500.
- Remember to enjoy this new experience.

