

# FEELING HOMESICK?

## HERE ARE A FEW TIPS TO HELP YOU COPE WITH YOUR TRANSITION TO COLLEGE.

- ✦ Acknowledge how you are feeling. You are going through a major life change. For some, homesickness is a natural response to the sense of loss you may be feeling.
- ✦ Remember that many other students are sharing similar feelings, even though they may not tell you about it.
- ✦ Talk with an older sibling, friend, or student who has gone away from home.
- ✦ Put up some photos of home, family and friends on your bulletin board. Mix the photos with photos of your favorite campus buildings, activities, or events and new friends you are making at BGSU.
- ✦ Get to know the BGSU campus and the surrounding Bowling Green community. Take a friend and explore interesting things to do and places to see. Share what you have learned with family and friends back home.
- ✦ Remember to get enough food and sleep. Proper rest and nutrition are important in making a successful transition.
- ✦ Consider getting more exercise by using the Student Recreation Center.
- ✦ Seek some involvement in a student organization or activity. If you are living on campus, your residence hall is often a good place to get involved.
- ✦ Keep in touch with the people back home but place a limit on telephone usage. Tell or write to them about your activities and experiences.
- ✦ Set up e-mail connections with friends at other colleges and universities. Share your experiences and activities with them.
- ✦ Plan a date to go home and make arrangements. This helps to curtail impulsive home visits and helps ease the adjustment process.
- ✦ Give yourself time to adjust. Feeling satisfied with your new home, surroundings, and roles will be a gradual process. If your feelings of homesickness or sadness persist or interfere with the academic performance or social relationships, consider talking with a counselor in the Counseling Center.

**Counseling Center**  
**104 College Park Office Building**  
**419-372-2081**