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What NOT To Do When You're Homesick

Don't stay in your room all the time

Your room can be a safe haven during your time at college, but you don't want to spend all of your free time there. It prevents you from getting out, getting to know new people, and finding new things that you like.

Don't go home every weekend

You miss your loved ones and it can feel really nice to see them

Why Am I Homesick?

The 5 Stages of Culture Shock

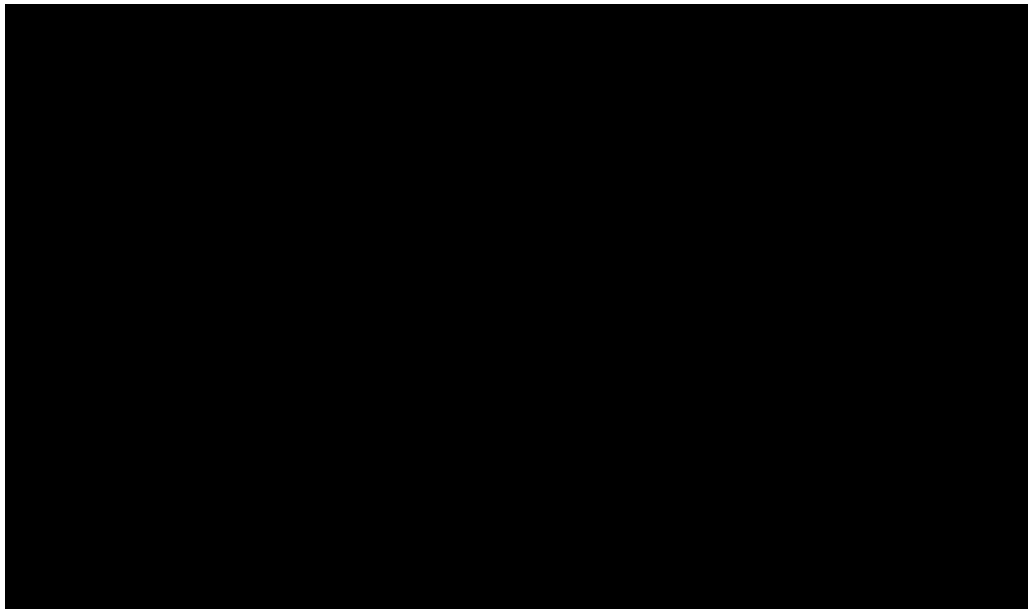
Honeymoon stage: Typically occurs when you first arrive on campus. You may be nervous but excited to start on your journey. The campus community is fun and welcoming. You may be a little homesick, but there are enough fun things to do that keep you feeling positive.

Cultural shock stage: After a while, the excitement wears off, and you start to deal with all of the adjustments of college life, such as coping with roommates, eating in the dining hall, and going to classes. You may really miss home and all of the things you are most familiar with, and may feel sad, down, or lonely.

Initial adjustment stage: After a while, you start to get into a routine and college life isn't as scary as it once was. You may still miss home, but you start to feel that you can manage yourself as a college student.

Mental isolation stage: You feel stuck between two worlds. Home is not as familiar as it once was, but you don't feel 100% integrated in college life. This commonly occurs after students go home for a longer break

Acceptance and integration stage: You start feeling connected to your campus community. You may have a solid group of friends and start feeling like the university is your home. You have successfully adapted to college life.



When does homesickness become a more serious issue?

How often is it happening?