Feeling Homesick?

What are symptoms of being homesick?
- Feeling emotional (crying or irritability)
- Constantly thinking about home
- Unable to fall asleep or stay asleep
- Isolating from peers
- A feeling of loss or loneliness
- Difficulty with having closure from high school to college
- Poor motivation or increased anxiety
- A sense of nostalgia
- Difficulty making decisions

How can I deal with being homesick?
- Limit your time alone to avoid the sadness initially.
- Take time to reflect upon your feelings by journaling.
- Listen to your favorite music.
- Make your room yours. Make it feel like home to you. Hang pictures from home.
- Stay connected with friends and family back home for support.
- Go to meals with a new friends or a group from your hall.
- Join a club, or group to help with a sense of belonging.
- Exercise regularly at the Wellness Center and invite someone you just met along or try recreational sports.
- Get off campus on the weekends by taking the shuttle or going to the mall. Try going out to dinner or taking road trips.

Remember your feelings are normal.
There are three phases to adjusting/transitioning to college life. The first phase is The End: This is the time where you have closure with leaving home, your high school and ending some previous relationships. The second transition phase is Feeling Lost: This is the phase where you ask who am I? What do I want? You often have feelings of uncertainty due to being in an unfamiliar environment and around new people. The third transition phase is The Beginning: This is the phase where the light bulb turns on for you. You begin to enjoy your new environment and new lifestyle along with new friends.

College.....it’s an adjustment.

Welcome to Earlham! We are happy that you are here. Our goal is to help you succeed. The first year, especially the first semester, of college is a new and exciting adventure. There are also challenges and adjustments along the way. What are some steps that you can take to help you have a first great year?

1. Get involved.
   Student organizations are a fun way to get to know other students and faculty and begin to develop new friendships.

2. Get organized.
   This helps reduce or prevent stress and helps you self manage.

   Earlham will become familiar over time and your schedule and peers will become your “new normal.”

4. Care for yourself.
   Live a healthy lifestyle: Eat well, get rest and exercise. (Just like mom told you). Connect with the Wellness Center on campus to continue and learn healthy practices.

5. Be positive.
   Look at what is going well, give yourself credit and focus on your goals. Keep your goals attainable and short term.

6. Connect with other students.
   Reach out to an older peer and ask for advice. What worked for that person when Earlham was new? Share with peers and you will likely find that others have similar questions and concerns.

7. Utilize Resources.
   Some sources of support: upper-level students, your RA, Residence Life, Counseling Services, academic advisors, professors, & mentoring/tutoring programs.

* Counseling Services Information **
If you want someone to talk to about anything, counseling services is here for you. We’re located on the first floor of EH, in the south portion of the west wing. You can easily access Counseling Service by entering the west door (across from OA and where the elevator is located). You’ll need your ID card to access the door to the short staircase or the elevator to the first floor. Once there, turn right and you’ll see the door to the waiting area. Our services are free, and walk-ins are welcome, but appointments are recommended to assure a counselor’s availability. You can make an appointment on the counseling website at www.earlham.edu/counseling-services or go to the counseling channel in theheart.earlham.edu. Both current EC students and MAT/MEd students are welcome. – Jess & Fred