

## HOMESICKNESS – How to Help

Here are few tips to help your student cope with homesickness:

First, let him/her know that is a very natural and common response for students who leave home.

- Explain that many other students are sharing similar feelings, even though they may not talk about it.
- Encourage him/her to talk with an R.A., friend, or older student who has gone away from home.
- Suggest a Bulletin Board or collage of some photos of home, family and friends. Mix the photos with photos of your favorite campus buildings, activities, or events and new friends you have made at Shepherd.
- Suggest that they take a new friend and explore interesting things to do and places to see in the surrounding community. When they call home they can share what you have learned.
- Remind them to get enough food and sleep. Proper rest and nutrition are important to emotional as well as physical well being.
- Suggest some exercise using the Student Wellness Center or signing up for intramural activities.
- Encourage involvement in a student organization or activity.
- Place a limit on telephone calls home so they get more involved on campus. Have them write you about their activities and experiences.
- Set a date to visit at Shepherd or for them to come home. This helps to curtail impulsive home visits and helps ease the adjustment process.
- Give them time to adjust. Overcoming homesickness is a gradual process for most. If their homesickness persists or interferes with the academic performance or social relationships, suggest they consider talking with a counselor in the Counseling Center.