

What is homesickness?

People who are experiencing homesickness often experience a variety of symptoms below.

- Anxiety about separation from loved ones
- Frequent thoughts of home or aspects of home like friends, siblings, animals, parents
- Feelings of loneliness
- Feeling of sadness
- Unique to college: anxiety about performance in school and social settings, feeling different from others who seem to be adjusting well, low motivation to study and low motivation to make friends.

Why are people experiencing homesickness?

People can develop feelings of homesickness due to a variety of situations.

- Moving is a big change/adjustment and change will always create a challenge even positive change.
- Almost everything is different: families, friends, familiar surroundings.
- Your day is structured completely different than any other time your lives.
- Physical distance from parents may mean that you are consciously or unconsciously missing someone taking a daily interest in your life.
- The food is not familiar.
- Your organized activities are gone.
- You may not have a car so getting up and going isn't as easy.
- Your eating schedules, wake up schedules, bedtime schedules are all different.
- Your rooms are totally different than they were at home (roommates and the appearance: (like comforters, bedstands, lamps, desks, and bathrooms).

How can I help navigate these feelings?

There are several tools and resources at your disposal that can help you navigate how you are feeling.

- Find familiarity in an unfamiliar place:
 - What did you enjoy doing at home? Basketball, reading, watching a tv show, yoga... Find those activities here at CofC.
 - Have things in your room from your room at home.
- Give yourself a break and accept that this adjustment takes time because it is a new place and there is a lot of change. Be patient with yourself.
- Work with your negative thoughts (this is truly a lifelong skill)
 - We have known in psychology for a long time that negative thoughts about yourself, your future, and/or your new environment will intensify your unhappiness.
 - If you find yourself thinking

- I Don't Fit in Here or I want to transfer. Replace it with:
 - This thought/these feelings are normal and I am going to give myself more time to adjust.
 - Or I can relax and take this one step at a time. I have been sad/anxious before and felt better.
- Find things to do at College of Charleston using CougarConnect.CofC.edu, checking out [Campus Recreation](#), and [City Events](#).
- If you are worried that this is more than homesickness
 - [The Counseling Center Website](#) has a mental health screening program, TAO an interactive program that helps build skills and strengthen coping, and provides workshops, groups, and individual therapy (currently virtually).
 - Reach out to the Students 4 Support (text "4support" to 839863), our wonderful, highly trained student volunteers that are here to help Cougars! They are available Monday-Thursday from 12:00 pm until 9:00 pm.