University Counselling

Missing Home

Missing the comfort of your home?
Do you feel lonely?

Coming to university to study results in a number of changes regardless of what stage of your life you are in, or where you are coming from. Adapting to the university community, learning the new rules about study, or making new friendships are all challenges a new student faces.

Some students are living away from home for the first time, or living in a new place, away from their family or support systems. Unfamiliar people and places and being out of your regular routine can result in increased stress and anxiety and a feeling of being disconnected or homesick.

Here are a few tips to help you adjust to your new life.

1. Don't focus so hard on staying in touch with family and friends from home that you exclude the possibility of making new connections where you are now. It's easy to get caught up in Skype, telephone calls or social media to stay in touch with what's happening at home.

2. Create a new routine for your new home away from home. Developing a routine makes people feel like they have more control over their life.

3. Try and exercise regularly, eat healthy regular meals, and get a good night's sleep. Looking after your basic needs is an essential part of maintaining a balanced and healthy lifestyle regardless of where you are living.

4. Keep up your old habits. Back at home you might have played a sport, been part of an organisation or volunteered your time helping a cause that you were passionate about. Find a new group to join or get back into the activities you used to do.

5. Seek help and support from others and don't feel guilty about missing home, or making your new home a home you love as well.

6. Build on your skills by learning something new and fun that you may have been thinking about. For example, try a dance class, or learn a musical instrument. Learning a new skill will help you feel better about yourself as well as keep you distracted from missing the comforts of home.

Missing home isn't an illness or a weakness; it's simply a reflection of your capacity to love and your courage to explore new beginnings.

Online resources

UON Campus Life