

THE 4 C'S TO COMBAT HOMESICKNESS FOR COLLEGE STUDENTS



CONNECT WITH FRIENDS AND FAMILY AT HOME

- Use typical ways to communicate with loved ones at home such as phone calls, video calls, texting, emails, and social media (Smith et al., 2012).
- Use more interactive ways such as playing online games together, online movie nights, cook or eat a meal together over video call, or do a virtual book club together.

CREATE A ROUTINE

- Adjusting to college life can be difficult due to the disruption in your routine it creates. Establishing a new routine can help ease this transition and find a new sense of normality.
- Along with your courses, try to add areas such as extracurricular activities, exercise, meals, self-care, sleep, and time with friends into your schedule (The Jed Foundation, n.d.).

CHECK OUT THE LOCAL AREA

- Even though you are attending college in a small town, there are still a lot of things to discover both on and off campus.
- Ways to get to know your new area include trying a local restaurant, attending local fairs and festivals, going to a local sporting event, or walking around and exploring campus (The Jed Foundation, n.d.).



COPE WITH FEELINGS AND STRESSORS

- If you are feeling homesick, do not ignore these feelings. Recognize you are experiencing them, and allow yourself to feel the feelings out (Mental Health America, n.d.).
- Use coping strategies, such as writing about your feelings, self-care, talking to a loved one, or just take time to relax and do something you enjoy.

References

- Mental Health America, (n.d.). *How to deal with homesickness in college*. <https://mhanational.org/how-deal-homesickness-college>
- Smith, M., Nguyen, D., Lai, C., Leshed, G., & Baumer, E. (2012). Going to college and staying connected: Communication between college freshmen and their parents. *In Proceedings of the ACM 2012 Conference on Computer Supported Cooperative Work*, 789 - 798. <https://doi.org/10.1145/2145204.214532>
- The Jed Foundation (n.d.). *How to deal with homesickness in college*. <https://jedfoundation.org/resource/how-to-deal-with-homesickness-in-college/>