

HOW TO BEAT THE HOMESICK BLUES

Whether it's the first time you have been away from home for a prolonged period of time or you are a seasoned veteran at the college thing, there are times when most of us long for HOME. Some of us miss our parents, our friends, our pets, our old rooms, and maybe even our siblings at times. Sometimes we just miss our old way of life. While it's natural to be nostalgic, college is inevitably a time of change and growth. But for those of you who are just plain homesick, here's three quick tips on how to beat the homesick blues.

First of all, talk to people about it. You are NOT the only one who feels this way. Not only will talking to someone make you feel better, bonding over homesickness is a sure way to make a new friend. Secondly, join, join, join. While it's not a good idea to overload yourself with activities your first semester, getting involved with a few activities that interest you is a great way to meet people who are interested in the same things that you are. And last, stay in touch with those from home, but not too much. Spending too much time on the phone with them or traveling home on weekends may prevent you from having the opportunities to meet new people here.



Branching out and making new friends is a sure way to get rid of homesickness and fast!

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