SEATTLE U
Treating Homesickness All the Way From Home
# Common Signs of Homesickness

<table>
<thead>
<tr>
<th>Feelings/Triggers</th>
<th>Behaviors</th>
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<tr>
<td>Nostalgia: Thoughts of home &amp; comparing to new situation.</td>
<td>Inability to complete academic and or work tasks.</td>
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<td>Loneliness: lack of belonging &amp; disconnection.</td>
<td>Abnormal calls home (excessive or minimal)</td>
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<td>Unmotivated: Lethargic, apathetic.</td>
<td>Short fuse/easily angered</td>
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<td>Lack of Confidence: imposter syndrome, skewed sense of self in comparison to others.</td>
<td>Idealistic view of the past or home</td>
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<td>Depression: Helplessness, sadness, withdrawn</td>
<td>Excessive critical or negative view of new place.</td>
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<td>Anxiety: Overwhelmed, irritability, panic.</td>
<td>Sleep and or eating changes</td>
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<td>Physical sickness</td>
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<td>Using/abusing alcohol and/or drugs as a coping mechanism.</td>
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Signs depend on the individual and those with the greatest knowledge of the student – YOU – as YOU are most likely to spot changes in feelings and behaviors early on.
**Times of Homesickness**

- Different for each person (*holidays, birthdays, special events/celebrations*)
- Feelings will come and go in waves
- Likely times you might see feelings surface in your student:
  - Soon after arrival (before classes begin, even during Orientation)
  - When “first” mid-terms occur (October)
  - Final exam season (early December)
- Anytime your student might feel like: “*What have I gotten myself into, this is too hard!*” – is when they might long for the comfort and predictability of “home.”
HRL Strategies for Families

• Communication! Keep the conversation going.
• Reconnect with your student to their Enrollment decision
  > Why are you here … Why Seattle U …?
• Re-Connection to Passion
  > What excites your student about being here?
• Support in Problem Solving
  > Discuss opportunities for engagement and connection?
• Reminders the college experience can be challenging, but that doesn’t mean they are in the wrong place.
  > What is the biggest barrier to settling @ Seattle U?
  > Who can best help you overcome your questions and adjustment here?
YOUR Strategies

• You know best what will help your student!
• Don’t expect to hear from them every day.
• Talk about the boring happenings from home too.
• Reminder: HRL staff are here to help and encourage them to talk to their floor RA
• Online SU resource for families: Student Transition
Questions/Comments

Honor the space between no longer and not yet.

-Nancy Levin