

Home sickness

Starting university is exciting - with lots of new experiences and new people to meet. Any major transition is also, however, likely to be a source of stress and uncertainty. All too often, new students can feel small and anonymous in a large, strange environment. Research shows some 50-70% of all new university students in the UK suffer some degree of homesickness in their first few weeks at university.

This booklet will give you some information on homesickness and how to find support.

Same day appointments

Monday to Friday

Access through **iPoint**

Workshops and support groups

See website for details

hud.ac.uk/wellbeing-disability-services



Wellbeing and Disability Services
Level 4
Student Central
Email. studentwellbeing@hud.ac.uk
Tel. 01484 471001



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How you may feel

- Overwhelmed
- Insecure
- Anxious
- Emotional
- Unable to sleep
- Absent-minded

You may feel particularly worried about

- New academic demands.
- Letting parents down.
- Leaving friends and family behind.
- Your choice of university or course.
- Finances.

What you can do to help yourself

1. Acknowledge your feelings and accept them - and believe that they will pass.
2. Decide whether frequent contact with home actually makes you feel better or worse and explain your decision to your family.
3. Think carefully about whether to go home at weekends (if this is possible). Some find it helps, others find the constant re-adjustment difficult.
4. Make an effort to join clubs and activities and to make at least a couple of friends.
5. Familiarise yourself with the Students' Union. It's a good place to meet people and get involved.
6. Try to establish a routine as soon as possible.
7. Give yourself treats to help yourself through the early weeks.
8. Sometimes it helps to share your feelings. Talk to an adviser in Wellbeing and Disability Services.
9. Don't be pressurised into doing anything you don't want to, just to fit in.
10. Make your room your own - put up photos and display items from your room at home.

Remember

- Up to 70% of all new students experience some level of homesickness.
- Both male and female students feel homesick.
- After a month you will probably wonder what you were worried about.
- You are not alone - there are people who can help.

Other useful contacts

Wellbeing advisers

Tel. 01484 471001

Email. studentwellbeing@hud.ac.uk

