Each year, thousands of students leave home for the first time to go to college. While this is an exciting time for most, it can sometimes be overshadowed by worry, lowered motivation and feelings of insecurity.

Homesickness is one of the most common adjustment problems reported by students who are moving away from home for the first time. For some, worried feelings may start several weeks before leaving home in anticipation of a major change in their lives. Others may experience homesickness within the first days or weeks of classes, while still others may find themselves feeling homesick for the first time later in the semester, or even as late as the start of the second academic year.

Homesickness can make a person feel sad, worried, vulnerable, unmotivated and out of place. Minor problems seem more like catastrophes and can leave a person feeling anxious and depressed. Though it is difficult, homesickness is also a positive emotion reminding a person that they have a place where they are known and loved.

To help students survive and even thrive during this challenging period, the Counseling Center has compiled a list of tools to make this challenging transition more comforting.
WHAT YOU CAN DO

• DON’T BLAME YOURSELF.
  Homesickness is a natural response to a comforting and familiar place. Acknowledging that you are feeling homesick is a first step toward honoring your previous and current homes.

• YOU ARE NOT ALONE.
  Remember that many other students are sharing similar feelings, even though they may not talk about it.

• REACH OUT.
  Talk with an older sibling, friend or student who has gone away from home. Connect with friends at other colleges and universities to see what it’s like for them.

• STAY IN TOUCH.
  Keep in touch with the people back home, but not to the exclusion of connecting at school. Update them about what you’re doing on campus.

• EXPLORE!
  Get to know your hall mates, attend residence hall activities, and explore the Texas State campus and the surrounding San Marcos community. Take a friend and explore interesting things to do and places to see. Share what you have learned with family and friends back home.

• DECORATE!
  Show your style. Put up some photos of home, family and friends on your bulletin board. Mix them with photos and memorabilia of your favorite things on campus and new friends you have made at Texas State.

• GET INVOLVED.
  Seek some involvement in a student organization or activity. Many students report that involvement in even one organization makes a big difference. If you are living on campus, your residence hall can be a good place to get started.

• PRACTICE SELF-CARE.
  Remember to get enough food and sleep. Proper rest and nutrition are a much more important part of emotional and physical health than people realize.

• GET PHYSICAL.
  Consider getting more exercise by using the Student Recreation Center. It is a good place to meet new friends, and the physical activity will boost your energy.

• BUILD A BRIDGE TO BOTH HOMES.
  Plan a date to go home and make arrangements. This creates something to look forward to, easing the adjustment process, and helps avoid impulsive visits home.

• BE PATIENT.
  Give yourself time to adjust. Overcoming homesickness is a gradual process for most. If your homesickness persists or interferes with academic performance, mood or social relationships, consider talking with a counselor in the Counseling Center.

Texas State University, to the extent not in conflict with federal or state law, prohibits discrimination or harassment on the basis of race, color, national origin, age, sex, religion, disability, veterans’ status, sexual orientation, gender identity or expression. Texas State University is a tobacco-free campus.

Make an Appointment: 512.245.2208