

5 Myths about Homesickness

Students moving away from home for the first time may feel the queasiness of homesickness. Others, of course, will be just fine.

Allow us to share 5 Myths about Homesickness as related in a communication we received recently from Magna Publications of Madison, Wisconsin.

Myth #1: Homesickness will disappear on its own, given enough time. Talking about homesickness only makes it worse.

Fact: Students need to be given tools to recognize and face homesick feelings.

Myth #2: Homesickness is related to geographical distance.

Fact: "Cultural distance" is a risk factor for homesickness, but distance in miles is not.

Myth #3: A younger student is more likely than an older student to be homesick.

Fact: A student of any age who has no previous separation experience is more likely to be homesick than a younger student who's been away from home.

Myth #4: Only first-year students get homesick.

Fact: Changes in the home or school environment can make even a college junior or senior have persistent thoughts about being back home.

Myth #5: Contact with home will only make homesickness worse.

Fact: Contact with home deepens homesickness only to the extent that it gets in the way of engaging with the new campus environment.

Staff at the Campus View residence halls will be watching for signs of homesickness and will certainly do all they can to help students adjust. If you have concerns, feel free to contact Campus View ([608] 647-6709) ... or Student Services ([608] 647-8422, Ext. 223.

The first few weeks of the semester can be the "tough ones," but if the student knows there's support from home as well as campus, it will help greatly. And, getting involved on campus will be a big step in helping to overcome.