Just Starting College?

Starting college is most often an exciting event. Whether you are from the city, from a different state, or even from a different country, you will share the experience of having new classes and meeting many new people.

While all these new experiences may be fun and exciting, this is also a time for adjustment. Adjusting to a roommate or living in a big city may concern you. If you're an international student, it may be the everyday routines such as how to order in a restaurant or how to address people in various situations that may be difficult to get used to. Being away from family and friends for an extended period of time may also lead to homesickness.

Just being aware that this may happen to you is a good first step to coping well. Talking with others going through the same feelings and thoughts can be another useful step to take. When you feel homesick, calling home or e-mailing family and friends may alleviate only some of the feelings. Learning and getting more involved with classes, classmates, and university activities is another good and positive coping step.

If you have any difficulties with adjusting to college life remember that the Counseling Center is here. Please call or stop by our office on the 5th floor of the HCC.