Feelings of anxiety about separation from loved ones.
• Anxiety about one’s performance.
• Feeling different from others we think are having a good time.
• Feeling depressed/sad with low motivation to study or make friends.
• Yearning for a connection to someone.
• Constant thinking/talking about home or "happier" times.

• May tell you outright that she/he is homesick
• Call home more often or visit home more than you expected.
• Express dissatisfaction with EVERYTHING and EVERYONE
• Be especially worried about classes
• Have difficulty making decisions
Homesickness provides students with:
• Opportunity for growth as they overcome challenges.
• Learn new coping skills in new environments.
• Increased self esteem and a sense of independence as they become successful in their transition.

Don’t ask them if they’re homesick.

Having an open door for supportive communication from home is key to a healthy transition.
Don’t worry (too much) about stressed-out phone calls or texts.

The next-best thing...

SNAIL MAIL

Adjusting to a new environment can be difficult...focus on the EXCITING part.
As a parent, define what an “adjustment period” might be for your student.

Classes are different in college than they are in high school. Study groups and student organizations can assist with this transition.

“Best Years of Your Life.”
Know your student.

You are not alone – UW-Platteville staff are here to help.

University Resources

Your Role
THE ONLY WAY TO MAKE SENSE OUT OF CHANGE IS TO PLUNGE INTO IT, MOVE WITH IT, AND JOIN THE DANCE.

- ALAN WATTS