

# Homesickness

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## Information about feeling homesick

Many students coming to university, and maybe leaving home for the first time, feel homesick. Even those who didn't ever expect to be hit by homesickness can suddenly find themselves missing the familiarity of home and friends, and don't know quite how to cope with the resulting emotions. This is entirely normal and passes, usually in the first term, and often within the first few weeks.

It is really important to realise that you are not the only one feeling homesick and that it doesn't in any way mean you are inadequate. Suddenly, you find that, instead of being a central person in a small unit with plenty of peripheral activities and friends, you have become an anonymous member of a huge community where you know no-one. Understandably you feel shaken and lonely and you long for the secure and the familiar. Sometimes the emotions are completely overwhelming.

## Tips to help overcome homesickness

- Most importantly: acknowledge your feelings and accept them. Believe that they will pass. They almost always do.
- Decide whether the best policy for you is to have frequent contact with home (because contact makes you feel better), or little contact (because contact makes you feel worse).
- Think carefully about whether or not to go home at weekends (if this is possible). Some students find it helps to ease the transition; others find the constant readjustment makes them feel worse.
- Think carefully about your use of the phone - especially mobile phones. If you are in constant contact with home, it may make it hard to develop links here. Sometimes it is parents who are finding it difficult to let you get on. You may need to ask your parents to contact you less often. It may also help to plan a gradual reduction in contact, but it is important to go at a pace to suit you and to allow it to ebb and flow a bit.
- Make a real effort to join societies/activities and to make at least one or two friends. This might feel very difficult, but the more you feel part of campus life, the less homesick you will feel.

- Familiarise yourself with the Student Union. Apart from all that it offers it is an excellent way to meet people in the early days before lectures and social events are underway. Take a book and sit in a corner and read if you are afraid of seeming conspicuous.
- Try to establish a routine as soon as possible. The fuller your days are, the less time you will have to feel homesick or lonely.
- Volunteer to help with something - there are plenty of groups looking for volunteers. Community Action in the Student Union will put you in touch with them if you tell them you are looking for ways to get involved.
- Sometimes it helps to share feelings of homesickness. Think about talking to someone in your hall, a personal tutor, a chaplain, or contacting one of the counsellors. Sharing these feelings may take you over the worst period.
- See more ideas in the [PDF on Loneliness](#).

## Things to get involved in on campus

### Action

Run by the LSU, Action gives you the opportunity to help the local and wider community whilst getting to know other volunteers at the same time. You can get involved in 7 different areas:

- Community outreach
- Sport
- International
- Overseas
- Young persons
- Equality & Diversity
- A-Teams (Hall led projects)
- Department-led projects

### Rag

Run by the LSU, Rag raises money for local, national and international charities. There are various opportunities to get involved in, and students have consistently raised over £1 million annually for 10 years in a row. This year you could volunteer at an elephant sanctuary in Thailand, go on a 6-day trek to Morocco, attend an outdoor cinema or raise money for a charity of your choice.

### Gyms and classes

There are two gyms on campus, Strength and Conditioning gym [Powerbase](#) (next to David Wallace) and health and fitness centre Holywell (near West Park Hub). If you prefer fitness classes there is a [timetable of sessions](#) occurring every week, and the [Olympic swimming pool](#) is available for lessons and public sessions.

### MyLifestyle

My Lifestyle is a FREE and inclusive programme which creates an environment that is free from competition, expectation and commitment for those who want to exercise, keep fit and play sport. Open to all students and staff, you can ask any questions or queries you have prior to attending sessions via [email](#) or telephone: 01509 226150.

## LU Arts

LU Arts gives you lots of opportunities to get your creative juices flowing. Learn a new skill by [taking lessons or evening classes](#), take part in [Happy Mondays](#) where you can try something new every week, or [join a group](#) such as [Book Club](#) or the [University Choir](#).

## Societies

The Campus offers over 150 societies to join, all run by students. From belly dancing to Harry Potter, there is plenty to choose from.

## Mentoring

There are various mentoring and buddy schemes available. [Peer mentoring](#) allows students as mentees to be supported and effectively signposted to relevant departments and services by their mentors, and the [Peer Assisted Learning Scheme](#) takes place across multiple departments. [Lboro Connect](#) is the University's mentoring platform and social media site whereby members can call on students, alumni and staff to support them through difficult situations, to build on their skills and develop their network. You can sign up to Lboro Connect [here](#).

## **Useful Contacts**

**[Student Wellbeing and Inclusivity team](#)**: 01509 228338

[studentwellbeing@lboro.ac.uk](mailto:studentwellbeing@lboro.ac.uk)

To book an appointment with any of our services within Student Wellbeing and Inclusivity (including the Counselling Team, Mental Health Support Team and the Wellbeing Advisers), please complete [the referral form](#).

## Nightline

Nightline is a confidential, non-advisory listening and information service run for students by trained student volunteers from Loughborough University.

The phone lines are open from **8pm until 8am** every Monday, Tuesday, Wednesday and Friday night during term time. An [Instant Messaging \(IM\)](#) service is also available between **8pm and midnight** during open hours.

You can also e-mail at [listening@loughborough.nightline.ac.uk](mailto:listening@loughborough.nightline.ac.uk) at any time.

## HeadsUp!

HeadsUp! is a student-led group promoting positive mental health and well-being to help give support and raise awareness of mental health issues. You can get involved as much or as little as you would like from attending the events that interest you, to becoming one of their active volunteers.