

Homesickness

Fact Sheet

What is homesickness?

Becoming a student is exciting, however, it can also be a challenge for anyone who has moved away from their country, family and friends. It takes time to adapt to a new environment, so feeling a little 'lost' is normal.

Feeling homesick usually involves a sense of loneliness, sadness, anxiety, confusion, fear and yearning for home. Here are some quick tips to help you adjust to a new environment:

Get involved and socialise

- Attend the orientation activities on campus and get to know the Student Experience team
- Introduce yourself to other students and teachers

Stay healthy

- Eat healthy food, get enough sleep, exercise regularly

Manage your shyness

- Be patient and give relationships time to develop
- Remember: many new students feel just as shy as you

Keep connected

- Stay in touch with your family and friends
- Set up your bedroom with some familiar objects and cook some of your traditional meals

Learn a new way of studying

- Be patient and give yourself time to learn how to take lecture notes, prepare for tutorials, research and reference assignments

Manage your time

- Find a balance between your studies, work, friends, family and free time
- A good balance will keep you motivated and focussed on your goals

Where to go for help

- Lifeline: 13 11 14
- Study Melbourne Student Centre: 1800 056 449

RMIT Training Wellbeing Service

The Wellbeing Service is free and confidential for students. To arrange an appointment please email wellbeing@rmit.edu.au