

# FEELING HOMESICK?



There are many changes to expect in the first year of college. It can feel unsettling not having the feeling of security home gives us.

## You aren't alone with these feelings

### Changes to Expect

- Increased responsibility
- Different surroundings
- Changing relationships

### There are many ways to help ease the transition process

- Get involved on campus with clubs and organizations
- Adjust your expectations
- Make sure to take care of yourself
- Recognize building relationships can take time to develop

Being homesick may cause feelings of sadness, anxiety, or depression.

Call the health center to schedule an appointment to talk to a counselor

**(813) 253-6250**

