

COPING WITH HOMESICKNESS

Missing the familiarity of home? We've all been there and it's completely normal! Being in a new place can be exciting, but it can also come with some bumps along the way. We've compiled a list of great campus and local resources that can help you through it. For some quick tips, check out [this great guide!](#)

Campus Based Resources

[BU Club Search Undergrads](#) can help you find an organization to get involved with and make new friends.

[BU Grad Student Clubs](#) can point you to some graduate student organizations that will help strength connections and provide networking opportunities.

[Boston Neighborhood Guide](#) points you in the right directions for adventure and exploration.

BU [Conversation Partner Program](#) provides you with someone with whom you can practice your language skills.

Resources for International Students

For international students, a great place to start is BU Global Programs: International Students and Scholars Office (ISSO).

[BU First Class](#) offered by Global Programs to prepare incoming students for transition to Boston.

Resources for Study Abroad

Connect with international alumni while abroad for support at BU Alumni and Friends.

Contact your local program director for site based resources.

Resources from Anywhere!

Homesickness and First-year college students, [Psychology Today](#).

[10 ways to deal with homesickness when studying abroad](#), The Education Abroad Network

[Living Language Guide](#) is an ever-changing glossary of diversity and inclusion-related terms curated by BU Diversity and Inclusion.

The [Headspace App](#) has several resources about navigating change and missing home. Use your free access to Headspace to explore: [Leaving Home](#), [Fear of Flying](#), [Navigating Change](#), and [Travel Sleep Tips](#).