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What NOT To Do When You're Homesick

Don't stay in your room all the time

Your room can be a safe haven during your time at college, but you don't want to spend all of your free time there. It prevents you from getting out, getting to know new people, and finding new things that you like.

Don't go home every weekend

You miss your loved ones and it can feel really nice to see them

Why Am I Homesick?

The 5 Stages of Culture Shock

Honeymoon stage:

When does homesickness become a more serious issue?

How often is it happening?