
Adjusting to College in a New Country

Attending school in a new country presents unique challenges. Give yourself lots of time and patience as you adjust. Here are some tips for making the best of your transition.

- Set up regular video call dates with the important people in your life. Even if you just check in and say a brief hello, it can give you something to look forward to, and provide stability.
- But find the right amount of staying connected! Spending too much time with people from home can disrupt your ability to make ties here and create a new home for yourself.
- Don't stop doing the hobbies and activities you did at home. Keeping up familiar habits can help you feel grounded.
- Develop a self-care plan and stick to it! This should include weekly and daily plans for taking care of yourself. Check out the OCPD website for self-care tips.
- Take breaks. It may be tempting to bury yourself in work, but remember that if you don't give yourself breaks when you need them, you'll become much less productive and efficient.
- Go to club fairs. Regis has tons of activities on and off campus. You're more likely to find people you connect with if you're filling your time with activities you're passionate about. And the sooner you get connected, the sooner this will start to feel like home.
- Learning is not just in the classroom. Take advantage of opportunities to engage with and learn about the culture, people, and environment of where you are.
- Remember that feeling homesick is normal! This is a huge adjustment, and most people feel homesick sometimes. Being homesick is a part of appreciating where you come from, and it will get better with time. Reach out to friends or to the OCPD if you become concerned that it's not getting better.
- Familiarize yourself with the campus. A big part of homesickness is the feeling that everything is unfamiliar. Knowing the layout and finding your favorite places to study or get a coffee will help.
- Get to know your campus resources. Regis provides support in many different ways. Find out how the campus can help you.
- Get in the habit of asking for help. When times get tough, call a friend, an academic advisor, or the OCPD. Don't wait until it gets overwhelming.

Regis University's Office of Counseling and Personal Development