

Self Help Resources – Useful sites & Information

Homesickness / Loneliness

9 ways to deal with homesickness was written by a student for students.
www.savethestudent.org/international-students/tips-to-deal-with-home-sickness.html

How to Deal with Homesickness was written particularly for students who are studying abroad.
www.studyabroad.com/student-guide-home-sickness

The Imposter Syndrome – A YouTube video for those who don't feel they fit in at university.
www.youtube.com/watch?v=eqhUHvVpAwE&feature=youtu.be

Making Friends at University – Tips from a student – A YouTube video
www.youtube.com/watch?v=D6K8QxeIDk

How to Cope with Loneliness at University?
www.huffingtonpost.co.uk/maria-keogh/loneliness-at-university_b_8142742.html

Feeling Lonely at University? Here are some ways to deal with it.
www.thestudentpocketguide.com/2015/11/student-life/health-and-relationships/feeling-lonely-university-ways-deal/

Facing culture shock – Applies to home students as well as international students. An article on understanding culture shock and how to deal with it.
www.ukcisa.org.uk/Information--Advice/Preparation-and-Arrival/Facing-culture-shock

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