

The Disease Called Homesickness

Isabella 00:00

Hey guys, welcome back to Campus Compass.

Katie 00:04

Hey guys, welcome! Let's get started, because it's football season, officially.

Isabella 00:10

Are you a football fan? Okay, good. I grew up in a football household. I never watched basketball growing up so I live for football season. And I was never a collegiate football girl. I was always an NFL girl. And so I really didn't get to experience college football until coming to the University of Alabama, which of course is an amazing place to experience college football for the first time. How do you feel like our football season is going so far?

Katie 00:29

Oh my gosh. Well, after our game against Kentucky, I don't know because that was a little up in the air, but I'm having a lot of hope for our game this weekend against FSU. I know that's going to be really big. And I'm just getting so excited about home games and getting to go sit in the stadium, eat that Denny dog and go to our team in person.

Isabella 00:54

No, it's amazing. If you're a freshman listening and you haven't made it to the game yet, go try it out and get yourself a Denny Dog.

Katie 01:17

Absolutely. I feel like some freshmen coming here, they know that we're big into sports, but they choose to skip the games anyways. And I think that's a big thing that I missed out on freshman year because I kind of had that mindset. And so I'm here telling you go to literally every game that we have at home.

Isabella 01:23

It's so cool. A night game is so cool with the lights and everything. It's just a different vibe. We could talk all day about football, Katie, but there's something more important that I want to tell everyone about today. And it's something that I know I struggled with a lot my freshman year was homesickness. Do you have anything that you can relate to in that department?

Katie 01:46

I remember freshman year starting out the first couple weeks of school, I was so busy with my classes and just trying to figure out my life here that I was really just in my head and kind of really distracted at first. And then about midway through the semester was when I really realized how homesick I was. And that's when it kind of came around for me that, oh yeah, this is a big

change coming all the way from California to here, that it was all kind of hitting me at once midway through the semester. How are you feeling your freshman year?

Isabella 02:15

My freshman year, I think I was in denial of the fact that I was homesick. I feel like it's really easy, especially in the age of social media that we're in, to compare yourself to people around you. And so I was comparing myself to the new friends that I made, or even friends from high school who had gone to other universities. It looked like everyone else had their life all put together. And so I feel like I was struggling really a lot internally with being homesick and not wanting to come forward and do anything about it because I didn't want anyone to know that I was homesick. And so that's really what I want to focus on today is just that there are resources here at the University of Alabama to use that help you get out of that, right? But then also like everyone else is also going through this big change. Maybe not as big, since there are some people that come from Tuscaloosa to the University of Alabama, so that's not as crazy as a change if you're coming from California or Washington State or anywhere else. But it's still a change nonetheless. Everyone's going through some sort of change and so don't forget that.

Katie 03:14

I think something that I've learned from my totality of four years being here is that it's easy to internalize your struggles and feel like you're the only person struggling. But I've learned from my four years that everyone around you is struggling in their own way and that you're actually never alone in any journey that you're going on because everyone around you is feeling the same way, but no one's talking about it. So I feel like something that really helps with this homesickness is just talk about it with your friends, go talk about it with your advisor and just get out of the house and really try to do something to get your mind off of the homesickness aspect.

Isabella 03:44

Absolutely. And there are so many people that we could reach out to if we need that help. Obviously, one of our great resources is the Counseling Center here at the University of Alabama. They offer multiple appointments per semester. I think it's 15 per semester, if I'm not mistaken. And the first one is free. So this is a great resource and after that's only \$15, so much cheaper if you go to an outside source. But then we also have other trusting people that you can build your own connections with. So, as Katie just said, your advisor can be a great person. I know I'm still in touch with my freshman advisor, but this could also be a leader in a club you're in, your sorority big or G big, however it goes. So there's always someone that's there for you if you ever need to have that conversation.

Katie 04:38

And if you ever just need to get out of the house and go do something and get your mind off of back home, go get involved and join those clubs and take up your time. Go grab food with your friends, go do events and go find different events to attend on campus. Just don't dwell on the

feeling. Feel it, acknowledge it, and then go keep on living your life here. Don't let it stop you. Don't let it deteriorate your journey this semester.

Isabella 05:08

Absolutely. You mentioned going to events. I know that university programs puts on so many cool events throughout the years. And so there's been multiple times that I've gotten like free ice cream or one of my favorites, I got a free Ouala bottle one time. So you can always follow their Instagram and they will tell you when they have pop-ups or whatnot going on on campus. They often have a tailgate before each football game. And this is a way to meet people as well as just give you something fun to look forward to. And that's one thing that I really want to hit on as we're starting to close out this discussion about homesickness is that it's okay to miss home. Call your parents. Call your friends from home. They probably are feeling the same thing, especially your parents, probably hitting hard on your mom. But plan a trip home if you want to. Give yourself something to look forward to. Give yourself a countdown. Plan a trip to the beach with your friends. Just give yourselves those moments of grace to be sad in that moment, but then also realize that this isn't forever. So really take in those moments of college.

Katie 05:36

Really utilize all of your resources and people you could talk to. Again, like we said, the advisor, the Counseling Center, the trusted people around you. Really take this time to utilize the environment around you. If you have some friends that you like that you want to get to know, take this time to deepen those connections with them. And this could also help with your homesickness too.

Isabella 06:18

Absolutely. And never forget that the Navigators are always here to help you. So if you want to come visit us in Russell Hall, you can either do a drop in or schedule a meeting. We're always here to chat as well.

Katie 06:29

Since it is still the beginning of the semester, you do have a lot of time to look into your options of getting involved, the trusted people around you and everything you have on campus. Really, again I'm trying to emphasize, go to these sporting events and go to the football games. You will not regret it. You have the tickets if you signed up for the ticket package.

Isabella 06:53

If not, they still have tickets you can buy through the student tickets.

Katie 06:55

Yes, and there's that app Student Seats where people can sell their own student tickets to other students. And that's a really easy and cheap way to get a ticket as well.

Isabella 07:03

And I actually recommend that over anything else just because you know that it is safe and secure. You just put in your Bama ID and you guys can transfer it really super quick and easy. I know I've done that a lot throughout my four years and I've never had a problem with it. So I do recommend using the Student Seats just because I don't want you to get scammed for your money. Anyways guys, thank you guys so much for joining us on this podcast episode, The Disease Called Homesickness. I really hope that you are enjoying your time here at UA and always remember there's always someone here for you in Navigators if you ever need anything.

Katie 07:36

All right guys, roll tide and we'll see you next time.