



## Homesickness

### Special points of interest:

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- Everyone can feel at least a little homesick at times. Friends and family back home are just a phone call away! Calling them once a week can help alleviate the feelings of homesickness.
- In today's technologically advanced world, there are several ways to communicate with others if face to face contact is not possible. Take advantage of these! Applications such as Facebook, Skype, and even a hand-written letter can be great ways to keep in touch.
- Is a phone call not enough? Encourage them to visit during the school year!
- It is common for college students to be stressed when leaving home due to changes in their environment and the added responsibilities of school work. Bring a piece of home with you!
- Don't dwell on the negative aspects of being away from home. Focus on what you can gain from the opportunities that college can give you!
- Don't be afraid to discuss your feelings with peers, RA's, and campus counselors if your homesickness is effecting others aspects of your life. <[www.buzzle.com/editorials/5-22-2005-70318.asp](http://www.buzzle.com/editorials/5-22-2005-70318.asp)>



[http://silverinternational.mbhs.edu/V191/v19\\_1\\_images/homesickweb.jpg](http://silverinternational.mbhs.edu/V191/v19_1_images/homesickweb.jpg)



- ### Quotes
- "The key to change... is to let go of fear." - Rosanne Cash
  - "There is nothing wrong with change, if it is in the right direction." - Winston Churchill
  - "Change is essential of life. Be willing to surrender what you are for what you could become." - Anonymous
  - "We must become the change we want to see." - Mahatma Gandhi
  - "The key to success is often the ability to adapt." - Anonymous
- <http://thinkexist.com/quotations/change/>

## Dorm Life



<http://www.dukepu.py.com/JMU%20Campus/field%20hockey%20website/images/chesapeake.jpg>

- Is your roommate your best friend or your worst enemy? If you are not getting along as well as you would have hoped, request a room change by talking to your RA.
- Noise levels in your residence hall to loud? There are plenty of other places on campus to study if studying in your room is not possible. <[www.sparknotes.com/college/life/page11.html](http://www.sparknotes.com/college/life/page11.html)>
- Being in close proximity with others can cause conflict from time to time, especially with roommates. Creating a written agreement with your roommates can be an effective way to solve arguments.
- New social demands can be stressful but do not be afraid to participate in dorm and other campus activities.
- Take advantage of the convenience of living on campus! Be sure you know what JMU offers for students, such as The Harrisonburg City Transit, multiple places to eat on campus, UREC, the libraries, and other places to hang out or study such as Taylor Down Under (TDU).

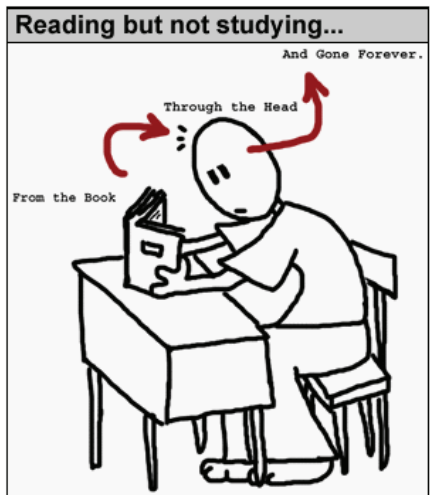
## Time Management and Study Skills

**"The secret of getting ahead is getting started. The secret of getting started is breaking your complex, overwhelming tasks into small manageable tasks, starting on the first one." - Mark Twain**

- Make a checklist and plan out all of your classes and activities in your planner.
- Is studying alone not your cup of tea? Take advantage of study groups within your classes and make sure you know at least one person in every one of your classes.
- Most people tend to underestimate how much time an activity or an assignment will take. Make sure you leave enough time for each activity so you aren't late for your next activity.
- Studies show that eating healthy, especially eating a good breakfast, leads to higher levels of concentration in the academic setting.
- When you sit down to study, it is important to actually be paying attention to what you are doing. If you become distracted while reading, re-read the sections that you weren't paying attention to.
- Academic success and studying are very important, but don't over-study or overwork yourself. Being burned out is just as bad as not studying.
- Develop good study skills, such as using acronyms, using flash cards, and reviewing notes.



<http://www.giflebanon.com/catalog/images/RoyalFruitBasket.jpg>



[http://web.ubc.ca/okanagan/students/advising/\\_shared/assets/ReadvsStudy9963.gif](http://web.ubc.ca/okanagan/students/advising/_shared/assets/ReadvsStudy9963.gif)

## Managing Relationships

- Communication is key to a successful relationship, whether it be with a professor or a significant other. Make time to talk when necessary.
- Use communication technology to contact those who are long distance.
- Don't neglect previously established relationships. Studies show that students who maintain healthy relationships with those at home are more successful in academics. [www.answers.com/topic/adjustments-2-college](http://www.answers.com/topic/adjustments-2-college)
- For the significant other in your life, here are a few ideas for how to say "I miss you" from a distance: send some flowers, send a care package, make a good, quality phone call, and plan a surprise visit. [collegelife.about.com/od/dating/ht/LongDistance.htm](http://collegelife.about.com/od/dating/ht/LongDistance.htm)
- The transition to college also sparks the transition to an adult relationship with your parents. Prove to your caregivers that you can succeed in a new environment on your own. Don't be afraid to ask for help when needed, but do not abuse your parent's resources. One of the skills you should be learning in college is how to be an independent and responsible adult.

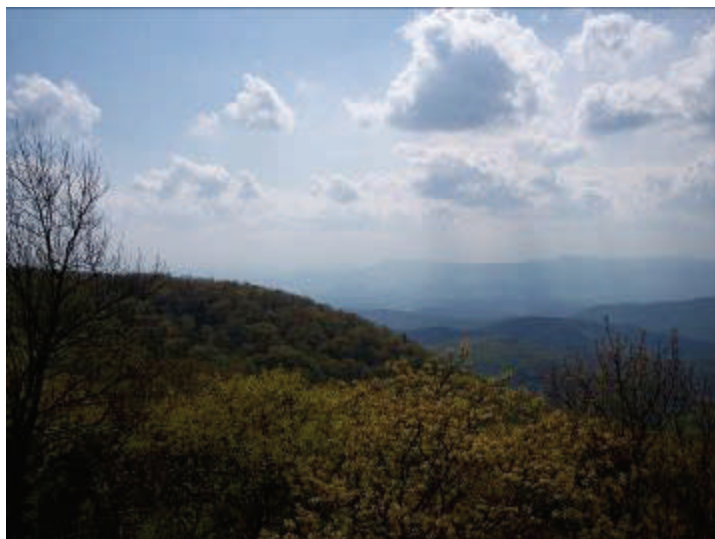


<http://tonyblairfaithfoundation.org/friends.jpg>

## Fun In the Fall: Activities During the Change of Seasons

- Visit Massanutten Resort for fun activities year around. It is just a 20 minute drive from James Madison University.
  - Horseback riding at Massanutten can be a fun and romantic way to get in some quality time with that special someone.
  - Massanutten also offers two 18 hole golf courses that can provide a fun challenge while providing scenic outlooks of the mountains at every hole.
  - Outdoor and indoor water park at Massanutten is a good way to maintain that summer tan and also let your inner child loose.
  - Looking for an outdoor adventure? Visit the beautiful Shenandoah National Park right here in Virginia! It is about 127 miles of outdoor excitement waiting to be experienced!
  - Scenic nature hikes, especially during the upcoming change of seasons is a good way to relax and break up the normal routine of college life.
  - Late summer camping is always a fun experience. It is a good way to relax with close friends and get away from the stressors of school and technology.
- Did you know that Virginia and West Virginia have some of the largest cave systems in the Northern Hemisphere? Exploring caves is always a good way to create memories with friends and family.

**"Life is the continuous adjustment of internal relations to external relations." - Herbert Spencer**



## Counseling & Student Development Center

## Services Offered

### *Varner House*

*On the Quad near between James Madison Statue and Moody Hall  
James Madison University*

*Phone: 540-569-6552*

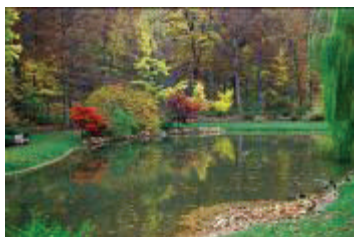
*Webpage: <http://www.jmu.edu/counselingctr/services/appt.html>*



- *Individual Counseling*
- *Consultation*
- *Group Counseling*
- *Crisis Assistance*
- *24 Hour Emergency Counseling Service (540-568-6911)  
with on-call counselor*
- *Emergency Department at Rockingham Memorial Hospital  
(540-433-4393)*
- *Varner House is open Monday through Friday 8am-5pm.*

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## *Upcoming Events at JMU*



- **September 1st-30th: Art in the Arboretum**
- **Where:** The Arboretum
- **When:** Mon-Fri 8am-5pm
- **What Is It?:** The artist Joan Griffin's work is featured in the Arboretum. She used wool, silk, and metallic yarns to create tapestries with patterns that produce unique colors. Some of these are available for purchase.
- **September 20th: JMU Steel Band**
- **Where:** Music Building Room 108
- **When:** 3pm
- **What Is It?:** A \$2 charge at the door will get you a unique experience in the realm of music.
- **September 22nd-26th: Experimental Theater**
- **Where:** Theater Number 2
- **When:** 8pm Tues-Fri and 8pm on Sat
- **What Is It?:** A \$4 admission will give you the experience of a play about a woman who always gets what she wants.