

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 feel they fit in at university.

www.youtube.com/watch?v=eqhUHyVpAwE&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