

Separation Anxiety (aka Home Sickness) There's No Place Like Home!

Feels Like-

- Others having a good time
- Irritable
- Lonely
- Sad
- Anxious
- Isolated
- Not measuring up to others



Tips and Tricks

- Accept as normal
- Set realistic expectations
- PLAN
- Address feelings/don't bury or ignore
- Get Involved
- Physical activity
- Practice interviewing
- Internships
- Mentors