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