

Peer mentors on the BA History programme, included a section on dealing with loneliness and homesickness which deals with the issues in a candid and practical way.

Uni can be an unfamiliar time, especially at the beginning. Just remember, you won't be the only one feeling unsure. Here's a few common symptoms and some suggestions on how to cope from...

History's Very Own Agony Aunt

Q: Halls are a nightmare! My flat-mates are freaks / geeks / junkies / Londoners / Northerners (delete as appropriate). What can I do???

A: Firstly, they're probably equally frightened of you, and they may even turn out to be alright in the end.

But it's easy to meet new people: join a society, sports team, cheap sports class at the Armitage Centre. Don't forget to chat to people on your course either. You won't click with every single person you meet, but as long as you make an effort, you will meet some great people. The same applies if you live at home, or even if you love your flat-mates – don't be afraid to branch out a bit

Q: Manchester University is not for me. I'm so homesick, I just want to go home.

In the mayhem of Freshers Week, you will probably forget your own name, let alone the fact that you have a family - but remember, it's all right to miss your Mum! Homesickness is something we have all been through, and that we have all got through - and so will you.

Top tips to combat homesickness;

∞ **Don't stay in your room** – remember, everyone is in the same boat. Don't think you're alone. Go out, meet your neighbours, have fun.

- ∞ **Limit how often you call home** – I know from experience that calling home when you're miles away often makes it worse - for you and your parents. We promise it will get better soon!

- ∞ **Talk to someone** - a neighbour, a tutor, your mentors or Manchester University's confidential helpline 'Nightline' which is open 8pm-8am in term time. Find the number on the back of your library card.

- ∞ **Don't Give Up** - We know it's scary and you feel alone, and we know you're scared that no one will like you. But give it a chance: Manchester will soon be the place you call home. Before you know it, you'll be a 3rd writing a guide for new students telling them how amazing Freshers Week is, wondering where the last three years went!

If all else fails and you really decide Manchester's not for you, make sure you don't give up on University altogether. Perhaps another institution or course will be better for you. It will help to talk to someone about it: a friendly lecturer or your personal tutor. And remember, it's not the end of the world :)