Finding Your Niche

- Make your room your own. Decorate it with things from home and make it a place you feel comfortable in.
- Look at your timetable and develop a plan for how you will fit in other activities during your free time, structure helps.
- Make time for activities you enjoy, even if there is nobody to do them with you can try doing some of these things on your own.
- Don’t wait for others to speak to you, avoiding contact can put people off from approaching you and intensify your isolation. Make a habit of talking to people you sit next to in lectures, at meals or in breaks.
- Put yourself in new situations where you will meet people with the same interests – societies, sports or voluntary work for example.
- Build relationships by showing interest in others. Practice being a good listener and encourage others to speak about themselves.
- Consider your own social preferences – big groups, one to one or small groups. Look out for others who feel similarly to you, not everyone is interested in bars and sports.
- Avoid self-criticism, remind yourself that friendships and relationships take time to develop. Don’t dismiss friendships in the belief that only romantic relationships will relieve your loneliness.
- Give university, and yourself, a chance. It takes time to get used to a new place and to feel at home.
- When you feel homesick tell someone about it, or write your feelings down. Acknowledging homesickness and seeing it as a natural feeling is useful in overcoming it.