Heading Home
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Reminder
Between reconnecting with old friends, sharing about your college experiences and having different levels of comfort and independence, transitioning from college life to home life can be both comforting and challenging. Here are some tips to help you adapt and navigate going home.

Setting Expectations

You may experience differences in opinions and lifestyles at home compared to college. Different perspectives on things like socializing and COVID prevention could cause tension. Communicating and setting expectations in advance can help you get on the same page. Share perspectives and find common ground to make a plan that works for everybody!

Hoo Knew?

When undergraduates are often or always able to adapt when changes occur?

Thanksgiving Break

Instead of

You make me uncomfortable when you don’t follow safety guidelines.

Try

I feel uncomfortable socializing if we don’t wear masks, stay outdoors, and limit the number of our gatherings.

Constructive Conversations

Using "I" statements instead of "You" statements can help communicate thoughts and feelings to family and friends without making them feel blamed or defensive.

College Conversations

Conversations with family and friends about your college experience can feel difficult, especially if you still feel like an outsider. Reflecting on some of your favorite parts of this semester and sharing them confidently can make these conversations easier. For instance, you could talk about exploring around grounds or taking an interesting class.

College Highlights

People can display the highlights of their college experiences on social media without showing the challenges. Avoid comparing your experiences to those of others. Being open and honest with friends about your ups and downs can help renew and deepen friendships.