

GOING HOME



- 1 Going home after being away at UVa can be challenging
- 2 Breaks are supposed to be a time to relax, regroup, and refocus, but often times adjusting to life back at home can be stressful
- 3 Many students find that going home can bring problems such as family issues, alcohol or drug abuse, and other toxic issues back to reality

What you can do to prepare yourself for going home after college?¹

RECOGNIZE

That things will feel different when you return home

PLAN

How you will go about handling these differences

NEGOTIATE

Be prepared to negotiate with your parents with things like a curfew, spending time away from home, etc.

Tips to help make being at home a smoother transition¹

Make going home a time to get back to the basics. What have you neglected since you have been away at UVA? (sleep, nutrition, time with family, etc)

Reconnect with friends and family whom you haven't seen lately

Tips from UVa Student-Athletes

"Adjusting to having a curfew when I went back home was difficult, but over time it got better"

-4th year female

"At first, my sense of independence felt like it had been removed. I had to sit down and talk with my mom about how I felt."

-4th year female

"The hardest thing for me when I go home is the slow pace. I feel like I go from having a million things to do to nothing to do"

-3rd year male

"Over the break (Thanksgiving) I was surprised at the amount of times I was arguing with my parents. When I went home again (Christmas break) I made sure to have a plan in place to alleviate any tension brought up between family members."

-4th year female

"At times you will feel like arguing with your family members, but try to remind yourself how much you have missed them since you've been away, and value the time you have with them"

-4th year female

Need to talk? See the UVa Sports Psychologists
Jim Bauman, 434-987-2918 & Jason Freeman 434-242-7472

¹Jason R. Freeman, PhD. Licensed Clinical Psychologist.

