MEET THE FORUM STAFF

Hidden away in the basement of North Court, the Forum Magazine executive team, staff members and a few squatters allow their sanity to slowly wither away to bring you this publication. Proceed with caution.

SABRINA ESCOBAR | Editor-in-Chief

As Forum’s resident Latina, Sabrina loves refried beans, pupusas and really good tacos. When she’s not scooping out the D-Hall dessert bar and avoiding the gym, she’s in her apartment doing homework (binge watching Grey’s Anatomy).

KAY DERVISHI | Managing Editor

Kay is well-known on campus for her RBF and her obsession with quoting “It's Always Sunny in Philadelphia.” When she’s not Lead Writer for Forum, she’s writing articles for RVAGOV and The Collegian because she has mostly limited interests.

BRIANNA WEITZ | Creative Director/Publisher

Brianna, your friendly neighborhood southerner, is often found lifting heavy things, driving her sports car or blasting country music. She has been compared to the likes of Leslie Knope, but really what she wants is all the bacon and eggs you have. ALL the bacon and eggs.

EMILIE ERBLAND | Asst. Managing Editor

When she’s not writing and editing for Forum or The Messenger, Emilie can usually be found in B2 procrastinating on her homework or in the theatre department sewing retro costumes for UR’s next production.

JULIA VITALE | Lead Writer

Vitale has a passion for writing to bring the latest information to readers. She is double majoring in English and PPEL and has interned in marketing and publications at the International Myeloma Foundation. She also has a profound love for Weiner dogs!

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Our mission at Forum Magazine is to create an impactful, revealing and balanced magazine, designed and reported with University of Richmond students in mind. Forum Magazine will be a place for conversation of all topics that leaves students with a deeper understanding of both the college world and beyond.

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**On the Cover**

Photo by Brianna Weitz

The stairs leading from the lake to North Court are a must for most students and photographers. One of the many beautiful spots on campus is often overlooked by those hustling to their next event.
7:00 a.m. -- Wake up; 8:00 a.m. -- Homeroom; 8:15 a.m. -- Calculus test; 12:00 p.m. -- Diversity club lunch meeting; 1:30 p.m. -- Gym class; 4:15 p.m. -- Play practice; 9:00 p.m. -- Dinner; 10:00 p.m. -- Homework

Does this schedule seem familiar? As a senior student in high school, I was struggling to balance four AP classes, college applications, leadership positions and theater rehearsals. Each day was a mini-marathon to see how many activities I could squeeze into my schedule without collapsing from exhaustion.

As incoming first-year students at the University of Richmond, there’s no doubt that you are a high-achieving bunch. You are probably accustomed to a high school schedule that leaves little time for rest and reflection. And now you are about to embark on your first semester of college. You have worked the entirety of your high school careers for these next four years. You’re likely itching to take advantage of all the new opportunities that UR offers. But how will you strike a balance in your academic, extracurricular and social life at UR?

The first thing I noticed as a first-year student is that I had more time and independence than in high school. I was in class for a total of 12 hours each week. But I was also responsible for developing my own timeline for studying and completing my assignments.

I also found myself in a bigger pool than I did in high school. I left an environment where I was respected by my teachers and peers for my academic achievements and extracurricular contributions and entered a community where every student was a high achiever. I walked into my first economics exam feeling prepared and confident and left devastated after having received one of the lowest grades in the class.

The social pressures of living in a dorm, away from my home and family, took an emotional toll as well. My first semester at Richmond was both exciting and overwhelming as I navigated the journey of emerging as an active and valued member of the campus community.

Joe Boehman, dean of Richmond College, weighed in on the unique position in which first-year students find themselves.
“I think we all put a lot of pressure on first-year students to be happy and successful right out of the box,” Boehman said. “A number of students who come here have been on the treadmill of achievement for a long time, making sure their application to college had as many boxes checked as possible. It’s hard to turn that off, especially at a school that has high expectations like Richmond.”

High expectations can lead to high levels of stress. The American Association for Anxiety and Depression found that 85 percent of college students will feel overwhelmed at some point during the school year. While this statistic is alarming, it also serves as a reminder that most students find themselves in a similar position. Nearly everyone struggles to find that elusive balance on their respective campuses.

Jessica Sandor ’17, who is heading into her second year at NYULaw School, recalled the unique pressures of living on Richmond’s secluded campus.

“Living within shouting distance of friends and peers, and within constant email reach of your professors, can be overwhelming,” she said.

Sandor suggests taking 30 minutes each day to unplug from social media and other distractions.

“Take a walk around our ridiculously gorgeous campus and think about how your day went,” Sandor said. “Remind yourself to slow down and make sure you’re prioritizing your own happiness.”

At UR, there are several other ways and resources to help you during your first semester so you don’t feel overwhelmed right away.

One strategy is to limit the number of extracurricular activities you take on in your first weeks. Aim to try just one to two activities at a time to discover what you like.

Counselling & Psychological Services (CAPS) is also a vital source of support on campus. CAPS offers free mental-health related services to full-time students by a team of licensed counsellors. About one-third of UR students will seek out CAPS services at least once before graduation for issues ranging from general stress to more serious mental-health concerns.

In addition to professional counselling, there are also a range of resources right at your disposal: your Resident Assistant, your Westhampton College or Richmond College Dean and your first-year adviser.

“It is important to find a perspective that is not simply your peer group,” Boehman said.

It can also be helpful to wander outside the Richmond “bubble” and spend some time exploring off-campus.

“It is absolutely worth your time to do a little googling and explore some of the truly incredible food options in Richmond,” Sandor said. “Whether you go by yourself or with a group of friends, the chance to take the time to sit down and eat a truly incredible meal is an invaluable way to give yourself a little distance from the pressures of school.”

Four years is plenty of time to take advantage of everything that UR and the city of Richmond have to offer. And there is room for every student to carve their own path and achieve their own level of success.

My own advice for first-year students would be to take on one extracurricular activity that you’re passionate about, start building a personal relationship with one of your professors, and focus on finding a solid group of friends. Also keep an open mind and try at least one new thing during your first semester. It could be a class, an activity, a leadership position, or anything else you can think of.

The most powerful realization you will have in your first semester is that you don’t have to be exactly who you were in high school. You have a chance to re-shift your passions and identity. This is a powerful opportunity, so don’t waste it, but don’t abuse it either.

And oh yeah, remember to call Mom and Dad every now and then too.
Forum's DECLASSIFIED ORIENTATION Stories

By Kay Dervishi
“Once during orientation, we skipped the games with our OAs and they took us to their room to drink beer. The RA actually came by and, since my OA had a pretty big closet, we all hid in it.”

**Adriana Ramirez, ‘18**

“I hated orientation. To say that I was nervous going into orientation would be an understatement, but **hearing some of my peers speak Spanish helped me feel more at home**. The ice breakers were awkward, and my group was not like other orientation groups, like none of us made friends there. What got me through orientation week would be my orientation leaders who always had a smile on their face and somehow managed to make everything on campus exciting, making us all want school to start.”

**Ana Ramirez, ‘19**

“On the first day we all had to say a fact about ourselves and so I admitted that I didn’t know how to ride a bike. Instead of making fun of me about it all week, I came to our next meeting only to find Jared, my OA, **standing there with a yellow bike**. He was determined to teach me how to ride it in front of the whole group. I was way too nervous but it’s the thought that counts!”

**Torey Bates Samuel, ‘20**

“I often had to go to LoRo and wake up my boys individually because they never got up for breakfast in time. One of the times I had to go into their floor and get them, I ran into one of mine locked out of his room wearing only a towel and I had to help him get access to his room through his phone.

One morning, I had to go wake up one of my orientees on the football team and he seemed so out of it and tired, and I assumed it was from having practice during orientation, so I told him breakfast wasn’t mandatory (it was) and that he had to meet us at the honor test across campus that I forgot to tell my orientees about earlier.

Oh, and I’m pretty sure my OA got bitten by a snake one day during my orientation, I have a super vague memory of him telling us that that happened the night before.”

**Grace Lynch, ‘20, Orientation Advisor**

“I really enjoyed my orientation experience in the University of Richmond. Especially as a first year student, I think it helped me realize that **there were more people in the same position I was in**. Realizing that you are not the only one with some insecurities about how the next four years of your life are going to be really gives you some sort of perspective on who you are sharing the college experience with, and in my case it was very comforting and reassuring that I made the right choice coming to Richmond.”

“As an OA I got to see the behind the scenes work that all the orientation team does to help incoming students feel comfortable with the university. It really made me proud of our community because I got to see a lot of people committed to make the start of the college experience of the incoming class one to remember.”

**Santiago Rivas, ‘20 FA**
SPIDER SLANG
EVERYTHING YOU NEED TO KNOW TO SUCCESSFULLY NAVIGATE ALL THINGS RICHMOND

BY EMILIE ERBLAND

EVENTS

BEACH WEEK
Many students choose to travel to Myrtle Beach, South Carolina after spring finals for some much deserved relaxation and debauchery.

DARTY
Short for day party, usually held on warm autumn days or once spring rolls around at fraternity off-campus houses.

DOWNTOWNS
Downtowns are parties held usually on Thursday nights at local clubs organized by UR fraternities. One memorable downtown from my freshman year featured a dance floor entirely covered in foam and bubbles.

FIRST FRIDAYS
First Fridays are popular events that allow students to experience the downtown Richmond art scene. On the first Friday of each month, shuttles run from campus to the University cafe in the city, UR on Broad, and students are encouraged to stop for a bite and explore the local art galleries.

LODGES
Lodges are fraternity-organized parties that take place on weekends at the fraternity lodges on campus. They’re always themed, so start stocking up on costumes, accessories and glitter. Notable past themes include sand lodge, where the floor of the lodge is covered in sand. Fair warning: lodges tend to be sweaty, loud and drenched in beer.

PIG ROAST
An annual spring darty beloved by students and alumni alike. Pig Roast takes place at the lodges and is essentially a massive barbecue. Be sure to bring out your best preppy outfits!

MEET AT THE MUSEUMS
Catered events that take place at University museums several times each semester. There’s usually delicious snacks like sushi and always a chance to check out the art and natural history exhibits.

MIDNIGHT MUNCHIES
Midnight Munchies is a late night event run by the dining hall the week before finals. For a few wonderful hours, the entire campus piles into the dining hall and gorges themselves on deep-fried delicacies and novelty ice cream. I already have it marked on my calendar.
PLACES

Commons
The long building that serves as a walkway across the lake and houses the Cellar, Tyler’s, the Bonner Center for Civic Engagement and the Career Center among other things. The Commons is often the venue for university and Greek life events like Lip Sync, Drag Night and Trivia Nights.

D-Hall
Perhaps self explanatory, D-Hall is the Heilman Dining Center. It’s included in this list because I spent the first several weeks of freshman year saying “the D-Hall,” much to my embarrassment. It’s just D-Hall.

First/second/third rooms
Microcosms of D-Hall, the first, second and third rooms are distinct seating areas. I’m a third room kind of gal, but you may prefer the first or second -- or maybe you mix it up! Most people have a preference for D-Hall seating.

Gotty
Another term for the Gottwald Science Center. This term is mostly used by science students.

The lib/club lib
Terms for the library. ‘The lib’ is used casually whereas ‘club lib’ is often used ironically by students who would rather be spending their weekends elsewhere. Example: “ugh, I’d love to go to lodges but I’m stuck at club lib!”

B1/B2
The basement levels of the library. Like the dining hall, the library has distinct seating areas and most people have a favorite floor of the library. B1 and B2 are usually quiet and empty, the first floor is mostly used for collaborative work -- bonus slang: sometimes this floor is called ‘collab’ -- and the second floor is completely silent. Pro-Tip: B2 has hidden armchairs between stacks of books that make excellent quiet reading spaces.

Mount Modlin
The hill between Queally Admissions Center and the Modlin Center for the Arts. It’s really just a hill.

The Village
The shopping center right off campus that features a grocery store, several restaurants and RVA Escape Rooms. Shuttles are available to the Village every hour.

Loro
Lora Robins Court.

B-School
Another self-explanatory one, B-school is the Robins School of Business.

THINGS

Coordinate College System
The Coordinate College System is an organizational structure within the University that consists of a men’s college, Richmond College, and a women’s college, Westhampton College. While all undergraduate students receive their academic degrees from The School of Arts and Sciences, Jepson School of Leadership Studies, or the Robins School of Business, students are also members of one of the coordinate colleges, usually the one that corresponds to their gender. Westhampton and Richmond Colleges offer opportunities for two student governments and a rich traditional history among other perks. There’s an ongoing debate about the practicality and ethics of having a men’s college and a women’s college in 2018. Useful structure for equitable leadership or outdated and unnecessary separation? You decide!

Lodge Shoes
Lodge shoes are usually an old pair of tennis shoes worn to lodges where the floors are usually sticky.

Swipe
Another name for a student ID.

Shuttles
Shuttles may refer to the University buses that take students downtown and to shopping centers or to the fraternity run transportation system that takes students to off-campus parties.
Forum Magazine

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Richmond Center for Christian Study
richmondstudycenter.org

Join us to hear

Dr. Mike Licona
Associate Professor of Theology at Houston Baptist University

"Is There Historical Evidence for Jesus’ Resurrection?"
Q&A to follow

Friday, Sept 21 at 9:00pm at the Study Center

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ONE OF THE lessons freshmen quickly learn is that, as much as orientation throws you into a million different activities, you’ll soon end up falling into a routine with your friends. To move a bit past the classic hangout spots like your cramped dorm room, lodges or the dining hall, we’ve compiled a guide that can hopefully help you get more creative in exploring, not only campus, but the city of Richmond.

Through University of Richmond
Here’s a preliminary look at what events will be going on on campus early in the semester. But this list is definitely not exhaustive – you’ll probably notice floods of posters and Spiderbytes alerts advertising plenty of events early on. Just keep a look out for what looks good (and has the best free food).

August 29: SpiderFest
This yearly event is the place to be for freshmen trying to figure out exactly what student organizations are on campus. From club sports to volunteer work to magazine writing, there are plenty of options to explore, and plenty of free stuff to grab from each group’s table. You’ll probably sign up for 50 clubs you aren’t prepared to handle or even want to join, but don’t worry, it’s part of the college process. And if you want to prepare, there’s a whole directory of student organizations on the Center for Student Involvement website.

August 31: Color Wars
This yearly event tends to fall pretty close to Spiderfest, barring weather problems. It’s one of the university’s most popular events where each class year teams up and competes against each other in a series of activities. And also dunk colorful powder on each other. Just remember to wear a white shirt (that you don’t care about spoiling), bring a baggie for your phone, and your ID to swipe in for the event. This year also will feature the event’s first dunk tank, in which certain members of the losing team will get punished.

September 5: Sit On Top Kayaking
UR’s Recreation and Wellness Department hosts many low-cost outdoor activities, like kayaking down the James River. The trip, which is open to those with no practice, includes instructors, equipment, transportation and snacks for a mere $15. That’s a steal, compared with a $35 rental for just a boat at RVA Paddle Sports. Students can sign up online with a credit card or at the gym with either Spicercard or cash.

September 5: Jazz at Booker Hall
UR hardly tends to sell itself as a particularly musical school, but there’s something to be said about the many concerts it hosts, which are free or reduced price for students. This performance by the David Esleck Trio, headed by a UR professor of the same name, is one that falls under the “free” category. Esleck’s recordings are firstround Grammy Award and Indie award nominees and the band was rated Richmond’s best jazz band by Style Weekly in 2017.

Off-Campus Excursions
You’ll hear about this elusive “Richmond bubble” pretty soon that many students fall into, where they don’t tend go outside of UR’s campus. Pop it early and start exploring more activities off campus! All but one of the events listed below are free, and there are more museums and places to visit beyond this that are also affordable for students. Beyond this list, you also should check out other popular Richmond spots like the Virginia Museum of Fine Arts, Belle Isle, Hollywood Cemetery and the Virginia State Capitol.

September 7: RVA First Friday Art Walk
First Fridays are a lifesaver for art lovers and nighttime city walkers. This free event happens the first Friday of every month in the Arts District, with art galleries, shops, restaurants and non-profits all staying open in the evening for the art walk. Wanderers can pop in to see an exhibit, see street performances or grab the occasional free gifts or food samples. They have yet to post their plans for September, but the Monday before, organizers start posting on Facebook which galleries are participating and what they have planned. And UR provides transportation to and from the area the day of, saving you time on finding parking.

September 7-8: Armenian Food Festival
The 60th annual Armenian Food Festival is in September, so prepare to fill up your plates with shish kabob, cheese, and hummus. Oh, and keep an eye out for their famous Hye Burger, a blend of ground sirloin, lamb, herbs and Armenian spices. The festival, which draws nearly 8,000 people, also features live music, dancers and a gift shop rife with goods from Armenia.

September 20: “Portugal. The Man” at Richmond Raceway
The rock band “Portugal. The Man” is coming down to Richmond, a far way down from the band’s native Alaska. They won a Grammy for their catchy song “Feel It Still” this year, which also hit the Top Five last year. Listen to their recent album Woodstock if you haven’t, and if you’re a fan, shell out for the tickets which, as of July, are running for about $40 to $45.

September 22: Pridefest
June may be Pride month but Virginia’s Pride festival takes place in September. Find your most colorful outfit and go celebrate with some friends at Brown’s Island. Or, if you’re more civic-minded, go volunteer to help with the event. UR’s LGBTQ+ clubs often arrange transportation and company for volunteers and regular attendees.

September 29: Richmond Dog Festival
Good news for students who are already missing their furry friends back home: The 17th Street Farmers Market is hosting the Richmond Dog Festival the last weekend of September. And there won’t only be bubble-butt corgis and fluffy collies — you can also enjoy some craft beer, food and live music to round off the afternoon. The farmers market is about seven blocks away from the Shockoe Bottom stop on the Pulse, Richmond’s new and faster bus system.

Ongoing: There’s Just Us Art Gallery
About a year after Unite the Right protests in Charlottesville, the Virginia Holocaust Museum is hosting an exhibition of photos taken there by Alec R. Hosterman, a professor and photographer at Longwood University. The photo series presents a poignant way to reflect on struggle against bigotry not only in Charlottesville but throughout the country. Admission to the museum is free and the museum is open on weekends.
INCOMING COLLEGE freshmen face many daunting questions about how their first year in a completely new environment will go: how will they make friends at their new school? How will they do in their new and more demanding classes? How will they adjust to being away from the comfort and familiarity of home and the people they grew up with? And most daunting for some, will they manage to keep of the “Freshman 15?”

The “Freshman 15” refers to the fifteen pounds many most first-year college students are expected to gain within their first two semesters. However, research actually indicates that the “Freshman 15” may be an exaggeration; the majority of students only gain between four to ten pounds, according to an article published on WebMDwebmd.com. Regardless, there are many aspects of college life that, if not addressed, could lead to unwanted weight gain.

A huge part of college is independence. Your parents are no longer around enough to tell you that you shouldn’t watch t.v. before you finish your homework, stay out at unreasonable times if you have class the next morning, or eat pizza for dinner ten nights in a row. The thing about the Heilman Dining Center (widely known on campus as “d-hall”) is that it offers pizza, an assortment of fried foods, and ice cream every day. The dessert case is situated so that you almost have to pass it before you can get to any of the other foods and offers treats to satisfy any craving you could have. But at the same time, “d-hall” also has a permanent salad fixture and fruit stand, and there is almost always a cooked vegetable and grilled chicken offered in the evenings. So even though d-hall offers a million sugary and greasy options, it also offers no does not offer an excuse to be eating unhealthy. University of Richmond’s dining services also provides a daily online menu, called the “Edible Bytes Mobile Menu.” The menu breaks down the nutritional facts and caloric value of the foods being served in d-hall and other on-campus dining locations and can help to help if you’re ever in doubt about how healthy a food is.

If you still have concerns or questions about eating healthy on campus and avoiding the Freshman 15, the university offers free nutritional counseling to all students. Counselors are trained to accommodate not only students trying to lose or gain weight, but also those with special dietary needs and eating disorders. They can help you sift through the endless science behind nutrition and compose the best diet for you.

In addition to adopting new eating habits, many first year college students lead more sedentary lifestyles than they had in the past. Often, people who played sports or participated in other rigorous physical activities in high school let those hobbies go in order to to focus more on academics. Fortunately, there are still many ways to stay active and burn off extra calories in college. There are many school clubs dedicated to dance or intramural sports to choose from, and besides keeping you in shape, they can help you find friends and adjust to college life faster. In addition to the university’s free gym, which is equipped with a swimming pool, a sauna, and offers guided exercise classes, many students opt to take advantage of the school’s spacious and beautiful campus and run or jog outside on the nicer days of the year. And even though having to trek from the Richmond side of campus to the Westhampton side multiple times a day between your dorm, classes, and the dining hall may seem like a burden, you are better off for it.

And for some parting advice: don’t skip breakfast. Even though the dining hall may be the last place you want to go before the 9 a.m. class you naively signed up for over the summer, an article published on the Academy of Nutrition and Dietetics’ website says that skipping breakfast can slow down your metabolism and cause you to overeat later in the day. Experts recommend “front-loading,” or consuming the majority of your calories in the first half of the day rather than later in the afternoon and evening. If d-hall is really out of your way in the morning or you just know you are going to be running late, it might be helpful to keep protein bars or instant oatmeal in your dorm.

Even though the “Freshman 15” is not as dramatic or unavoidable as people make it out to be, it is important to adopt healthy eating habits early on in your college career in order to set up healthy patterns for not only the next three years, but for later adulthood as well.
NEVERENDING MOVE-IN DAYS, lengthy orientation sessions, trying to make friends, busy classes… These basically summarize your first couple of weeks of college. Congratulations! Life has become realer, yet a lot harder.

Every morning, you will be jolted awake by the piercing sound of your alarm, instead of the bustling noise of your family. It’s now your call -- not your parents’ call -- as to whether half an hour of extra sleep is worth being hungry for your first class.

Without the health warnings of your parents ringing in your ear, your cravings may make you dig into bags of chips late at night, feeling the oil and salt in your veins. Greasy, yet unutterably satisfactory.

Now that you can decide your own bedtimes, you might have trouble sleeping. Some nights because your room is full of waves of laughter, others maybe because you’re homesick.

Those nights, you might wonder about your family, your high school significant other or your dog.

Sometimes, you might start to feel alone, ignoring the many people next to you, forgetting that the school is full of people feeling like you.

Even the students that seem to be adapting to college best can be suffering from homesickness behind the scenes. Wanting to snuggle under the blankets does not make you a coward, it makes you human.

Homesickness is a real problem which can be solved easily with some help. Its effects not only disturb your emotional balance, but also interfere your capacity to get involved in social groups and adjust the new college atmosphere. It can make you feel stressed, anxious, sad or nostalgic. But, there are several ways to quiet these effects.

There are many sources at UR you can contact if you feel down. Knowing the detrimental effects of homesickness, the university offers free counselling services at Counseling and Psychological Services (CAPS). It is full of people who want to help you to make the most out of your time at college by offering short-term mental health services.

The first few weeks of fall, CAPS counselors see many students who are struggling with leaving home behind and learning to adjust in their new college environment. In 2016-2017, out of 712
students who sought CAPS Services, 269 students gave adjusting to college and feeling isolated as reasons. One of the staff psychologist at CAPS, Dr. Rachel Koch, highlights the importance of social belonging when it comes to adjusting college and overall well-being of individuals. Finding people on campus to hang out with is the key to decrease feelings of homesickness, she said.

However, making friends can be difficult for many students, especially if they are coming from a completely different background. Most students coming to college have had many friends back home -- and may not even remember how they became friends at the first place, Koch said.

Koch realized how hard it can be for young adults to start a new friendships with their peers. She urges students to not compare themselves to their peers or and to avoid relying only on friends at different colleges. It is unfair to compare new relationships to other close-knit friendships, as it is unrealistic to expect to have a best friend within the very beginning of the college, she said.

The best solution to homesickness is to spend time out of your room and meeting your floormates and classmates, Koch said. I agree -- it is the best solution. I did not meet my best friend in the first weeks, but I did met truly amazing people because of a simple smile. It was my first time in the United States, and asking questions about the culture, explaining what was weird to me or mentioning the unique everyday details were good ways to start a friendship with American students, as well as international ones.

Take place in first-week activities, since everyone there is also trying to meet new people. Social connections can start in the very first weeks of class, so take advantage of that!

Experts also recommend to do small things that will remind you of home, such as eating your favorite comfort food, or keeping up with weekend traditions your family does or allotting a specific time to talk with friends and family at home.

During this period, CAPS is very helpful to manage the process of getting out of your comfort zone and constructing a sense of belonging in UR. It is always good to stop by CAPS if you just feel like talking to someone, because there is always someone there who will put everything aside and listen you.

“If you continue to tell yourself, ‘I don’t fit in and I want to be home,’ that can become a self-fulfilling prophecy,” Koch said. “I always encourage students to be kind to themselves during this transition and change that statement to, ‘It’s not easy right now and I will continue to take steps towards furthering my connections here.’”

You have made it to college with a bag full of memories. Those memories might seem far away, but many more is waiting for you. Do not get stuck in the past. Try new things. Always be mindful of yourself. Remember, “It is a journey, not a destination.”

Study leadership.
Prepare to lead.

“Jepson prepared me for all of life’s challenges on and off the football field. I learned when it’s appropriate to lead and when it’s better to contribute by following. I also learned how to understand and complement different personalities in order to bring the best out in each other.”

— Kyle Lauletta, ’17
The New York Giants

Interested in Jepson?
Contact Dr. Kerstin Soderlund, Associate Dean for Student & External Affairs, at ksoderlu@richmond.edu.