

# WELCOME BACK

from The Bolt

Hello, Concordia! It's September once again, and we're back to kick off the year right alongside you. If you are a new student, either just beginning your university career or transferring from another institution, welcome to Concordia University of Edmonton!

Concordia is a lot like other schools you've been to. You'll go to classes--some of which you're excited for, others for which you're not--you'll meet some new people, you'll do some homework, and you'll try to get to Starbucks and back in between classes (some things are universal). Some of you will be perfectly content to leave your experience at that.

If you aren't content to leave it at that, though, you can take another step and find out that Concordia is also unlike other schools you've been to. Look around your classroom or lecture hall the next time you're there. You're probably looking at less than eighty people. For most of you, you're probably looking at less than fifty people. You'll likely get to know half of them before the semester ends, and many of them will follow you through your program over these next years. You can talk to them, get their advice on a project, compare notes before an exam, or just vent about your unimaginably busy schedule (spoilers: it gets even busier). Once you learn where everyone sits around you, you can even utilize one of my favourite techniques when the class is given bad news: turn your head and look at your new friend like you're on The Office. It won't change anything, but at least you get to experience a moment of solidarity, and forget for a brief moment about the fact that you now have two mid-terms back to back on Monday.

If you want to take another step, the Concordia Students' Association--our student body government that plans and executes our headline events every year, and works with the institution of Concordia to make your experi-

ence here as valuable as it can be--holds an election every year to fill its Executive and General Council positions.

Finally, The Bolt is here to share your thoughts, observations, and lessons with your fellow students. We are currently hiring writers in a variety of paid positions. If this sounds like something you'd like to take on this year, or just want to know more about it, contact us through email at [csabolt@student.concordia.ab.ca](mailto:csabolt@student.concordia.ab.ca), or come visit us in our office in the library, L279.

If you're a returning student at Concordia this year, welcome back. You might have noticed a couple of changes around here since you left for the summer. The biggest of these changes is our new building: the Centre for Science, Research, and Innovation. This new facility is equipped with some new labs for biology and chemistry students, but it also includes some brand new features such as an observation room for psychology studies, private labs for research teams and professors, and even a section dedicated to indigenous ceremonies, which is well ventilated in order to host ceremonial fires.

Now it's time to get started. Welcome back to school, Concordia.

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# THE BOLT NEWS

## CUE 101: INTRO TO CONCORDIA



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## SCIENCE AT CONCORDIA

by Donovan Makus

Welcome to Concordia! Whether you are a returning student or a fresh First Year, there is plenty to be excited about in this upcoming year, particularly for science students. There has never been a better time to be a student at Concordia. The new Centre for Science, Research, and Innovation (CSRI) is well-equipped for undergraduate research, as well as for hosting outside researchers. While the research side of the CSRI is something you'll likely not fully participate in unless you're a senior science student, the new facility also includes new spaces for studying, relaxation, and engagement for everyone.

One of the great advantages of attending Concordia is being a name and a face and not just a number. From the small class sizes and cohorts to the individualized support available from Student Services, there are many people on campus who can help and support you. First year, in particular, can be a stressful and overwhelming experience, and there are resources available to help you manage the transition and stresses of university life. From the CSA's programs such as Peer Support, to the Writing Centre, to the student-led Supplemental Instruction sessions, don't be afraid to use these resources!

While academics is an important aspect of your university journey, it shouldn't be the sole focus. There are many clubs, faculty unions, and groups hosting a variety of events for students on campus, with plenty of events open to all students, regardless of Faculty. Making space in your schedule for the club fair will be time well spent. Attend-

ing a small school means that you'll often find yourself attending classes with the same people from your cohort and see the same people day after day, giving you a great opportunity to form new friendships (and potential lab partners).

For First Year science students, or other students fulfilling their science requirements, your first experience with University level science courses lies ahead. A key part of many 100-level (and beyond) science courses are the labs. For some, the experience will be pleasant and easy; you had "wet labs" in high school or some other pre-existing experience. For others, this will be your first introduction to the lab, the lab report, and to the blue lab books that characterize many laboratory courses here at Concordia. Having successfully completed the introductory Biology, Chemistry, and Math labs, I feel at least somewhat qualified to offer some advice on how to best navigate this new world of university labs.

Looking back at my first Chem, Bio, and Math labs, I remember one single, overwhelming feeling: I had no idea what I was doing. Yes, I had done the pre-reading, in the sense that my eyes had passed over the pages of the lab manual in a manner I would loosely define as "reading", but I didn't attempt to understand the labs beyond a surface level. I quickly learned the importance (the hard way, with scores of red pen marks over my assignments) of knowing what you're doing in the lab period before walking in the door. From my conversations with other science students, I think I can safely say we've all walked into a lab, sat down at our spot, and started reading the lab manual for that day's lab right then and there. However, this isn't the best strategy for doing well in that lab. Understand what the purpose of the lab is, what assignments and data need to be collected, and what steps need to be followed in the lab to collect the data you will need to com-



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## HISTORY OF NORTHLANDS

by Natasha Eklund

I am sure many of you are familiar with the Northlands Racetrack which has operated for 113 years. They have sadly announced their last season, ending on August 25, 2018, with the 89th and final Canadian Derby. It is incredible to think that this track has remained mostly unchanged for 95 years, until 1995 and once again in 2005 for some upgrades.

The creation of Northlands track dates back to the 1880s and was established by residents of Rosedale, located just south of downtown in the river valley. This community dates even further back to the early 1800s as a site for the Hudson's Bay Company, Fort Edmonton. In the 1880s, the residents of Rosedale would gather and host informal races featuring their best saddle horses. From this, formal racing rules were established and, by 1900, the races were moved to an official racetrack known as Northlands Park.

Ontario-born Robert James Speers has had such a large impact behind Western Canada's horse racing experiences as he had built several race tracks across Western Canada and founded the Prairie Thoroughbred Breeders' Association in an attempt to promote breeding in Western Canada. Speers bred thoroughbreds of his own, rewarding him with six Canadian Breeder of the Year Awards. Additionally, his name is in multiple Halls of Fame, some of which include the Canadian Agricultural Hall of Fame, Canadian Sports Hall of Fame, Canadian Horse Racing Hall of Fame, and the Manitoba Sports Hall of Fame. This is an incredible amount of recognition for Speer's efforts to influence the experience of horse racing in Western Canada.

Along with all the recognition for Speers' work in promoting horse racing in Western Canada, he also had a hand in the creation of the Canadian Derby. This is one of the most popular and glamorous events where everyone comes together in celebration and dressed to the nines. In 1925, Speers had built Winnipeg's Polo Park track where the Manitoba Stakes began in 1930. This was later renamed in 1936 to the Manitoba Derby, which was limited to only Manitoba-bred horses. Only five years later, this Derby was once again renamed in 1941 to the Canadian Derby which allowed all Canadian three-year-old thoroughbreds to race. A year after Speers' death, Polo Park was closed in 1956 and the Canadian Derby relocated to Northlands Park where it has been hosted for nearly six decades. Horses come not only from Western Canada, but also from the east, such as Toronto and Montreal to compete.

Contributing to the horse racing community, the Horse Racing Alberta (HRA) is non-for-profit organization which was established in 1996 to manage self-regulation. The Northlands closure had been an agreement between the HRA, Northlands, and Century Casino. This agreement has allowed for Century Casino to build, operate, and run a new race track opening in Spring 2019, next to the Edmonton International Airport. Similar to Northlands, this new track will continue to offer a family-friendly experience, dining, slots and wagering; it will also offer a state-of-the-art barn accommodating 800 stalls, and will host concerts, festivals and themed events. Through the closure of Northlands and the opening of Century Mile Racetrack, the HRA has acknowledged the importance and history of community that the races have brought to Edmonton and ensured that this experience will continue to grow.

If you have not got the chance to attend the races at Northlands, I strongly encourage you to plan a night out with some friends in the coming season to witness the excitement these races can offer!

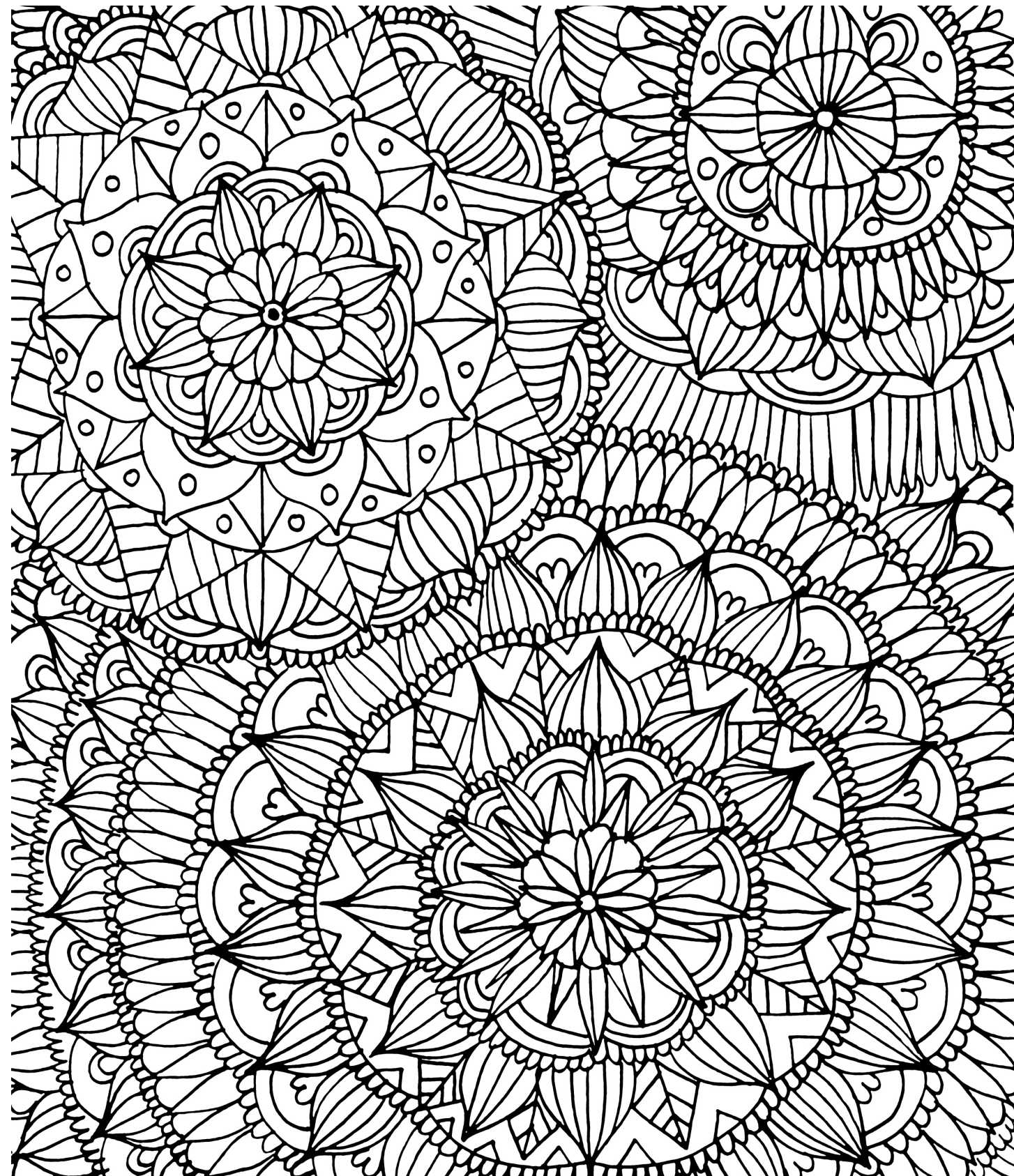
plete your assignments prior to entering the actual lab. Making flow charts may seem excessive at first when labs are just starting and simple, but once the more complicated labs begin later in the semester, they can prove to be invaluable, particularly for subjects such as Chemistry. Speaking of later in the semester, many courses will require a lab report due later in the semester. While the temptation to procrastinate is universal to the student experience, it's particularly dangerous here because it removes your ability to save your lab report mark by seeking help from your lab instructor. Don't be afraid to talk to your laboratory instructor, particularly about lab reports. If something doesn't make sense or you don't understand a question, check with your instructor and ensure you're on the right track; they have office hours for a reason. This is especially important for your first lab report. Finally, a piece of "do as I say, not as I did" advice: don't let yourself fall behind in your lab work, particularly your blue books. We've all been there: two midterms this week, an essay due, and life is happening at breakneck speed. But putting off the lab book work and falling behind will lead to rushed, confused work at the end of the semester right before the lab book deadline. Save yourself the stress and write up your labs as soon as possible. If none of these tips help, you can at least hold out hope that it gets better at the higher levels. In my senior level labs I have visited Elk Island, toured the River Valley, and counted cars in the parking lot, and that was just last year.

Finally, a last word of personal advice to First Years that applies to everyone, not just science students. Don't be afraid to change your mind. Most of us enter University as 17- or 18-year-olds with plans for the future, but those plans change as opportunities are presented; doors open and close. Your educational path here is one that will allow you to go in many different direction and

broaden your academic horizons. You may discover a passion for a field or discipline you previously didn't even realize existed; don't be afraid to pursue it! When I entered Concordia as an almost 18-year-old, I was a Biology major with no declared minor. During First Year I took the standard introductory science courses and discovered I enjoyed some courses and subjects more than others, as any student does, and to pursue these, I switched to an Integrative Biology major. After registering for second year, I reflected back on the previous year and made the decision to switch to my current Environmental Science major. There is significant overlap between many of the science degree programs here, especially in First Year. This allows you the flexibility to easily change your major without requiring the necessity of taking additional courses. As you go through the ups and downs inherent to your first post-secondary experience, remember to step back and look at the broader picture; changing your major (within your existing Bachelor's degree) is as simple as figuring out which courses you'll need to take next and logging onto online services.

Hopefully this first week is just the beginning of a standout school year, be it your first or final year. We may have a small campus, but there are plenty of opportunities available to get involved and fully participate in campus life and explore university life. And as one final note, don't let my advice about labs scare you; I'm sure you'll be just fine.





history behind the fourth planet from the Sun.

In other news, a subterranean lake was recently discovered on Mars thanks to the radar satellite MARSIS. Locked underneath the southern polar ice cap, it stays in liquid form, likely due to the natural magnesium, calcium, and sodium salt deposits lowering its freezing points, combined with the immense pressure of the glaciers 1.5 km above it. Lake Vostok in Antarctica exists under similar conditions, and it has been shown to have life, so could this have new implications for the possibilities of life on Mars? Only time will tell.

Meanwhile, in the far reaches of space, a robotic lander named InSight just recently passed the half-way mark to Mars. Upon reaching its destination, it will burrow down and plant a seismometer when it lands as well as a heat probe. Travelling independently alongside this lander are twin satellites roughly the size of a suitcase, known as CubeSats. These mini-satellites having previously been used only in Earth orbit, the Mars Cube One mission is the first of its kind, sending MarCO-A and MarCO-B (affectionately nicknamed Wall-E and Eva) to Mars in order to monitor the InSight's landing. If all goes well, we'll have more data collection options than ever before.

Now for the weather! Stay hydrated, because the air is going to remain dry for quite a while. Temperatures near the equator will be a nice 20°C in the day, but you might want to bundle up at night, because it can go down to a chilly -73°C. The skies should be relatively clear for a while with no chance of rain, but mind the high winds. If you see a dust storm approaching, immediately seek shelter, and stay clear of the dust devils. That's all for the weather, now back to the news!

A burning question on everyone's minds is this: Could we terraform Mars? The scientist of NASA say no; there just isn't enough carbon dioxide available on the surface to make this possible. Others say yes,

but it'll be much more difficult and time-consuming, and that's assuming enough nitrogen exists. Elon Musk claims that there's enough CO2 trapped beneath the surface to make it possible, and that NASA severely underestimated the total amount available. Who's right in this debate is a question that may never be answered for hundreds or even thousands of years, and almost certainly not within our lifetimes, but it is still an interesting idea to think about.

Our final story comes from back on Earth's surface. We're nowhere near the point yet where we could colonize Mars, but we have gotten a step closer: Researchers at the University of Colorado recently developed a super-insulating gel that is see-through, fire resistant, and traps enough heat to negate most heat loss. It's relatively cheap to produce as well, the main materials for it being extracted from beer waste. It's good for recycling and useful for building infrastructure, which takes care of two problems at once! That's the news now available regarding Mars so far, so you should mostly be caught up with the affairs of the fourth of four inner planets. In the next edition of Space News, we will move from the freezing into the flaming. With that, I will conclude this edition of Space News. Have a good Earth year to the new and returning students and faculty, and keep gazing at the cosmos!



# SPACE NEWS: THE RED (YET NOT QUITE DEAD) PLANET

by Tyler DeWacht

Hello and welcome to Concordia! I hope this new semester brings many good things for you! So many interesting things have been happening recently here on Earth (for better or for worse), but have you recently wondered what's been happening on our neighborly planet Mars? It may not be as active on the red planet as it is here, but is it really as dead as we assume it to be? Let's take some time to catch up with our cold companion on this edition of Space News!

If you want to look at Mars in the night sky, now would be a good time to do it! When Mars, Earth, and the Sun align in just the right positions, you get the opposition point, which is when Mars is the closest and brightest in the sky for us! While the ideal point of July 27 has come and gone, Mars should still be about as bright as Jupiter for a few days. Don't miss this fleeting chance, you won't get it again until 2020!

Down on the Martian surface, the Mars Exploration Rover mission of 2003 was only supposed to last 90 Martian days, but the Spirit and Opportunity rovers lasted far longer than that. After getting permanently stuck in a sand trap on the first of May 2009, the Spirit rover finally lost communications with Earth on March 22, 2010, presumably falling victim to the cold conditions. Meanwhile, Opportunity kept on going until June 12, 2018, when a planet-

encompassing dust storm essentially forced it to go into hibernation due to a lack of sunlight. The dust storm finally dissipated in early August, but at the time of writing this article, Opportunity is still stuck in sleep mode and has not yet responded to communication attempts. However, there is still hope for the rover, and the experts at NASA have not yet given up on it. They've been playing music to it in the hopes that it finally wakes up, including upbeat songs such as Wake Me Up Before You Go-Go by Wham! and motivational songs like I Will Survive by Gloria Gaynor. If you look on the mission website, you can also send the rover a postcard. Let's send some love to this resilient rover!

Meanwhile, the Curiosity rover is doing just fine, and it remained mostly unaffected by the dust storm due to having a nuclear-run battery rather than a solar-powered one. Fun fact, did you know it has an official Twitter account? If you're curious as well, you can follow @MarsCuriosity to keep up with the current news about it! Over the years, it has determined that the methane levels on Mars fluctuate between the seasons, and that some components indicative of life have been detected. Is this a geological or a biological phenomenon? We're not sure yet, but scientists say that we may be on the right track to finding the answer to life. It also found an unidentified flaky object, but it was later determined to be just a really thin rock. False alarm, no confirmed alien life yet!

Also, the Mars rovers will soon have new friends on the surface! In 2020, a new NASA rover based on Curiosity's design is expected to launch. It currently has no name, but the goal of this mission will be to search for signs of ancient habitable conditions for life as well as geological evidence of past life. The ExoMars 2020 mission, a joint operation between the European Space Agency and Roscosmos, will launch another as-of-yet unnamed rover around the same time with a similar mission behind it. If these future missions are successful, they could tell us a lot more about the

## SHOW TIME!

Here is what is playing in theaters this week:

**Christopher Robin**  
PG

**Teen Titans Go! To The Movies**  
PG-13

**Hotel Transylvania 3: Summer Vacation**  
PG

**Jumanji: Welcome To The Jungle**  
PG-13

**Mamma Mia! Here We Go Again**  
PG-13

**The Meg**  
PG-13

**Crazy Rich Asians**  
PG-13

**Mission: Impossible-Fallout**  
PG-13

**Slender Man**  
PG-13

**Little Italy**  
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**Mile 22**  
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**The Happytime Murders**  
R

Cinaplex North

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SUDOKU



CROSSWORD

Across

- 1. Bachelor party
- 5. Evasion
- 11. Chinese food additive, for short
- 14. Singer Guthrie
- 15. Mysterious
- 16. Big letters on the Internet
- 17. Use a crystal ball, e.g.
- 20. Snow vehicles
- 21. "Teenage Mutant \_\_\_ Turtles"
- 22. Enemy
- 23. James Bond, for one
- 26. "Yes, \_\_\_!"
- 27. "Star Wars" returnees
- 30. Sound investments?
- 33. Divert
- 35. Coral reef
- 36. High-\_\_\_ monitor
- 39. Paul McCartney and Wings hit of 1978
- 42. Foxy
- 43. Conical tent
- 44. Matching furniture set
- 45. Values highly
- 47. Comprehend
- 48. Attired
- 51. Bro's sib
- 52. Shade
- 54. Avis alternative
- 56. Nonsense
- 60. Let the chips fall where they may
- 64. Globe
- 65. Release, in a way
- 66. Actress Meg
- 67. Serpentine letter
- 68. Aromas
- 69. Fourth rock from the sun

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60					61	62	63					
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67					68						69	

Down

- 1. Pre-college exams, familiarly
- 2. Long journey
- 3. "It's \_\_\_ ever wanted!"
- 4. Aquarium acquisition
- 5. Tippy boats
- 6. Galena and bauxite
- 7. Alternatives to iMacs
- 8. Lout
- 9. Numero \_\_\_
- 10. Fork-tailed gull
- 11. \_\_\_ Loa, Hawaii
- 12. Skater Henie
- 13. Shine
- 18. Tic-tac-toe win
- 19. Burton and Conway
- 23. Parlor pieces
- 24. Committee \_\_\_
- 25. Shout
- 27. Chews the fat
- 28. Jannings or Gilels
- 29. Obligation
- 31. Asian island capital
- 32. Bullring cheers
- 34. Consumes
- 36. Lay waste
- 37. Prefix with plasm
- 38. Place at an angle
- 40. "\_\_\_ Make a Deal"
- 41. Tepid
- 45. Ron Howard comedy of 1999
- 46. Stuns
- 48. Actress Sevigny
- 49. Gets an eyeful
- 50. Saudi citizens
- 53. "Yuck!"
- 55. Hera's husband
- 56. Owl's utterance
- 57. Novelist Seton
- 58. Blemish
- 59. Egg producers
- 61. Bizet's "Symphony \_\_\_"
- 62. Definite article
- 63. Heavy weight

# HOMESICKNESS

by Nicole Beaver

Hello again, readers! Welcome to another year at Concordia. For those of you who don't know what Breaking the Silence is, it is an informative column written by a disabled individual (yours truly) on the subject of mental health, mental illness, and all sorts of subjects regarding the mind. The brain is an organ after all, so it's best to keep it healthy since we're using it to pursue a higher level of education--don't you agree?

As I wrote this article, I was reminded of my first time leaving home. I have always been a very independent person so this did not affect me as far as I recall, but for those of my readers who are very new to living on their own, this is for you. This article is about homesickness; its inner workings, its effects, and how to manage it. Please note that I'm not a licensed psychologist or psychiatrist in any way; however, I have done my research and will be quoting frequently from the sources I present.

Let's get right into the topic of homesickness. Kindergarteners get it on their first day of school. Children get it on their first time at an overnight camp. And yes, we adults get it when we step out into the unknown, into the realm of university. In her song "The House That Built Me", musician Miranda Lambert describes the sensation felt by many this time of year: "you leave home, you move on and you do the best you can." Homesickness is a viable condition that does affect our psyche and its symptoms vary. But first of all, does attachment to a place we are familiar with play a role in our psychological well-being?

In history and culture, the answer oftentimes is yes. In fact, homesickness was labelled a disease in 1688! However, in 1898, Kline, one of the first psychologists in the field, argued that science supports the migratory impulse as healthy and attachment to home an obstacle to well-being. He shamed those who loved their home as "provincial, plodding and timid," whose interests "identified with the conservative and microscopic affairs of society." Those who were more suitable in the realm were praised; the migrant was a person who "has manifold interests, and finds profitable objects and kindred spirits in a variety of situations...in the commercial, speculative, daring, progressive, macroscopic interests of the world" (Homesickness: A Sign of Strength or Weakness? - Psychology Today). The second question is this: is our desire to be nowhere but where we call "home" actually a disorder? Or is it just a simple inconvenience in our modern world that relies on our mobility for economic, technological, and social progress?

Well, the answer to that is somewhat straightforward. A number of studies done upon the subject have suggested that homesickness can be linked to psychological issues such as depression, anxiety, difficulty adjusting to new situations, and psychosomatic health problems. "Psychosomatic" is a word used to describe a physical illness (or other condition) that is caused or aggravated by a men-



tal factor such as internal conflict or stress (Webster's Dictionary). Our ability as humans to form emotional attachments and bonds with a person, pet, or place is sometimes our psychological kryptonite. So while not an actual documented mental illness or disability, much like grief, homesickness is in fact a "gateway" to some mental health problems typically seen in other disorders.

Finally, what are the effects of homesickness on those of us attending university? In a 2017 study done on the subject (College Student Homesickness: An Overview - Skyfactor Mapworks), research shows that out of a group of students, 5-21% of them reported moderate to extreme levels of regret, and some think about going home all the time. According to the study, both separation and distress are homesickness factors that are related to first-year student transition; these include commitment, social integration, peer connections, and satisfaction with the institution. Ultimately, the number of people who drop out due to homesickness is high. Numerous articles online have cited that the number is in the thousands.

So what can we do to combat this? A few key points are outlined by Dr. Klapow, a psychologist who has built a system in order to help those struggling with separation. Their advice is the following:

1. Understand that what you're going through is



normal. According to Dr. Klapow, "even if no one's saying anything, chances are most people are feeling [to varying degrees] homesickness at one point or another. Feeling homesick is part of learning to live a new life—you can't do it without going through some sort of adjustment period." Yes, everyone goes through it, even if its effects are mild and brief. I can't tell you after burning my first meal how much I missed having dinner cooked for me!

2. Get used to your new surroundings. According to Dr. Klapow, a big part of feeling homesick is feeling uncomfortable with the unfamiliar. Get more familiar with your college's campus and the surrounding area by exploring, either alone or with friends. Download Google Maps, find out what's around here. I personally know an amazing little cafe and sweet shop that's nearby as well as a pool! The more you feel like you know the layout, the more you'll adapt.
3. Stay connected with home—but not too connected! Maintaining your relationships with your family and friends from back home is important in helping you miss them less, but according to Dr. Klapow, part of getting over homesickness is severing emotional ties from home. "[This separation] is part of learning to live differently, not just be[ing] away of home," he says. But Dr. Klapow also insists that making time to talk your friends and family "a few times a week" or "even once a day, while you're still settling in" is worth it. That's something I made sure to do, and it helped a lot.

In the end, all you can do is bite the bullet and try to adjust. Let it be known now that if it really gets to you, there is no shame in quitting. I hope this year treats you well and you are able to make it through. I'm not the type of person to tell other people to "stay positive," but there isn't any sense in not trying.