

Simple Pleasures

10th & O
476-3467

welcomes you back . . .

- Enjoy the simple pleasures —
- crust homemade bread
 - delicious homemade desserts
 - fine wine and cocktails

For lunch, select from our unique array of pasta entrees, salads or sandwiches.
For dinner, enjoy a pasta entree, Chicken Diane, pork medallions, sea food or another delicious dinner special.

Lunch: Tues.-Friday 11:30-2:00 PM
Dinner: Thurs.-Saturday 5:30-10:00 PM

Homesickness hampers freshmen's first semester

By Cynthia Hutchinson
Staff Reporter

Some freshmen experience homesickness in the beginning of the year, while others feel it toward the end of the first semester. But almost everyone must cope with homesickness.

"Any student is subject to it," said Vernon Williams, director of the Counseling Center at Seaton Hall.

"The big thing is the change from a fairly stable environment that you know about and you know how to cope with to one where there are a lot of new things," Williams said.

Everyone is a likely candidate for culture shock, he said. The question seems to be who will suffer the most.

Deb Mullen, in her second year as a UNL residence hall director, said she suffered from homesickness because

she was from a small town.

"Students come to me and say, 'I can't believe how big this place is.' I say, 'it's probably bigger than where you're from,'" said Mullen, who has a master's degree in counseling.

Jennie Schnoor, a former UNL student assistant and currently a graduate student at Syracuse University, said people from large towns have an advantage because they usually know people at UNL.

Mullen said popular students who were involved in everything in high school sometimes suffer the most.

"They come here expecting that sort of notoriety," she said.

Ron Cantor, a UNL residence hall director, has several years of experience in dealing with homesickness. He said freshmen aren't used to their new independence and new opportunities at college. They may not be comfortable with new friends, he said.

rough during finals or if a student misses special events at home.

Labor Day, the first "vacation," causes problems for homesick students. Home looks good after being at school for a week that some students do not return to school, Mullen said.

Mullen said students who return home are in for a "shock."

"They discover the ranks closed behind them — somebody else has taken their place on the football field or on the cheerleading squad," she said. "They can't go home in the sense they want to."

Schnoor said one can't prevent people from leaving the university because of homesickness.

"But you can talk to them about it and make sure they know what they're doing," she said. "With most cases you hope it goes away."

A student has to make an effort and students have to help each other. But Williams said the parent has the most important role.

Mullen said that what is worse than students calling home every day is parents calling their sons or daughters every day.

"Some don't let go," she said. Parents can say 'get involved' or 'come home,'" she said, but parents are often just as lonely.

She recommended the student and parent work together. Either they can talk about it or parents can encourage their sons or daughters to get involved or talk to someone at the university, Mullen said.

Students are ashamed to admit they're homesick, Williams said, and that's probably why students rarely go to the counseling center or the University Health Center.

Mullen said about 15 students came to her last year. She recommended that homesick students should try to talk to somebody they know.

Upperclassmen can do a lot to "buffer" homesickness, she said, because they've been through the stages and know how to get involved in activities, which is important in overcoming homesickness.

Student assistants are told to approach people who appear homesick and ask them to get involved in particular activities and tell them about different groups on campus.

Both Mullen and Schnoor said most students eventually learn to cope with homesickness.

Mullen said students realize, usually after they get involved in something, that they can build a life of their own at college. During the first semester, she said, some students cry because they miss home, but in May they'll be crying because they'll miss their friends over the summer.

"A lot of times they go home over the summer and are uncomfortable. This (college) has become a way of life," Mullen said.

'You go into a freshman's room and it's like stepping into their high school prom.'

— Deb Mullen,
residence hall director

Men and women suffer culture shock, but as Mullen said, "You don't see men crying."

Cantor said men sometimes will look for attention by doing things they otherwise wouldn't do.

Crying is one of the more obvious symptoms. Other symptoms include calling home every day and constantly eating alone.

Mullen said homesickness also can be detected when "you go into a freshman's room and it's like stepping into their high school prom."

Williams said a typical sign is "feeling lousy like the flu." Students actually can make themselves physically sick, he said. "The sickness (of homesickness) does describe some of what's involved."

Schnoor said homesickness is relatively easy to spot. "A lot of times people withdraw or talk about home and how much better it is," she said.

Like all student assistants, Schnoor received homesickness training before the beginning of the semester.

"Most of the SA's are upperclassmen and forget what it's like to be homesick," she said.

The fact that homesickness for some people occurs later in the semester surprised Schnoor when she was an SA.

"When things go hectic or when a vacation looks a long way off they would come to me," she said. She told them that many people feel the same way and encouraged them to "hang in there."

But Mullen said things also can get

In the 1960's and early 70's, the NEBRASKA AIR GUARD flew the RF-84 aircraft and prior service individuals attended college under the G.I. BILL. Today, you can join the NEBRASKA AIR GUARD and receive the "NEW" G.I. BILL of \$140.00 per month for a full-time student, qualify for our STUDENT LOAN REPAYMENT PROGRAM and receive 75% TUITION ASSISTANCE. And you don't need any prior service military time. Call 475-4910 for all the details.



THE NEBRASKA AIR GUARD
America's Hometown Air Force.



A new restaurant for the new American lifestyle.



Tom Osborne

Special recipes enhance the flavor of our food at BRIDGES yet minimize fat, cholesterol, sodium, sugar, preservatives, and calories. Our entire menu is leaner, lighter and less rich... every day BRIDGES offers a variety of complete dinners that have less than 350 calories each.

We invite you to use the introductory coupon below and experience the great taste of "light food that satisfies."

1235 Q Street • Open daily 7 am to 10 pm

50¢
off any sandwich



75¢
off any dinner

Introductory Coupon

This coupon expires September 15 1985 and is not valid with any other coupon or discount

Amigos

CLOSE TO CAMPUS

14th & Q
55th & O

Sun.-Thurs. 10:30-1:00 a.m.
Fri. & Sat 10:30-3:00 a.m.

QUICK SERVICE—QUALITY FOOD

Sm. Nachos &
Soft Taco

1.99

Introductory Coupon

SAVE 49¢ Limit 1 Per Coupon Expires 9/30/85

Amigos