



Keeping in Touch

At Bentley, you'll form exciting new relationships and interests - so it can be easy to allow the people & communities of your pre-college life to fade. Remember to stay connected to whatever's important at home.

Moving to college is meaningful across cultures - ask yourself:

- **What expectations do my family & community have of me?**
- **What level of contact and engagement is appropriate?**
- **What topics and choices should I include my family in?**
- **How often & when shall I visit, or be visited?**
- **How can I include my new friends in my home life?**

Homesickness is common, however, forming bonds with the Bentley community takes time and exposure, with bonding often happening on weekends when you might be visiting home. Balance visits home with time on campus to grow your new life.

If maintaining a long distance relationship, consider how to include them in ways that enhance, not encumber you. College is a time of growth, and your partner will be doing this as well. Respect your partner's autonomy the way you would like yours respected.

With a degree of newfound freedom from parental influence, now is a time to renegotiate your bonds with family. Consider how you want to relate with them, and what your boundaries will be.



Ways to Practice

Stay connected with friends and family through social media and online messaging. Video chatting with Zoom, WhatsApp or Facetime is a great way to connect with family and friends. You can show people who have never been to Bentley your dorm space and compare decorating tips!

Don't compare your experiences with others! Keep in mind, people often craft online 'personas' which highlight only positive elements of their lives - often hiding any difficulty or struggle.

Consider scheduling regular chatting times to ensure you connect with loved ones. Remember to respect time zone differences!

The best times to visit home are often holidays or school breaks, when your classmates may likewise return home. This ensures friends will likely be around and you stay present at school for important bonding.

Plan trips, events, or 'things to look forward to' with people from home.

Remember to be understanding of your friend's new lives - they are likely trying new things and may not have a similar schedule to your own. Don't worry - true friends will still be there for you when it counts.

Try engaging in a virtual activity, such as watching a show or playing a video game together.

Consider keeping an online journal or blog so friends and family can follow you as you discover Bentley.

Send letters & postcards, perhaps with small gifts as pleasant surprises.

Remember to set boundaries on what you tell your family. They don't have to know everything, but keep them in the loop on important decisions.

Talk with your partner about how you will trust & communicate to minimize jealousy, loneliness & confusion while allowing each other time & space to invest in your new lives. It's OK to break up if it becomes too much.

Make efforts to meet your friend or partner's new friends when possible.