1950

Dear Freshman

Jane Steele
Iowa State College

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Recommended Citation
Steele, Jane (1950) "Dear Freshman," The Iowa Homemaker: Vol. 30 : No. 3 , Article 4.
Available at: http://lib.dr.iastate.edu/homemaker/vol30/iss3/4

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Dear Freshman,

Now that you’ve registered for classes and have had your first glimpse of college social life at the Freshman Mixer I imagine that you feel like a full-fledged college girl. I envy you—just starting out on a wonderful 4 years.

By the way, can you tell Beardshear apart from Curtiss Hall yet? I remember the trouble we had telling the Home Economics Hall and the library apart the first few days when we were freshmen a few years ago.

Now that those first tests are over you can really get acquainted with our beautiful campus. Bet you’ve already located the Union and stopped in for a frosty. The Union’s one place you can almost always go when you’re lonesome, for you’re sure to find someone you know.

Speaking of getting lonesome, let me give you a few advance tips on homesickness. Don’t let anyone tell you homesickness is a joke. It isn’t. Almost all of us had twinges of it when we started college. Lots of times we hated to admit it because we didn’t want our roommates to know we weren’t as old as we thought we were. But it was there just the same.

If you find yourself feeling blue and are tempted to cry over little things, you may be catching “homesickitis.” Maybe you feel lonely and neglected by everyone. That’s the time to quit thinking so much about yourself. Talk to your corridor-mates. Find out about their homes, their families, their problems. This business of making friends is at least halfway up to you.

At college you’ll find everyone isn’t so concerned about you as your family was at home. So it’s perfectly natural that you should be longing for home. After all, it’s really your first time away from home, and you’re on your own.

You may feel that you’ll be lost in the crowd here at Iowa State. Don’t worry, you’ll soon be saying “Hi” to most of the people you meet, whether you know them really well or not. Iowa State is just that kind of school. When you go to the Registration Dance at the beginning of winter quarter, compare it with the one this fall. It’s amazing how many more people you’ll know.

So Remedy No. 1 for those homesick feelings is to get acquainted with as many people as possible. Accept blind dates—it’s one of the best ways to get started dating here. Write home for Mom to send you some cheese and crackers and maybe a can of sardines for a corridor spread after hours. If you see someone else who is getting homesick, keep her busy by suggesting tennis games or shopping trips to “Dogtown.” That way you’ll be curing your troubles too.

What else should you do if you find yourself getting homesick? Here are several things which helped us. And even if you’re not homesick, you can apply the remedies to your roommate or someone else in your corridor whose moods and hurt feelings are due to homesickness.

One of the best rules is to keep busy. If you have to make work for yourself, make it, although with the strenuous college routine this isn’t hard. Use those extra half-hours before dinner to get acquainted with the campus or to play a few hands of bridge. Relaxation is important when you’re just getting accustomed to late-hour studying schedules.

Another remedy is to get out of the dorm. It can get monotonous to sleep, study, sew and relax in one room all of the time. Walk over to the Union for a coke or to bowl a couple of lines. After you’ve been at school 4 or 5 weeks you might like to go home with someone for a weekend as long as you live so far from school. When you come back you’ll probably feel like pitching in and licking the college world single-handed.

It must be fun starting on the first year of your college career. You’ll make mistakes and it won’t be easy going all of the way, but when you look back on it the way I’m doing now, you’ll remember the good things—mostly the good feeling that being “on your own” brings.

Ps. Don’t think I’m predicting homesickness as a sure thing for you and your roommates. On the contrary, a lot of Iowa Staters suffer from “schoolsickness” on their first Thanksgiving vacation at home. Remedy: More of the same Iowa State friendliness you’ll experience your first 7 weeks before vacation.