Dealing with the Stress of Moving Out/Leaving Home

Do you anticipate having to move out soon?

What Are The Stressors?

- When a young adult is forced to move out of his/her parent’s house for the first time it can be both overwhelming and devastating.
- Sometimes young adults move out because parents leave the area in order to get or keep a job.
- Sometimes young adults move out because they disagree with parents.
- Often the student must face the fear of being alone.
- Financial concerns are often uppermost.
- Fear of the unknown is huge.

What to do:

The following are suggestions from students who have moved out/left home:

1. Decide what you can afford – a room or an apartment.
2. Find a compatible roommate. Consider interests, job and working hours, and social lifestyle.
3. Set a budget.
4. Have a back-up plan in case of unforeseen circumstances. Consider parents, elderly family members, and friends.
5. Look for furniture in: second-hand furniture stores, garage sales, flea markets, Salvation Army store, or thrift shops.
6. Find out what utilities (electric, phone, internet service) cost. Plan for these expenses.
7. Purchase renter’s insurance on your belongings.
8. Find and talk with others in the same situation.
9. **Read wise counsel:**


   *First Comes Love, Then Comes Money*, by Larry M. Elkin, 332.024E in BCCC Library

   *Personal Finance*, videocassette – 332.024P

10. **Visit** helpful websites:

    - [http://www.moneymanagement.org](http://www.moneymanagement.org)
    - [http://www.elderwisdomcircle.org](http://www.elderwisdomcircle.org)

    Look at right side, click on “Managing Independence.”

11. Talk to a **BCCC Student Planning Counselor.**

    It is free and confidential. Call 215-968.8182 to schedule an appointment, or stop by Rollins, room 8. Also you may e-mail counseling@bucks.edu  We recommend you use password protected e-mail; preferably your validated BCCC student e-mail account. Link to guidelines: [http://www.bucks.edu/advising/guidelines.html](http://www.bucks.edu/advising/guidelines.html)