

WELCOME NEW INTERNATIONAL STUDENTS



Presented by

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DOMINANT CULTURAL VALUES IN THE U.S.

- Social expectations
- Friendship and loyalty
- Educational expectations
- Authority
- Individualism
- Communication style

CULTURAL ADJUSTMENT

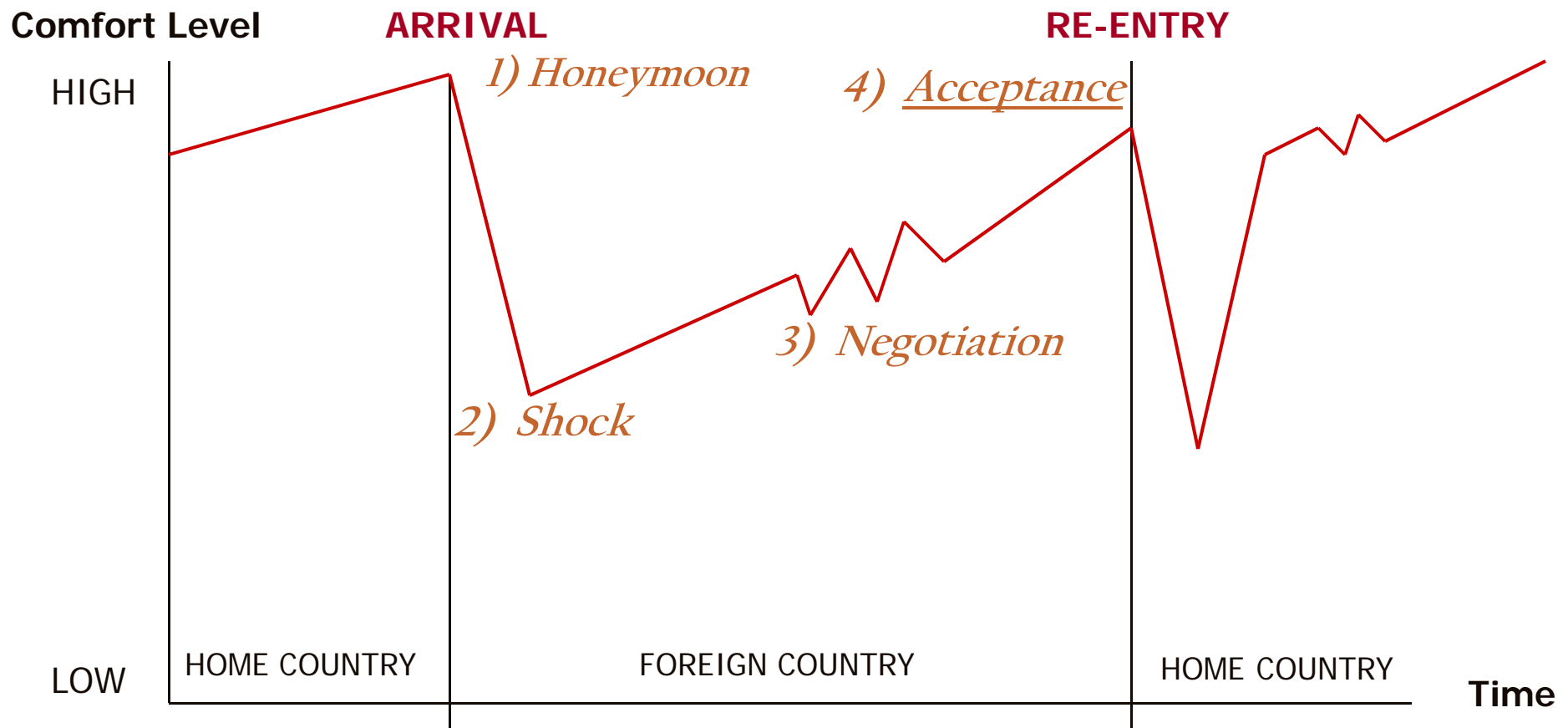
- Ongoing process of adapting to a new environment/culture
- Developing skills and strategies to be successful
- Often involves discomfort - “culture shock”
- Natural human experience that occurs in all kinds of transitions – “transition shock/stress”

WHAT MIGHT IT FEEL LIKE?

- Irritability / angering easily
- Stomachache / headaches
- Too much or too little sleep
- Fatigue and physical illness
- Overeating / loss of appetite
- Frustration with the unfamiliar
- Extreme homesickness
- Feelings of helplessness
- Boredom and lack of motivation
- Social withdrawal / isolation
- Depression and sadness
- Loss of focus and ability to complete tasks

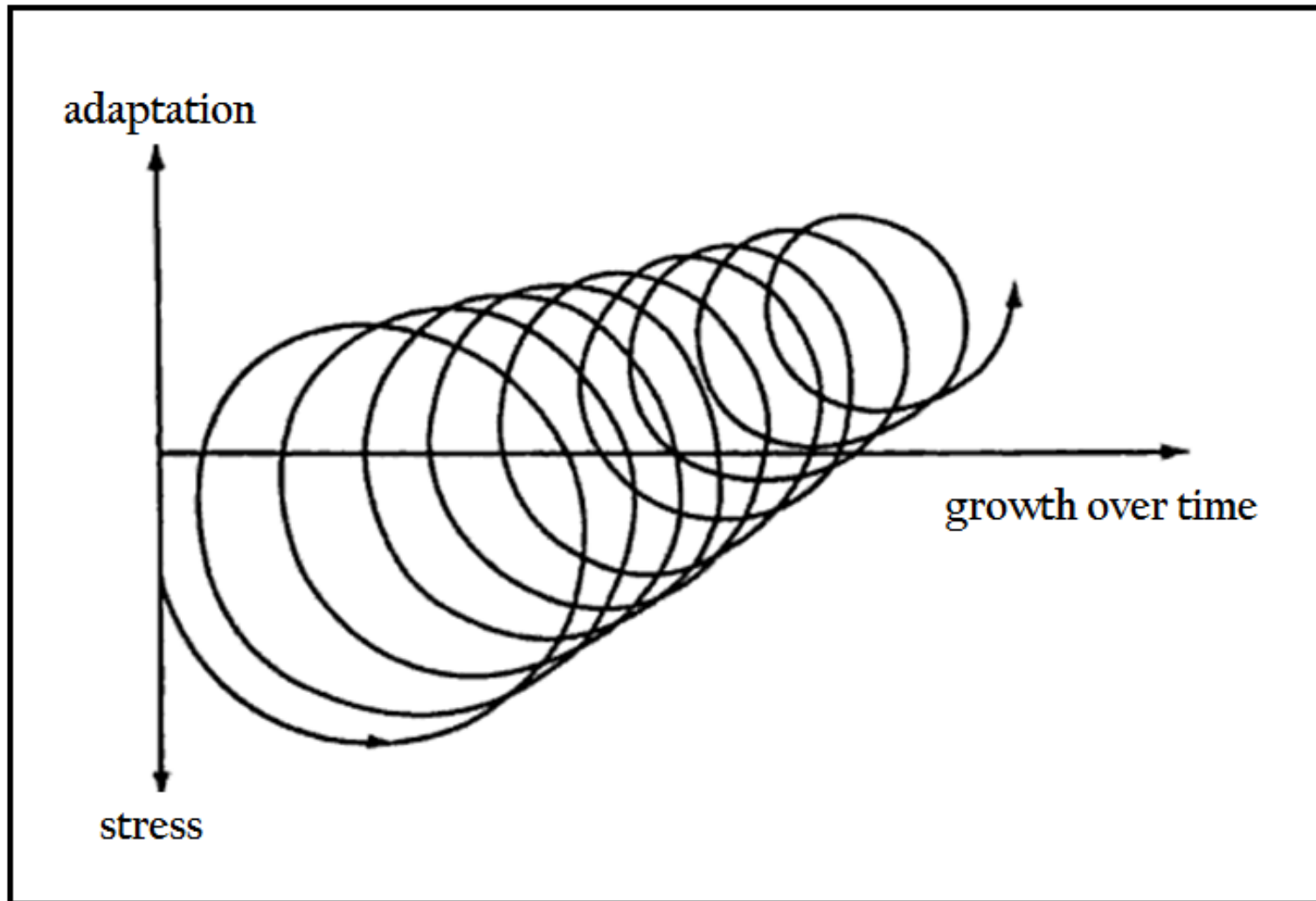
MODELS: W-CURVE

Four Stages:



MODELS:

STRESS – ADAPTATION - GROWTH



COPING & EXCELLING

1. Helpful Attitudes

- a) I expect surprises, discomfort, strong feelings
- b) I am flexible
- c) I take what fits me / the best from each world

2. Helpful Actions

- a) Expand your social network and support system
- b) Take manageable risks
- c) Develop English skills
- d) Take care of your health
- e) Ask for advice / help

3. Helpful Knowledge

- a) Basics about the cultural adjustment process
- b) How to find support and help on campus

RESOURCES

Academic:

- Academic Department
- Student Services Staff
- Academic Advisor
- Thesis Advisor
- Teaching Assistants
- Advanced Students (APAs)
- English Language Institute
- Center for Research on Learning and Teaching
- Sweetland Writing Center

Conflicts:

- Friends
- Relatives
- Resident Assistants
- Ombudsperson
- Office of Student Conflict Resolution (OSCR)

Personal:

- Friends
- Relatives
- Resident Assistants
- MAIZE Pages
- Minority Peer Advisors
- Dean of Students
- International Center
- Counseling and Psychological Services (CAPS)
- University Health Services

HELPFUL WEBSITES

- International Center
 - internationalcenter.umich.edu
- Student Affairs
 - studentaffairs.umich.edu
- MAIZE Pages
 - studentorgs.umich.edu/maize
- Sweetland Writing Center
 - lsa.umich.edu/sweetland
- Counseling and Psychological Services
 - umich.edu/~caps

WORKSHOPS & EVENTS

- Winter 2012
 - Making Friends with Americans – Feb. 7
 - Shopping – Feb. 10
 - American Idioms – Feb. 17
 - Orientation for International Families – Feb. 20
 - Concerts, sports, community service and more!

internationalcenter.umich.edu/events/social-events.html

PRESENTATIONS ONLINE

- “Oops, I’m Sorry!” Avoiding Social Mistakes in the U.S.A.
- Making Friends with Americans
- Getting Involved with University Groups & Organizations
- Cultural Differences in the Classroom
- Finding Your Voice: In Classes and Your Department
- It’s Not Just a Good Idea... It’s the Law!
- “Hi!” Communicating by Phone and by Email
- Communicating with Your Academic & Research Advisors

QUESTIONS ?

