International Students & Cultural Adjustment

PRESENTED BY:

LIZ WISEMAN
INTERNATIONAL STUDENT & SCHOLAR ADVISOR

IRFANUL ALAM & KUN ZHAO
INTERNATIONAL CENTER PEER ADVISORS
What is Culture shock?

A feeling of disorientation that one may feel when experiencing an unfamiliar way of life due to immigration or a visit to a new country, a move between social environments, or adjust into another lifestyle.
Phases of Culture shock

- Leaving Home
- Arrival in Australia
- Feeling Unhappy
- Culture Shock
- Adjusting
- Leaving Australia
- Arriving in Home Country
- Reverse Culture Shock
- Re-Adjusting
- Adaption to Life in Home Country
- Completion of Studies

The "W" Curve

1.5 months

6 months
Sources of culture shock

- Lack of recognizable cues to help determine behavior
- Absence of what is familiar to you
- Separation from family and friends
- Lack of social support in host/new culture
- Spiritual/religious isolation
- Language barrier
- Fears and insecurities
Mental Health Awareness
Symptoms of Culture Shock

- Irritability
- Depression
- Sleepiness
- Demotivation
- Homesickness
- Stress
- Stomachaches
- Boredom
- Eating
- Withdrawal
Counseling and Psychological Services (CAPS)

- Counseling
- Psychiatric Evaluations and Medication Management
- ADHD, Eating and Substance Abuse Screenings and Support

Fun, Food & Friendships: International Student Lunch Discussion
Strategies for coping

1. Don’t expect that you will like everything
2. Try to take manageable risks
3. Know your resources.
4. Develop your English skills
5. Expand your support system
6. Expect surprises and strong feelings
7. Pursue your interests
8. Acquire an understanding of how Americans generally think and act
U.S. CUSTOMS & VALUES

Social Expectations

Friendship/loyalty

Educational Expectations

Authority

Individualism

Communication Style

Diversity of sub-cultures
Offending Americans

Sometimes, slight changes are made in a game to make sure it will be properly received by different cultures.
Resources

**Academic:**
- Student Life
- Academic Advisor
- Teaching Assistants
- Academic Support Services
- English Language Institute
- Center for Research on Learning and Teaching
- Sweetland Writing Center
- Services for Students with Disabilities (SSD)

**Personal:**
- MAIZE Pages (Festifall)
- Diversity Peer Educators
- Dean of Students
- International Center
- CAPS
- University Health Services (UHS)
- Sexual Assault Prevention & Awareness Centre (SAPAC)
- CCRB/NCRB/IMSB

**Conflicts:**
- Resident Assistants
- Office of the Ombuds
- Office of Student Conflict Resolution (OSCR)
Questions?

Please complete the evaluations!
How to distinguish Americans

mostly... yeah...
Link to videos

4 part video about culture shock

Mental Health Awareness

How to distinguish Americans