



Phases of Adjustment

	General Attitudes & Feelings	Significant Events	Emotional Responses to Events	Attitudinal and Behavioral Responses to Events	Physical Responses to Events
At Home	anticipation	planning packing partying	excitement enthusiasm; some fear of unknown; concern about leaving family home and friends	anticipation; loss of interest in current activities	weariness; normal health
1 month	exhilaration	welcomes new housing, school, colleagues, sights, orientation, beginning classes	sense of mission and purpose; tourist enthusiasm	curiosity about nationals; avoidance of negative stereotypes; enthusiasm for classes	intestinal disturbances; minor insomnia
2 months	bewilderment restlessness impatience disenchantment	beginning of classes; unfamiliar sounds, smells, foods, language; term papers, quizzes	qualms; restless, uncertainty; search for familiar activities; some withdrawal; increase in alcohol consumption	neutral toward environment; skepticism; frustration; question values of others and self; much stress on family members	colds; headaches; some have too many sick calls
3 months	discouragement irritability	cut back or stop language study; look for "secure" recreation; mid-terms, grades	discouragement; bewilderment; concerns about sanitation; homesickness	avoid contact with local people; withdraw; fear theft and injury; invoke stereotypes	minor illnesses
4/5 months	gradual recovery	acceptable class performance, finals	interest in new activities or cultural resignation	constructive attitudes, accommodations	normal health

**6
months**

normal

normal class
performance

equilibrium

equilibrium

normal health

Source URL: <https://internationalcenter.umich.edu/resources/life/phases-adjustment>