Cultural Adjustment Rollercoaster

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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

1.5 months

Arrival In Australia

Culture Shock

Feeling Unhappy

Completion Of Studies

Leaving Australia

Adaption To Life In Home Country

Re-Adjusting

Arrival In Home Country

Reverse Culture Shock

The “W” Curve
International students are like full-grown trees transplanted from one part of the globe to a foreign land.
Sources of Culture Shock

- Separation from family and friends
- Lack of social support in host/new culture
- Language barrier
- Lack of recognizable cues to help determine behavior
- Absence of what is familiar to you
- Spiritual/religious isolation
- Fears and insecurities
- Academic stress
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
- Confidential and FREE

Fun, Food & Friendships: International Student Lunch Discussion
Mental Health Awareness
Strategies For Coping

1. Recognize it as a challenging experience
2. Don’t expect that you will like everything
3. Expect surprises and strong feelings
4. Pursue your interests
5. Try to take manageable risks
6. Know your resources
7. Develop your English skills
8. Expand your support system
9. Acquire an understanding of how Americans generally think and act
10. Make Michigan your 2nd home
Top 10 Things You Should Know About Michigan

1. We are the **Mitten State**. Forget maps? Just use your hand.
2. The **UP** is one of the most gorgeous places on earth
3. The **Great Lakes** are HOMES
4. Never, ever bring up **Ohio State**!
5. Stop Calling It “Mack-I-Nack!” It’s **Mack-in-naw**.
6. It’s not soda. Or even Coke. Get it straight, it’s called **POP**, y’all!
7. Detroit is **awesome**!
8. If you are here in the Fall, you gotta go **apple picking** on a **Cider Mill**
9. Traverse City is the **Cherry Capital of the World**
10. The winter is **snowy**, so what?
U.S. CUSTOMS & VALUES

Social Expectations  Friendship/loyalty  Educational Expectations  Authority

Individualism  Communication Style  Diversity of sub-cultures
Being Sensitive

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/CCRB/NCRB/IMSB

### Conflicts:
- Resident Assistants
- Office of the Ombuds
- Office of Student Conflict Resolution (OSCR)
Questions?
Please Complete The Workshop Evaluation

Your feedback is valuable to us and will help us to improve the experience of future participants. Thank you!

bit.ly/umicrientation
How to Distinguish Americans