Cultural Adjustment Rollercoaster

Presented By:
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U.S. CUSTOMS & VALUES

Social Expectations
Friendship/loyalty
Educational Expectations
Authority

Individualism
Communication Style
Diversity of sub-cultures
U.S. Customs & Values - Orientation Workshops

Social Expectations

“Social Justice 101”

Friendship/Loyalty

“Making Friends in the U.S.”

“Getting Involved with University Groups & Organizations”

Educational Expectations

“Cultural Differences in the Classroom”

“Writing Effective Emails”
U.S. Customs & Values - Orientation Workshops

Authority

“Communicating with your Academic & Research Advisors (Graduate Students)”

“It’s Not Just a Good Idea...It’s the Law!”

“Sexual Misconduct Awareness & Education”

Individualism

“Stress Less for Success”

“Getting Settled” Workshops (shopping, banking, cars, etc)

Communication Style

“Creating your Elevator Pitch”

“Communicating with your Academic & Research Advisors (Graduate Students)”
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

6 months

THE PROCESS OF ADJUSTMENT

Leaving Home

Arrival In Australia

Culture Shock

Feeling Unhappy

Completion Of Studies

Leaving Australia

Arrival In Home Country

Re-Adjusting

Reverse Culture Shock

The “W” Curve
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 (Individual or Group)
- Psychiatric Evaluations and Medication Management
- ADHD, Eating and Substance Abuse Screenings and Support
- Confidential and FREE

New Location: Tappan Auxiliary Building 609 Tappan Street
(Wellness Zone unavailable until Michigan Union reopens in 2020)
Mental Health Awareness
1) True psychological wellbeing is an ongoing, ever changing process that is unique for each individuals (CAPS).
2) Find a support community that suits you
3) Explore the resources on campus

The University of Michigan is committed to advancing the mental health and wellbeing of its students. If you or someone you know is feeling overwhelmed, depressed, and/or in need of support, services are available (Paul Conway, SI 678).
4) Prefer a holistic approach (a personal story)

- Counseling and Psychological Services (CAPS)
- Rackham Graduate Student Emergency Funds
- Center for the Education of Women (CEW+)
- International Student Lunch Conversation
- Mental Health Work Group - University of Michigan (MHWG)
- Student Legal Services
- Sleep Disorders Clinics
- The Wellness Zone
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. Know your **resources**
6. **Develop** your English skills
7. Expand your **support** system
8. Acquire an **understanding** of how Americans generally think and act
9. Make Michigan your **2nd home**
Top 7 Things You Should Know About Michigan

1. Michigan is the **Mitten State**. Forget maps, just use your hand.
2. The **UP (Upper Peninsula)** is one of the most gorgeous places on earth
3. The **Great Lakes** are “HOMES”
4. Detroit is a great city to explore!
5. If you are here in the Fall, try **apple picking** at a **Cider Mill**
6. Traverse City is the **Cherry Capital of the World**
7. The winter is **snowy**, so what?
Being Sensitive

For more information on “bad” English words:
https://www.noswearing.com/dictionary/c
**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/CCRB/NCRB/IMSB

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