

HOW TO HELP YOURSELF

- Understand that you are going through a normal experience.
- Keep in touch with friends and family back home.
- Have familiar things around you like pictures and decorations.
- Become involved in your new culture.
- Find hobbies like exercise, sports, or yoga.
- Talk to someone who you can trust to listen and understand.
Don't isolate yourself.



SCC IS HERE FOR YOU

The staff at SCC is here to help you with any areas of this cultural transition that may be experiencing. If you feel you need assistance from a member of our staff, please call (812) 237-3939 or visit our website at www.indstate.edu. You can also get several helpful tips by following us on Facebook.

Other Campus Resources

International Programs and Services
www.indstate.edu/ips

Fosters a supportive and nurturing atmosphere for the University's population of international students

We also have over 20 international student organizations on our campus.

Please visit www.indstate.edu/sao for a complete list.



INTERNATIONAL STUDENTS' ADJUSTMENT TO COLLEGE

ISU STUDENT COUNSELING CENTER



Hulman Memorial Student Union,
7th floor

(812)237-3939

www.indstate.edu/cns



INTERNATIONAL STUDENTS' ADJUSTMENT

Welcome!

At Indiana State University, we understand that you are starting an exciting, but often challenging experience. At SCC, we understand that adjustments to college can be difficult. This brochure was created to help you become more familiar with challenges that international students might encounter. It will provide important resources on campus that can be of great help to you.

What is culture Shock?

Culture Shock is a physical and emotional discomfort that you may experience when experiencing a unfamiliar way of life like when moving to a new country. Culture shock has four stages. These stages may not follow an order; they may be continuous; or they may emerge at certain times.

Stages of Culture Shock

- **Honeymoon Stage**

Feeling excited about school and a new way of life. Enjoying new discoveries and feeling fascinated by the new culture.

- **Dissatisfaction Stage**

Feeling overwhelmed by the new environment leading to feelings of sadness, worry and confusion. Frustrations from cultural differences in food, difficulty sleeping because of time changes, and language barriers.

- **Negotiation Stage**

Gaining an understanding of the new culture. Not feeling as lost and becoming more familiar with the environment. Reconnecting with what you value about yourself and your culture.

- **Adjustment Stage**

Realizing that the new culture has good and bad things to offer. Establishing new routines and a sense of belonging.

- **Mastery Stage**

Gaining the ability to participate fully and comfortably in the host culture.

- **Reverse Culture Shock**

Experiencing a readjustment period similar to the stages above when returning home.

Possible Challenges

Language Barrier

- Stress and lack of energy from having to translate everything
- Frustrations and low self-esteem from difficulty communicating.

Societal Challenges

- Difficulty understanding US systems (education, financial, medical)
- Financial difficulties
- Obvious or subtle discrimination

Socio-Cultural Challenges

- Disconnection with social supports after leaving family and friends
- Not knowing social norms when interacting with Americans.

Emotional Distress

- You may experience loneliness, anxiety, body complaints (aches, pains, allergies), anger, disappointment, and homesickness.
- You may think that your adjustments struggles and emotional distress are related to a personal defect, but they are common symptoms of cultural shock and normal adjustment.