TIPS ON DEALING WITH CULTURE SHOCK

How Are You Doing Right Now?

 Where do you think you are in the stages of cultural adjustment now?
 What is one thing that frustrates you about American culture/study right now?
 What is one thing that has surprised you and been really good since you came here to study?

How Can I Deal with This Culture??

 Keep in touch with family and friends from home.
 Maintain regular living patterns—eat and sleep at regular times. Take care of yourself physically with sleep and exercise and this will help you emotionally.
 If you have certain hobbies or are involved in sports at home, try to do the same here. Find things you enjoy to balance your studying. This is also a great way to make friends.
 Keep a journal about your experiences and emotions abroad.
 Find a safe place to spend time or talk to people. Some safe places and people are:
   Center for International Education - (513) 745-2864
   Interlink Peer Mentors
   McGrath Health and Wellness Center - (513) 745-3022
   Psychological Services – (513) 745-3531
 Get involved with CIE and ISS events (or resident hall events if you live on campus)
   Coffee Hours Wednesdays at 3:30pm
 Talk to friends, counselors and professors if you feel you have problems in class or coping with culture; try to look at your problems one at a time.
 Spending time with people from your country/culture can be helpful to feel comfortable and familiar, but try to also spend time with other international students and American students. Spending time with them and speaking English can help you adjust better to your new culture.
• If you feel depressed, ask yourself these questions:
  "What did I expect/hope about coming to the U.S.?
  "Were my expectations reasonable?"
  "If so, what can I do to make them come true?"
  "If not, how can I make the best use of my time now that I am here?"

• If you develop physical problems (i.e. headaches, stomachaches, insomnia),
  these may be signs of stress. Discuss your symptoms with a counselor or doctor,
  and learn to reduce/handle the stress.

• Keep your sense of humor! Sometimes if you can’t laugh about something you
  will cry, but it’s better to laugh!