

INTERNATIONAL STUDENT ORIENTATION

ADJUSTING TO
LIFE IN THE U.S.A.
IN & OUT OF THE CLASSROOM



WHAT IS CULTURE?

“The total way of life of a group of people that is passed along to future generations, including patterns of thought, beliefs, values, expectations, and behaviors.”

CULTURE

ABOVE THE SURFACE:

OBSERVABLE

BEHAVIORS

&

TRADITIONS

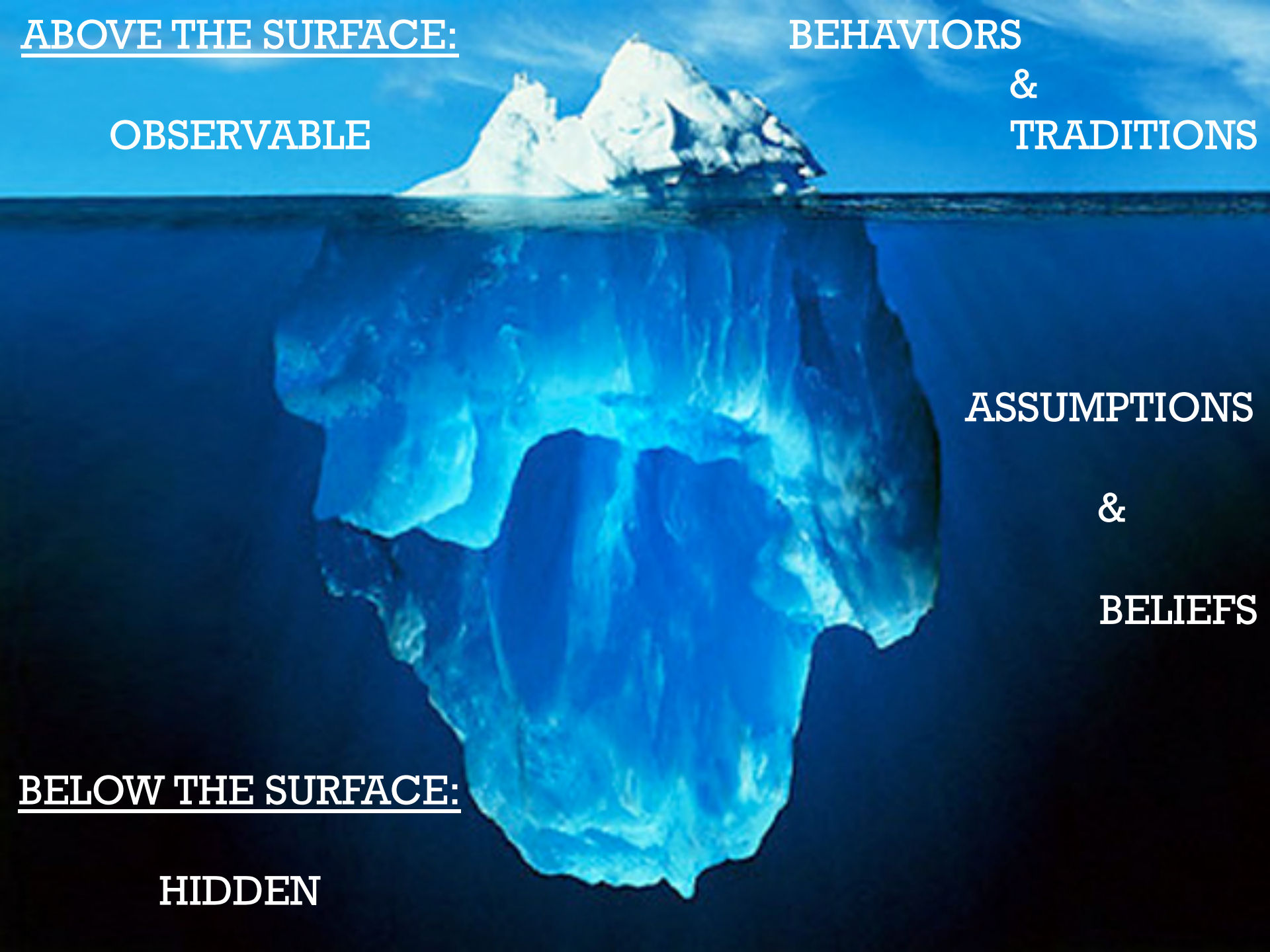
ASSUMPTIONS

&

BELIEFS

BELOW THE SURFACE:

HIDDEN



ABOVE THE SURFACE

- Food
- Clothes
- Language
- Music
- Holiday Customs
- Gestures

BELOW THE SURFACE

- Religious Beliefs
- Work Ethic
- Values
- Nature of Friendships
- Social Etiquette

ASPECTS OF CULTURE

Honeymoon

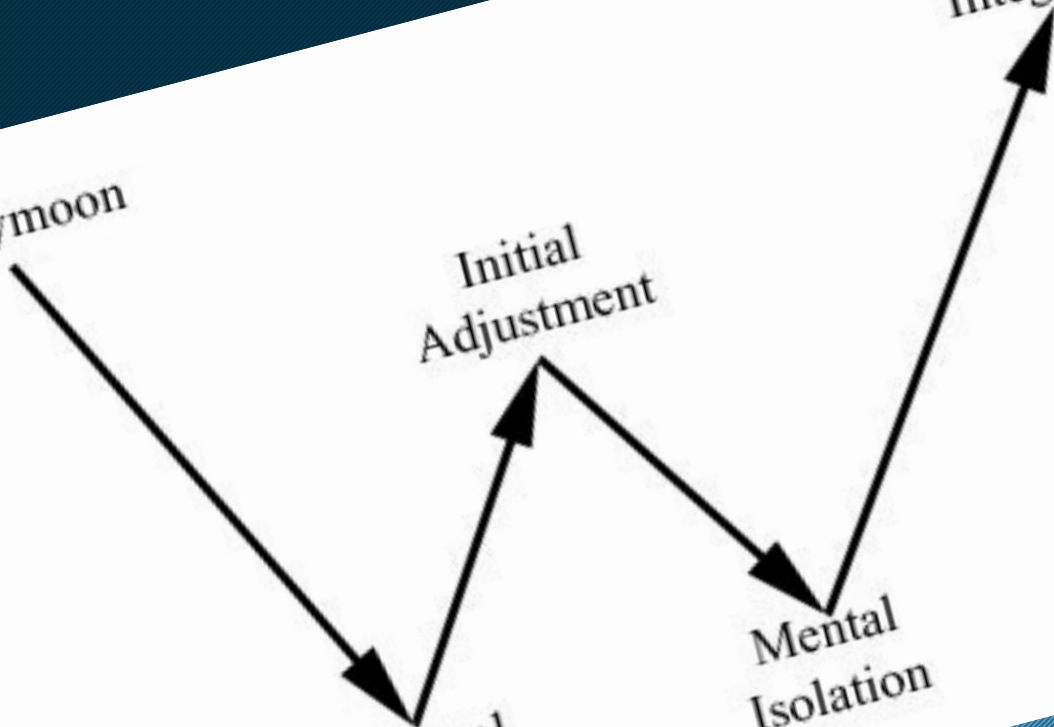
Initial
Adjustment

Acceptance &
Integration

Cultural
Shock

Mental
Isolation

**CULTURAL
ADJUSTMENT**





HONEYMOON PHASE



**CULTURE
SHOCK PHASE**



INITIAL
ADJUSTMENT



**MENTAL
ISOLATION**



ACCEPTANCE & INTEGRATION

ACTIVITY

Balancing Cultures & Values

LEFT SIDE
“ Children
should
live on
their own
when they
reach a
certain
age

RIGHT SIDE
“ Children
should
live at
home
until they
are
married

LEFT SIDE
“ Corporal
punishment
should
NOT be
permitted

RIGHT SIDE
“ Corporal
punishment
should be
allowed to
use when
necessary

LEFT SIDE

“ Children
should be
allowed to
speak
freely

RIGHT SIDE

“ Children
should
never
question
their
parents or
teachers

LEFT SIDE

“ When you
see
someone
you know
on the
street,
you prefer
to just nod
hello

RIGHT SIDE

“ When you
see
someone
you know
on the
street,
you stop to
say hi and
ask about
their day

LEFT SIDE

“ Learning
English
takes time
but it is
important

RIGHT SIDE

“ English is
too
difficult to
learn, I
will just
use my
own
language

LEFT SIDE

“ It is
important
to be
on-time to
meetings
and events

RIGHT SIDE

“ Sometimes
I just can't
make it
on-time
because I
am too
busy

REFLECTIONS

Home culture & US culture?

- Culture is relative
- Be open-minded & curious
- Ask questions
- It's OKAY to make mistakes
- Find a cultural ally
- Support each other
- Be patient

STRATEGIES

RESOURCES

**Office of International
Student & Scholar
Services**

**Counseling & Mental
Health Center**