What to expect as you transition to the U.S.?
  – Adjustment Process
When do I need more assistance?
Successful adjustment strategies
What does the Counseling Center offer for international students?
Campus Resources
Questions
Mental Health

- Video
Top 10 Concerns for USF International Students

- Academic Stress
- Homesickness
- Finances
- **Culture Shock**
  - Feeling sad or unable to enjoy the things you used to enjoy
  - Worrying about friends/family in home country
- Uncertainty about the future
- Relationships
- Difficulty with professor or advisor
- Procrastinating/getting motivated
Adjustment Process

Culture Shock
- Normal process
- Initial adjustment
The Transition Begins

- Phase 1: Honeymoon
The Transition Continues
The Transition Continues

Phase 2: “Culture Shock”
- Confusion/Sadness/Anger
- Extreme Homesickness
- Eating and Sleep changes
- Recurrent Illness
- Isolation
- Poor academic performance
- Concentration Issues
- Lack of confidence
Adjusting Successfully as a USF Bull

Phase 3: Adjustment

– Be patient
– Consider it an adventure
– Be Active
– Deal with stress as it rises
– Ask for help if you need it
Reverse Culture Shock

1. You accept and embrace cultural differences. You see the host as your new home and don’t wish to depart or leave new friends.
2. Differences become apparent and irritating. Problems occur and frustration sets in.
3. You may feel homesick, depressed and helpless.
4. You develop strategies to cope with difficulties and feelings, make new friends, and learn to adapt to the host culture.
5. You are excited about returning home.
6. You gradually adjust to life at home. Things start to seem more normal and routine again, although not exactly the same.
7. You incorporate what you learned and experienced abroad into your new life and career.
8. You may feel frustrated, angry, or lonely because friends and family don’t understand what you experienced and how you changed. You miss the host culture and friends, and may look for ways to return.
Adjusting Successfully as a USF Bull

What strategies can you use to overcome challenges related to:

- Finances: Strive to be ACCOUNTA-BULL
- Academics: Strive to be RELIA-BULL
- Health: Strive to be RESPONS-I-BULL
- Support Systems: Strive to be AMIA-BULL
- Adjusting to “American culture” : Strive to be FLEXI-BULL
When do you need more assistance?

- Did the stress make you a crazy person?
  - No...the stress made you a stressed person.

- What kind of help do you need?
What About On-Campus Resources?

Counseling Center

- Video
Counseling Center...we have what you need

Our practice is informed by research

International staff members

Access to Language Line for interpretation

We are confidential!
What do we offer?

Free & Confidential

SVC 2124
813-974-2831
www.usf.edu/counsel
Additional Campus Resources

- International Services
- Center for Student Involvement
- New Student Connections
- Office of Multicultural Affairs