

Cross Culture Adoption



Cultural Adjustment

Living in a culture that is different from your own can be both an exciting adventure and a challenging process. Regardless of what country you are from, it is common for all international students to go through a period of cultural adjustment. Understanding this adjustment process and getting support through this transition will help you to have a more fulfilling experience, both academically and personally.



Vocabulary

Exciting: Causing great enthusiasm and eagerness.


Disorientation: Loss of one's sense of direction, position, or relationship with one's surroundings. A temporary or permanent state of confusion regarding place, time, or personal identity.

Nervousness: The quality or state of being nervous.


Perceive: Become aware or conscious of (something); come to realize or understand.

Curious: Eager to know or learn something.

Culture Shock



The values, social norms, and traditions in the U.S. may be very different from beliefs about "how things should be" in the country where you grew up. When individuals move to another culture, they naturally carry their own background and life experiences with them, and these shape how they perceive and adjust to their new environment.



Common reactions to culture shock include: extreme homesickness, avoiding social situations, physical complaints and sleep difficulties, difficulty with coursework and inability to concentrate, becoming angry over minor irritations significant nervousness or exhaustion.

Strategies to Help You Cope with the Adjustment Process

Culture is relative

Culture is relative, which explains why individuals from different cultures may perceive American norms differently. For some, the American communication style may seem too direct, while others may find it not direct enough. As an international student, you will be exposed to many new customs, habits and ideas.



Be open-minded and curious

Adjusting to a new culture does not mean that you have to change your own values, but it is important to respect those of other people. When you find yourself in an unfamiliar situation, try to think of it as a new adventure. Allow yourself to be curious about the way things are perceived and done in this new environment.

Use your observation skills

Since you will encounter unfamiliar rules and norms, observing how others are acting in situations can help you understand what behavior is expected of you. Pay attention to both the verbal and nonverbal communication of others in order to get a more complete picture of what is going on.



Find a cultural ally

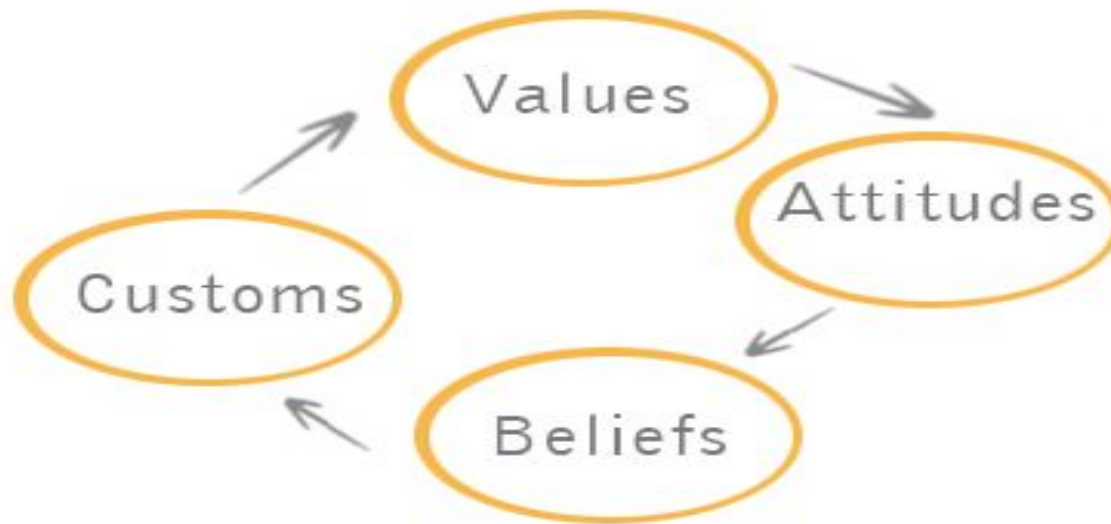
An American friend (or another international student who has been in the U.S. for several years) can be a great consultant on cultural expectations. When you have questions or need a second opinion on something, this person can help clarify confusions and provide support as you adjust to your new environment.

Seek out support from other international students

Many international students find it helpful to discuss their concerns with others who are going through similar transitions. Talking with others about their adjustment to the new culture can provide ideas and insights about your own experience.

Be patient - don't try to understand everything immediately

The process of adjusting to a new culture requires time. It may also require a different amount of time for different areas of adjustment. Try to encourage yourself to be patient with this experience and not be overly critical of yourself.



Writing (Make sentences)

2 sentences each :

Exciting

Disorientation

Nervousness

Perceive

Curious

Reviewed By	Reviewed On	Comments / Changes Made
Ruchika	11/09/2015	ok