



International Orientation 2018

Wellness & Living in the US



International Orientation 2018

New Experiences

Opportunities:

- Learning and doing new things
- Meeting new people
- Traveling to new places

Challenges:

- Learning and doing new things
- Meeting new people
- Traveling to new places



Adaptation is a process that happens when you experience new things. It has 4 stages:

- Everything is new and fantastic
- Everything is new and not so good
- I am starting to understand how to live here
- I understand and appreciate this culture, my culture, and
can still be myself

Apartment and Residential Hall Living

- It is important to communicate with your roommates what you like and don't like
- It is important to set boundaries of what you are comfortable with and respect the boundaries others set
- You can always ask for help on this if you feel it is not going well

Personal Space

- Personal space is a cultural matter
- What are you comfortable with may not be what someone else wants
- Shared food, shared possessions, touching are all things that should be talked about first

Gender Roles

- Gender roles are a cultural matter
- What you are used to in your culture may not be the same for another student's culture
- In the U.S., the laws support gender, ethnicity, and sexual orientation equality



Wellness for Success

- Exercise
- Eat nutritious food
- Spend time with people who are positive and supportive
- Get help when you need it



How and where to get help

- Asking for help is normal and accepted
- When you ask for help, you will get it
- Counseling Services
- Health Services
- Dean of Students Office
- Academic Advisor



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