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