

Hello Everyone!

As Elaine emailed to you earlier, please talk to me for support and resources at the Coffee Hour on Fridays from 3 to 5 pm. If you prefer to talk to me in a more private setting, please make an appointment with me at the Coffee Hour or by email (oiiss@siu.edu).

I would also like to pass on some information on “CIE Wellness Resources” that may be helpful for you through E-newsletters and workshops. This is the first newsletter!

Cross-Cultural Transition (Part 1)

When you enter the American culture from your home country, you may experience significant changes and gradually adapt to the changes. This is called “cross-cultural transition.” This is an ongoing, and sometimes stressful, process. However, if you know what to expect, it may help you deal with the transition.

Many international students experience the following phases during cross-cultural transition:

- 1) Tourist Phase
- 2) Disintegration Phase
- 3) Reintegration Phase
- 4) Adaptation Phase

Phase 1: Tourist Phase

Many of you probably came to the US with positive expectations of studying and experiencing a different culture. Going through significant changes can be stressful, but you may also experience positive feelings in this beginning phase. You may feel fascinated with cultural differences and enjoy it as exciting and interesting experiences. Tourists who stay only for a short period may enjoy a different culture and go home. You may enjoy the new culture in the same way. This is why this phase is called the tourist phase.

Many of new international students may be in this phase now. International students who came last year or before, do you remember this phase?
I will explain the following phases in the next newsletter.

See you soon!

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