

CULTURAL ADJUSTMENT

Ask yourself the following questions:

_____ Have you lived away from your family or culture before?

_____ Are you clear about why you came to Canada, Victoria or Camosun College?

_____ Have you made any friends here?

_____ Do you have a realistic academic plan or goal?

_____ Is your life a balance of school work and relaxation?

If you didn't answer yes to all of the above, you may be having some difficulty in coping with the adjustments of living in a new culture or attending a new academic institution.

Coping Strategies:

- * Try to keep a perspective on change. Adjusting to living in a new culture is a process, not an event. It is normal to have ups and downs, even while living at home.
- * Check your expectations. Are your expectations realistic? What are your expectations of yourself and others?
- * Do not withdraw. Staying in your room and focusing only on your studies is not always the best solution. Try to balance your time with friends, school and personal relaxation time.
- * Be patient. Learning to live in a new culture takes time. Give yourself and others time to understand each other.
- * See help. If you continue to have difficulties, consult a counsellor or talk to other experienced international students about their adjustment suggestions.