The staff at CAPS is here to help you with numerous areas of this cultural transition you may be experiencing. If you feel you need assistance from a member of the CAPS staff, you can call (765) 494 - 6995 or visit our website, http://www.purdue.edu/caps/.

Our main offices are located in the Psychological Sciences Building (PSYC) and at the Purdue Student Health Center (PUSH).

Other Campus Resources

Office of International Students and Scholars (ISS) http://www.iss.purdue.edu/

Provides appropriate services and support to enhance the academic, cultural, and social pursuits of international students.

International Center http://www.intlctr.org/

Dedicated to the understanding and cultural enrichment of the Greater Lafayette area.

How to Help Yourself

- Understand that you are going through a normal experience.
- Keep in touch with your family and friends back home.
- Have familiar things around you that have personal meaning (e.g., pictures, ornaments).
- Maintain contact with your new culture by getting involved in campus activities.
- Find hobbies (e.g., exercise, meditation).
- Find someone to talk to who can listen and understand, rather than isolating Yourself.
Welcome!

At Purdue University we understand you are entering an exciting yet challenging experience. Here at CAPS we understand the adjustment to college life is sometimes a difficult transition. This brochure is intended to help you become familiar with common challenges that international students encounter during their adjustment to college. It will provide important resources on campus that can be of great help to you.

What is Culture Shock?

It is the physical and emotional discomfort you may experience when moving to another country with which you are not familiar. Culture shock has many stages. Each stage can be continuous or emerge only at certain times.

Honeymoon Stage

Feeling excited, euphoric, and optimistic about school and your new life.

Dissatisfaction Stage

Feeling overwhelmed by the new environment resulting in feeling unhappy, anxious, confused, isolated, and inadequate.

Negotiation Stage

Gaining understanding of the new culture. Not feeling as lost and becoming more familiar with the environment. Reconnecting with what you value about yourself and your own culture.

Adjustment Stage

Realizing the new culture has both good and bad things to offer. Gaining a more solid sense of belonging.

Re-entry Shock Stage

Experiencing culture shock when you return to your country of origin. Things are no longer the same. Missing the newly learned customs that are not in use in your culture of origin.

Challenges You May Experience

Language Barrier

- Even everyday verbal interactions may be energy consuming and stressful due to having to translate everything.

- Frustration and low self-esteem may result from difficulty communicating.

Societal Challenges

- You may experience difficulties due to lack of familiarity with U.S. systems (e.g., educational, financial, occupational, medical).

- You may experience financial difficulties.

- You may experience obvious and/or subtle discrimination.

Socio-Cultural Challenges

- Abrupt disruptions in social networks may occur after leaving family and friends in your home country.

- You may not know social norms of interacting with Americans as well as with people from a variety of other countries.

Emotional Distress

- You may be likely to experience loneliness, anxiety, somatic complaints (e.g., aches, pains, allergies), anger, disappointment, and homesickness.

- You may attribute your adjustment struggles and emotional distress to personal defects or problems rather than to culture shock or normal adjustment.