Office of International Programs (OIP)

Culture Shock and College Success
Culture Shock

• a feeling of confusion, doubt, or nervousness caused by being in a place (such as a foreign country) that is very different from what you are used to

Stages of Culture Shock

• Stages:
  • Honey moon
  • Distress
  • Reintegration
  • Acceptance
  • Independence
Coping with Culture Shock

• Become a part of the community
• Make new friends
• Stay connected with family back home
• Make your space comfortable
• Explore the neighborhood
Making Friends

• Differences in the concept of friendship across the cultures
• International Student Mentor Program
• Student Organizations
• OIP and UT Tyler Social Events
General U.S. Traits

• U.S. citizens can be more direct in communication with others
• Certain topics are considered private
  • Religion, politics, money, age
• Take initiative
  • Independence is expected
• Time is important – be on time for appointments and meetings
U.S. Academic Culture

• Concept of Time & Deadlines
• Communication and relationship with Professors/Advisors
  • Office hours
• Syllabus
  • Citations
• Types of assessments
  • Midterms, Finals, Papers, Projects, etc
American teaching styles – often student-centered, discussion-based, interactive.

Regular attendance, participation and being on time is expected.

Students are told to feel free to ask questions and express point of view during class time.

Practice objective/critical writing styles (for assistance, consult professor/classmates/tutoring services).
Academic Honesty and Plagiarism

• Plagiarism: Claiming someone else’s work/intellectual property as your own.
• “Accidental” plagiarism: Forgetting to cite or include in references author of work.
• NOTE: accidental vs. non in terms of sanction and disciplinary action.
Resources

International students face challenges everyday as they transition into American life. From culture shock to U.S. teaching methods, recognizing these challenges will help us ensure our international students are successful in and outside the classroom.

• Prepare the students for culture shock and understand common remedies
• Students need to be open about making new friends
• Visit with the Counseling Center
• Professors
• OIP Office
  • Social events
  • English Language Program
• Student Organizations
Contact Us

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