

International Exchange/ Cooperative Students

Culture shock



Culture Shock

What is a Culture shock?

Culture Shock describes the impact of moving from a familiar culture to one which is unfamiliar. It is an experience described by people who have traveled abroad to work, live or study.

Culture Shock is not at all shocking, it is a perfectly normal part of learning to live in a new cultural environment.



The most common symptoms:

- Extreme homesickness
- Desire to avoid social settings
- Physical complaints and sleep disturbances
- Depression
- Difficulty with coursework and concentration
- Loss of your sense of humor
- Boredom or fatigue
- Loss of ability to work or study effectively
- Feeling overwhelmed or lonely

The four phases of adjustment



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- **Honeymoon Phase:** many students feel euphoric, excited and fascinated by the new environment.
- **Shock Phase:** the honeymoon phase is over and the realities of academic, social and everyday life might seem overwhelming.
- **Negotiation Phase:** this is the stage of recovery, you find that you can read cultural clues better.
- **Acceptance Phase:** this is the autonomy phase, your anxiety is largely in the past and find yourself in a stage of equilibrium.



Solutions for Culture Shock

- Keep active
- Make American friends
- Read
- Exercise
- Community activities
- Work on your English
- Meet other international students
- Be patient
- Explore your environment



If you continue to struggle with culture shock, depression, home sickness, etc. The FAU Counseling Center has professionals who are here to help you. Students are entitled to **free** visits.

They can be reached at 561-297-3540