

International Services and Engagement Office

presents



UC San Diego

GLOBAL INITIATIVES
International Services and Engagement Office

FALL 2024

NEW INTERNATIONAL STUDENT ORIENTATION

Today's session is on:

Culture Surfing 101: Riding the Waves of Change

We'll get started soon!

While you wait, follow us on
Instagram for the latest updates!



@istudents.ucsd

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Welcome!

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International Services and Engagement Office

Introduction



Kathleen McLaren

Intake Advisor

International Services and Engagement Office

presents



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Before We Begin



Fill out the survey at the end of today's session to be entered into a gift card giveaway!

While you wait, follow us on Instagram for the latest updates!



@istudents.ucsd

Culture Surfing 101: Riding the Waves of Change

Amy Nannan, PsyD (She/her/hers)

Wen-Hsin Chang, PhD (She/her/hers)



UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



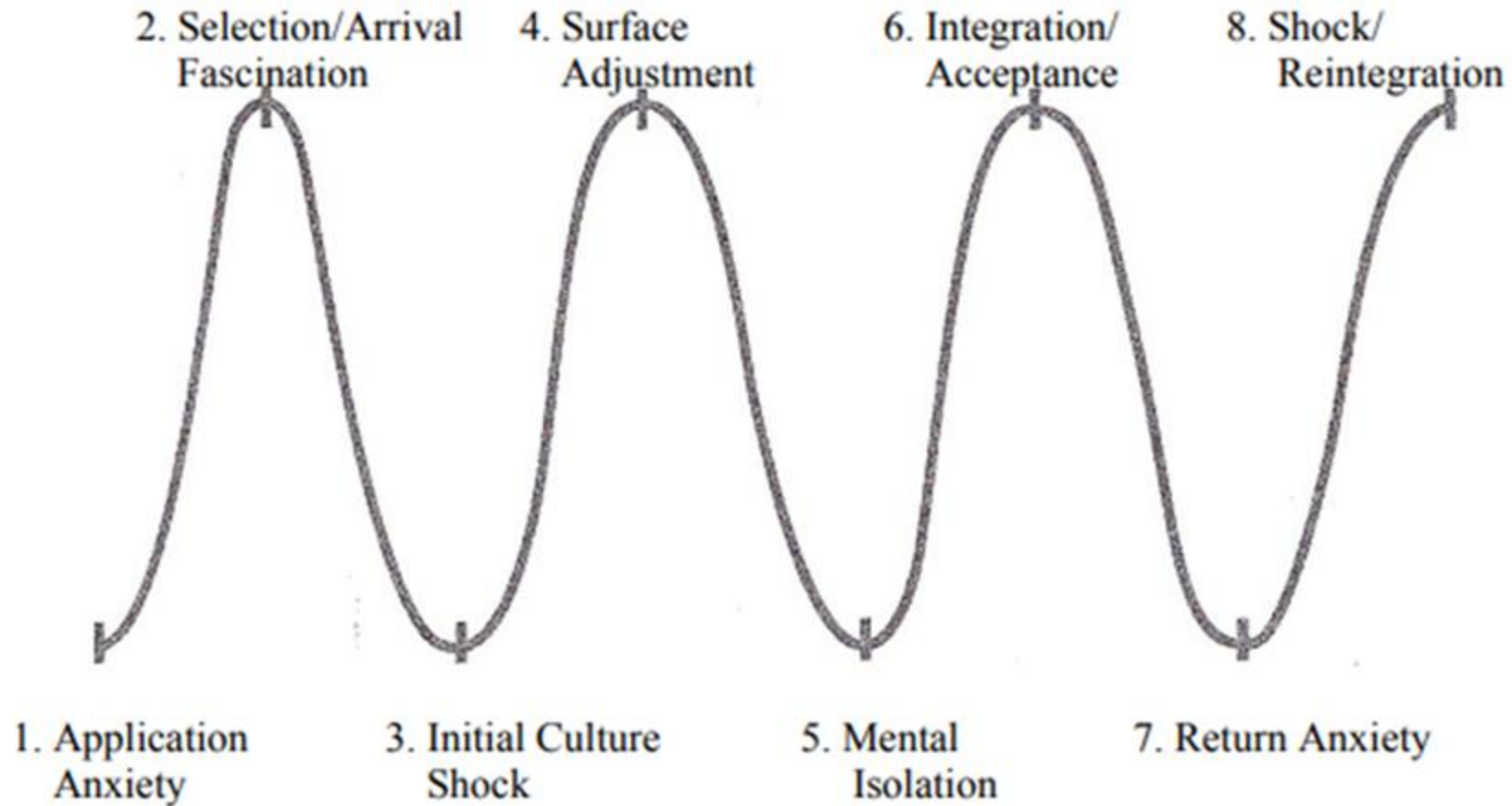
TRITONS
FLOURISH

Our goals

- 1) To have some fun with you today
- 2) To prepare you with some skills/ resources to deal with possible difficulties during the adjustment to the life in the USA



Cultural Shock



Rhinesmith, S. H. (1985). *Bring Home the World: a management guide for community leaders of international exchange programs*.
https://openlibrary.org/books/OL7877247M/Bring_Home_the_World

Acculturation Patterns

Engagement in the original culture	Engagement in the US culture	
	High (+)	Low (-)
High (+)	Integration (+, +)	Separation(+, -)
Low (-)	Assimilation(-, +)	Marginalization (-, -)

Psychological wellness

Integration (+, +) > Assimilation (-, +) / Separation (+, -) > Marginalization (-, -)

High subjective social support > low subjective social support

Mixed sources of social support > single source of social support

References:

Berry, J. W. (2005). Acculturation: Living successfully in two cultures. *International Journal of Intercultural Relations*, 29, 697-712. doi:10.1016/j.ijintrel.2005.07.013

Bender, M., Van Osch, Y., Slegers, W., & Ye, M. (2019). Social Support Benefits Psychological Adjustment of International Students: Evidence From a Meta-Analysis. *Journal of Cross-Cultural Psychology* 2019, Vol. 50(7) 827–847

Activity 1: Make a connection with the person next to you

Talk to a person next to you, get to know each other, and discuss your experience so far in the USA.

- Where did you come from?
- What is your major?
- How is your experience in the USA so far? (Amazed? Disappointed? Frustrated?...)

Possible Challenges in the USA

- Language barriers (perceived or actual) → feelings of inferiority/anxiety, avoiding opportunities
- Value of individualism and personal freedom (e.g., students choose their own classes, so many different interest groups) → more difficulties in making friends
- Value of critical thinking → difficulties in writing and speaking up in classes at first
- Becoming a minority group member → feeling strange, disrespected, not safe

Activity 2: What worries/goals do you have?

1. Ask yourself “what worries me most about the life in the next few years at UCSD?” (If you don’t have any worries, ask yourself “what goals do I care about most for the next few years?”)
2. In one word, please submit your answers to this website:



Review the Worries/Goals

Group leaders read the word cloud.

Language

- ISPO: [English language resources](#)
- ISPO: [Global Ambassadors Program \(GAP\)](#):
- The Colleges: [Tutoring and language support](#)
- UCSD: [Linguistics Language Program \(LLP\)](#)
- Health services: [Interpreter & Language Services](#)

Social support

- Peer mentorship program
- Grad Pals
- iEvents Calendar
- College Student Affairs
- Roommates/suitemates
- Student clubs (based on ethnicity, interests)
- Americans struggle too!
- DISCORD

Academic/Career

- Career Center: resume, career exploration, internship/job searching
- College Academic advisors: design classes to take, drop classes, take a break from school, change major
- OSD: Disability Accommodations
- ISEO: reduced course load
- TA/professors: answer questions about concepts, study methods, career options, recommendation letters
- Writing hub

Financial

- [The International Services and Engagement Office](#)
- [UCSD Handshake](#): on-campus work postings
- Avoid scam calls/ emails– Do not give away money/personal information; if in doubt, always check with friends/families and/or official sources first.

Other services

- [Student Legal Services](#)
- [Office for Prevention of Harassment and Discrimination](#)
- [The Ombuds Office](#)
- [Care at SARC \(Sexual Assault Resources Center\)](#)
- [Student Health Services](#)
- [The Zone](#)
- [UCSD Recreation](#)
- <https://gps.ucsd.edu/students/student-resources/index.html#Services>

Coming to America: How to Flourish Through Culture Shock

- F/u recorded presentation for international students
- Recorded by Dr. Fred Hsueh and Dr. Fengqin at CAPS, a psychologist who used to be an international student and has years of experience in helping international students

[Between Two Cultures - YouTube](#)

Mental Health Awareness for international students

- [Mental Health Awareness for International Students - YouTube](#)

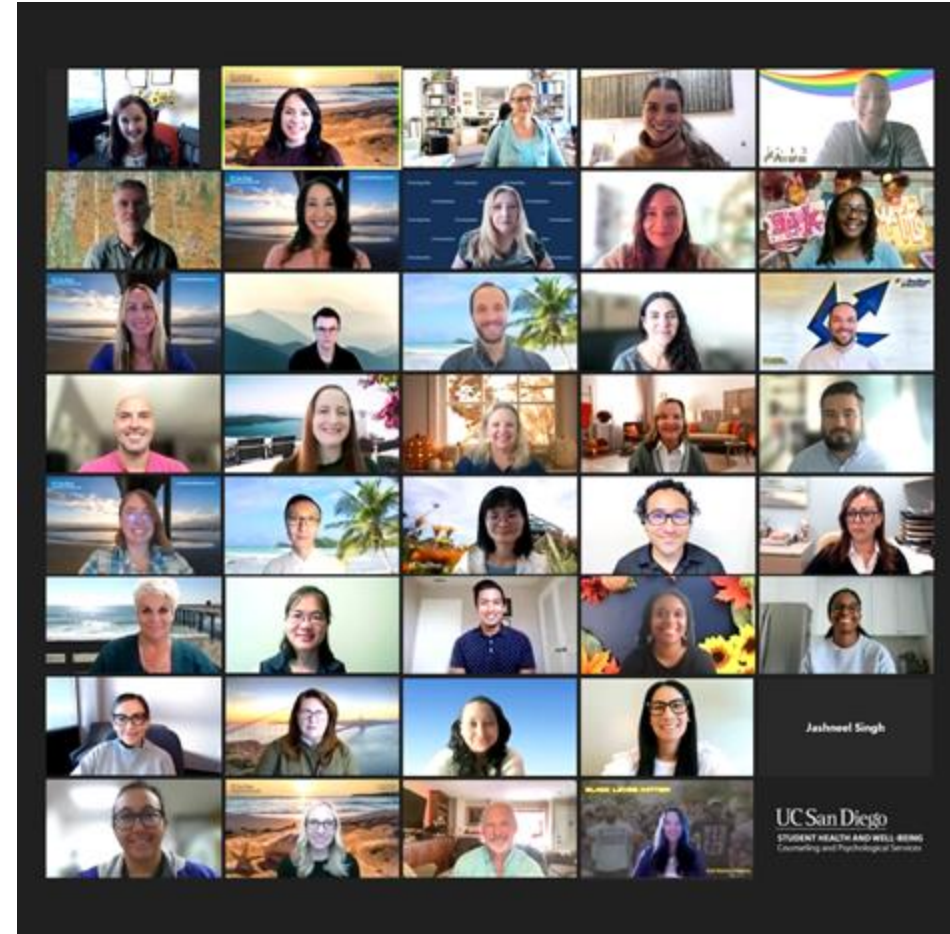


CAPS: Counseling and Psychological Services

Clinical Services

- Individual and group counseling
- Psychiatry
- Free and Confidential
- 858-534-3755
- caps.ucsd.edu

CAPS Staff 2022-23



Crisis Services

- Crisis phone consultation available 24/7
- Receive immediate support with urgent need
- Consult about yourself or someone else
- (858) 534-3755



RISE Workshops

RISE Workshop Offerings

- SunRISE Session
- Performance Lab
- Mindfulness Studio
- Joyful Movement
- Sleep Reset
- Social Justice and and Self-Compassion
- Stress Better: Skills for Managing Stress



CAPS Community Forums

Forums for all Students:

- ADHD Support
- Black Connections
- Cafecito Hour
- Grief and Loss Support Forum
- ICA Injury Drop-in Support Forum
- International Student Support
- Military-Connected Student Support
- Muslim Community Support Hour
- Nurturing Ourselves Together (APIMEDA)
- Trans and Gender Diverse Group

- **Experience and Identity Based**
- **Weekly Offerings**
- **Drop-in***

Graduate/Professional Student Forums:

- ADHD Support
- Grief and Loss Support Forum
- Latinx Support Forum
- LGBTQ Community Forum
- WISE: Graduate Women in Science and Engineering

Let's Talk



Let's talk sessions are...

- Informal consultations with a UC San Diego mental health professional
- FREE for all students
- Offered first-come, first-served
- Typically run 20-25 minutes

Let's Talk counselors can listen to specific problems, help explore solutions, and introduce you to what it's like to speak with CAPS staff.

<https://caps.ucsd.edu/letstalk>

Programs

CAPS Calendar

May is Mental Health Month

Tritons Flourish Initiative

SPORT Program for Athletics

Certified Peer Health Education

Post-Doctoral Residency in Health Service Psychology

Tritons Flourish Initiative



Let's Flourish Tritons! Tritons Flourish (TF) is an initiative for the Student Health and Wellbeing Cluster. Its mission is to develop and provide resources for UC San Diego students to improve mental health and increase well-being. Below are TF resources. If you have any questions about the TF program, please contact Dr. Tiffany O'Meara at 858-534-3755.

Follow us on social media! [@ucsdtritonshourish](#)

+ Expand All

▼ Handouts and Flyers

Well-Being and Mental Health Handouts

Current Offerings

- [Spring 21: Community Open Forums \(PDF\)](#)
- [Spring 21: Drop-In Workshops \(PDF\)](#)
- [CAPS Virtual Services Listing for 2020-21 \(PDF\)](#)

Flourishing Handouts

- [Flourish Handout & Worksheet \(PDF\)](#)

iFlourish with Headspace



Get Headspace at no cost, from UC San Diego

- ✓ 1000+ hours of mindfulness and sleep content
- ✓ Mini exercises for busy schedules
- ✓ Proven to reduce stress in just 10 days



caps.ucsd.edu/iflourish

GETTING STARTED

with CAPS

1. Call **858-534-3755** or go to MyStudentChart.ucsd.edu to request a brief phone screening to assess your needs.
2. Receive an individualized referral to the following services:

Individual,
Couples,
Group
counseling,
Urgent care

RISE
Workshops,
Community
Forums,
iFlourish

Off-campus
referral

Questions? Final Comments?

UC San Diego

STUDENT HEALTH AND WELL-BEING
Counseling and Psychological Services



T R I T O N S
FLOURISH

CAPS.UCSD.EDU

Follow us! @ucsdshw

Thank You!

- <http://caps.ucsd.edu/survey>
- Select “Presentation by CAPS Staff”
- Select “Culture Surfing 101: Riding the Waves of Change” as the Presentation Topic and Select ****Wenhsin Chang and Amy Nannan**** as the presenter
- Follow us on social media @ucsdshw

Scan Here!



Mahalo

cảm ơn bạn **العارضة**

Grazie **благодарю вас**

Merci **Danke** **謝謝**

감사합니다 **Dank U Wel**

धन्यवाद **Thank You** **謝謝**

Obrigado **ありがとう**

භවතුම **Terima kasih**

teşekkür ederim

תודה **Gracias**

Questions?

UC San Diego

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International Services and Engagement Office

Website: iStudents.ucsd.edu

Contact:

iContact.ucsd.edu

FALL 2024

NEW INTERNATIONAL STUDENT ORIENTATION



Meet-Ups

FALL 2024

NEW INTERNATIONAL STUDENT ORIENTATION

iEvents.ucsd.edu



iOrientation Events

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**U SEE
SAN DIEGO
BUS TOUR**

TOUR DATES:

- September 14
- September 21



TRITON WOMEN'S SOCCER X ISEO
**BLUE & GOLD
RIVALRY GAME**

UCSanDiego

VS UC IRVINE | TRITON SOCCER STADIUM

SEPTEMBER 19 | FAN FEST AT 6 PM
GAME AT 7 PM

INTERNATIONAL STUDENTS, READY TO SHOW
YOUR TRITON SPIRIT?


COME ENJOY FREE PIZZA, FUN GAMES, A CHANCE TO WIN
PRIZES, MAKE SOME POSTERS, AND ENJOY SOME TRITON
WOMEN'S SOCCER ACTION!

<https://ievents.ucsd.edu>
GET CCR eligible!



**INTERNATIONAL
MIXER**

Wednesday, Sept 25 | 5 pm | Great Hall



iOrientation Events

<https://ievents.ucsd.edu>

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UC San Diego
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International Services and Engagement Office

INTERNATIONAL GRADUATE STUDENT SOCIAL

Tuesday, Sept 17 | 5 pm - 7 pm
Dirty Birds at Price Center, UCSD

Register at
ievents.ucsd.edu

FREE FOOD
• first come, first served •

The poster features a yellow background with a blue sky and palm trees at the bottom. A stylized building is in the center. There are several birds flying in the sky. The text is in bold, dark blue and black fonts.



GAP
UC San Diego
GLOBAL INITIATIVES
International Services and Engagement Office

GAP MIXER

Thursday, Sept 26 | 3 pm - 4:30 pm
Student Center B - Large Conference Room

FREE FOOD
• first come, first served •

The poster features a yellow background with a blue sky and palm trees at the bottom. A photo of two students talking is in the center. There are several birds flying in the sky. The text is in bold, dark blue and black fonts.

iEvents Calendar

FALL 2024

NEW INTERNATIONAL STUDENT ORIENTATION

iEvents.ucsd.edu

iEvents Calendar

This page has a friendly link that's easy to remember: ievents.ucsd.edu

If you are a student, events labeled with the tag #GetCCR count towards your [Co-Curricular Record](#). Learn more at GETCCR.ucsd.edu. The central audience for iEvents consists of international students and scholars. Check out our [population information](#) if you are not sure of which audience you are!

The screenshot shows the iEvents Calendar interface. At the top, there is a search bar with a search icon, a date selector set to 06/25/24, and buttons for 'Subscribe', 'Pinboard', 'Agenda', and 'Monthly'. Below the navigation is the heading 'Events from Jun 25th' and a 'Submit Event' button. The main content area displays four event cards:

- Event 1:** Features a yellow circular logo with 'GAP' and 'GLOBAL AMBASSADORS PROGRAM'. The text reads: 'Fri Apr 12th 2:00pm - Sun Jun 30th 11:59pm', 'Undergrads: Sign Up to be a GAP Mentor this Summer!', and an 'Apply Now' button.
- Event 2:** Features a photo of two students. The text reads: 'Mon May 13th - Sun Jun 30th', 'Graduate students: Sign Up to be a Grad Pals Mentor this Summer!', and an 'Apply Now' button.
- Event 3:** Features a blue background with a yellow 'iWORKSHOP' logo. The text reads: 'Tue Jun 25th 12:00pm - 1:00pm', 'Travel and Re-entry Workshop', and a 'Register Here' button. Below the button, it says: 'This workshop is for faculty and scholars in nonimmigrant visa classifications sponsored by US Consulate...'.
- Event 4:** Features a purple background with a coffee cup and a craft project. The text reads: 'Wed Jun 26th 10:00am - 12:00pm', 'Wednesday Coffee and Crafts', and a description: 'Wednesday Coffee and Crafts is an informal, social gathering that provides attendees an opportunity...'.

Survey

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Please take a moment to fill out this survey so we can better serve you.



Final Reminders

- Submit your Check-In Form via iPortal (iCheckin.ucsd.edu)
- Register for other sessions at iEvents.ucsd.edu
- You can always contact ISEO via iContact.ucsd.edu

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Follow us on Social Media! @istudents.ucsd

Follow Us!



@istudents.ucsd



@iseo.ucsd



@ISEOUCSD