



International Services and Engagement Office



presents

FALL 2025

NEW INTERNATIONAL STUDENT ORIENTATION

Today's session is on:

Communicate with Confidence: Navigating American Social Norms

We'll get started soon!





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NEW INTERNATIONAL STUDENT ORIENTATION

Special thanks to Campus SIMS

mintmobile

brought to you by  campusSIMS

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

 @istudents.ucsd



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Welcome!



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GLOBAL INITIATIVES

International Services and Engagement Office



Introduction



Stella Beaupre

Intake Advisor



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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!



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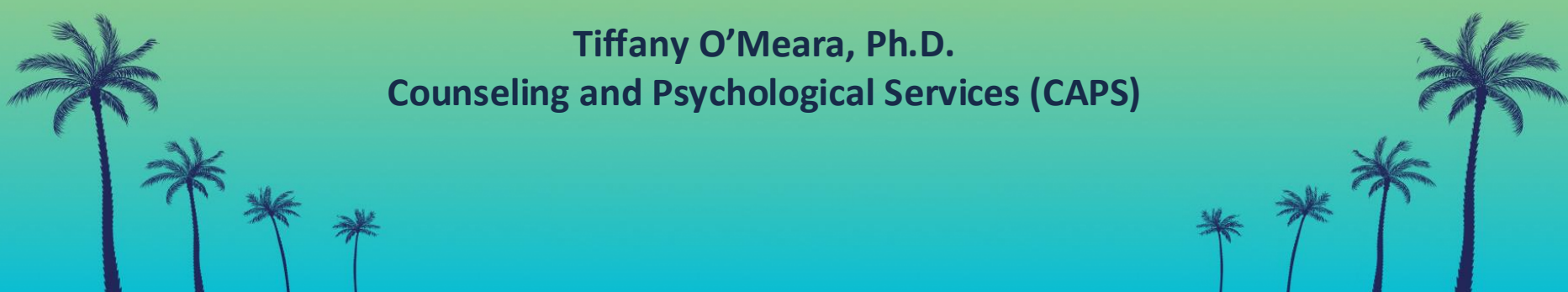
FALL 2025



NEW INTERNATIONAL STUDENT ORIENTATION

Communicate with Confidence: Navigating American Social Norms

Tiffany O'Meara, Ph.D.
Counseling and Psychological Services (CAPS)



Overview

- Barriers to Building Social Confidence
- Conversation Tips & Social Norms
- Practicing Social Confidence



Large Group Discussion

What are some possible challenging social situations or concerns you may experience as an International student?



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Barriers to Building Social Confidence



Errors in Anxious Thinking

- **OVERESTIMATE:**

- Probability
- Danger level (catastrophize)
- Consequence
- Others are thinking negative (mind reading)
- How anxious we appear
- Others Confidence

- **UNDERESTIMATE:**

- Our capabilities
- Our ability to cope
- Others will help us
- Insecurities of others



Barriers: Behavior

- Avoidance
- Escape
- Safety Behaviors



Facing Your Fears

What is *one* thought or behavior that is getting in your way of reaching your social goals?



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Building Social Confidence



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Let's Get Started!



Non-Verbals to Communicate Confidence

- Smile
- Eye contact
- Firm handshake
- Punctuality: being on time, ending on time
 - Friends
 - Class
 - Job Interview
- Personal space



What to Talk About?

- Common Ground
- Compliments + ?
- **FORM:**
 - **F**amily
 - **O**ccupation
 - **R**ecreation
 - **M**iscellaneous (e.g., current events, movies, books)
- Focus on the Other Person (open-ended ?s)
- Maintaining Conversation (like an onion)





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Practicing Social Confidence



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Let's Talk!

Practice a Conversation

(Remember Goal to find Common Ground!)

5 Hot Tips

- Be Positive
- Relax
- Focus on *Action* vs. Outcome
- Get used to rejection/failure
- Be courageous!



Small Group Conversations

Practice a Group Conversation
(Remember Open-Ended Questions)

Where to Practice

Get involved:

iPrograms

iPrograms.ucsd.edu



Where to Practice

Get involved:

iEvents

[iEvents.ucsd.edu](https://events.ucsd.edu)


iEvents Calendar

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

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

× < 09/27/24 > Subscribe Pinboard Agenda Monthly 📱

Events from Sep 27th Submit Event




Mon Aug 19th - Mon Sep 30th

campusSIMS

CampusSIMS is our trusted wireless partner designed with international students in mind. Why should you get

[All-Are-Welcome!](#)
[Grad-Students](#)
[Incoming-Students](#)
[iOrientation](#) | [Students](#)
[Undergrad-Students](#)
[Virtual](#)

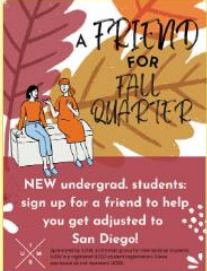


Mon Aug 19th - Mon Sep 30th

studentSIMS

StudentSIMS is the #1 Mobile Phone Service for UC San Diego International Students. UCSD has partnered with

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[iOrientation](#)
[Grad-Students](#)
[Students](#)
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[Virtual](#)
[All-Are-Welcome!](#)




Fri Sep 27th

A Friend for Fall Quarter

If you are an undergraduate student new to the UCSD campus, sign up for a friend to help you get acquainted with

[In-Person](#) [On-Campus](#)
[Social](#)
[Int'l-Peer-Coaches](#)




Fri Sep 27th

American Host Home Dinner


IUSM invites incoming international undergraduate students to sign up for a meal at a nearby American host

[Students](#) [Off-Campus](#)
[In-Person](#) [Free-Food](#)



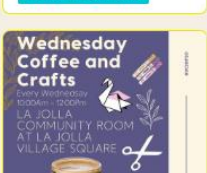
Fri Sep 27th

ENGLISH CONVERSATION & DINNER




Mon Sep 30th 3:00pm - 4:00pm

Mommy/Daddy and Me - Celebrate Fall



Wednesday Coffee and Crafts

LA JOLLA COMMUNITY ROOM AT LA JOLLA VILLAGE SQUARE



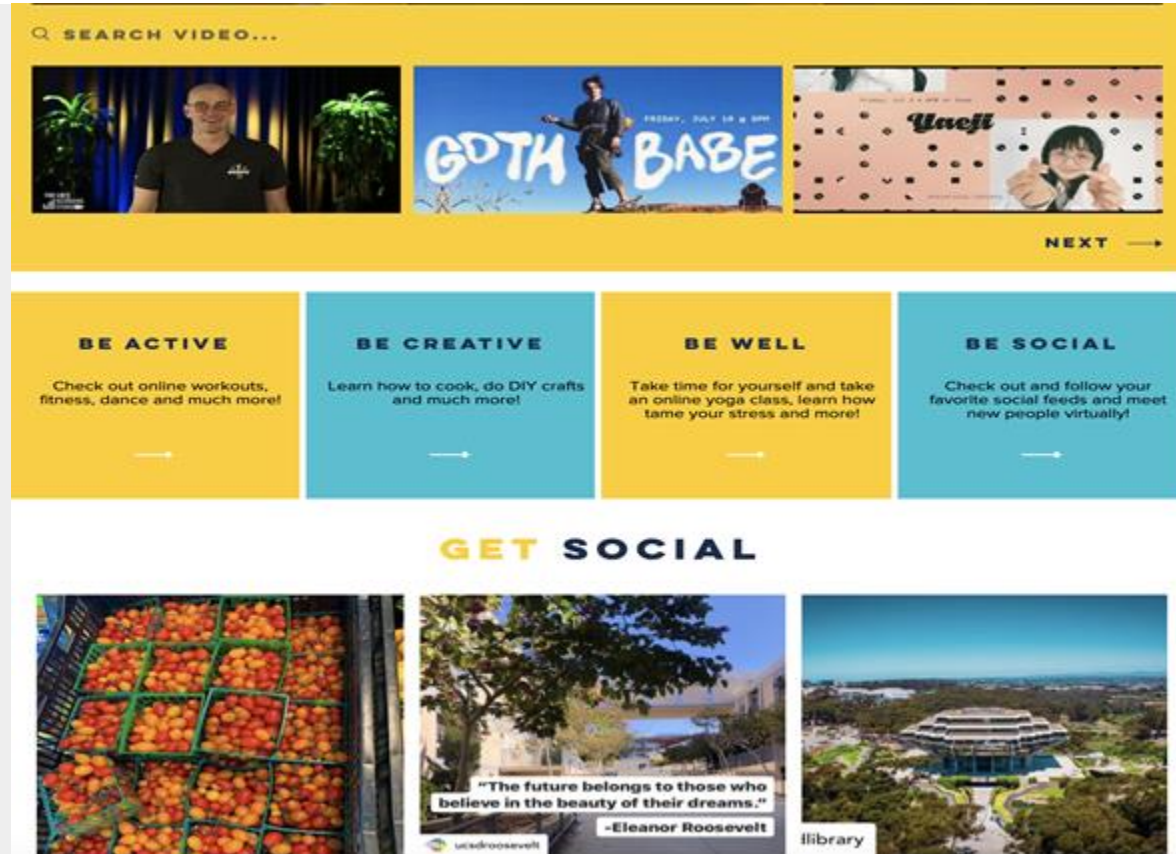
iWORKSHOP

Where to Practice

Get involved:

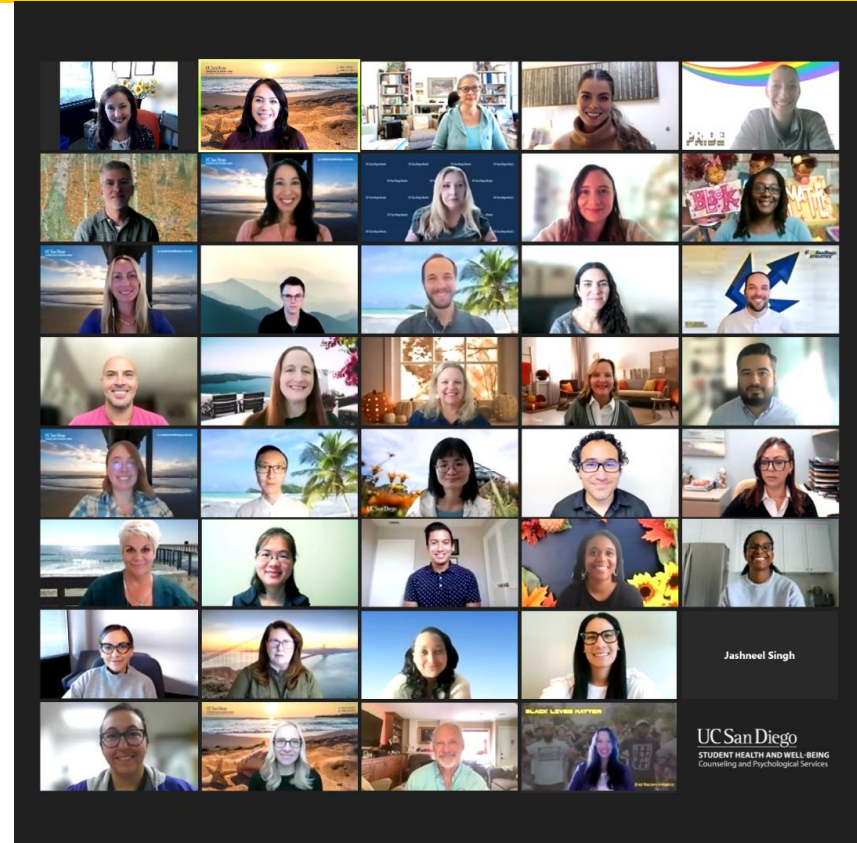
Student Events Calendar

universitycenters.ucsd.edu



CAPS Clinical Services

- Individual and Group Counseling
- Psychiatry
- Free and Confidential
- (858) 534-3755
- [Caps.ucsd.edu](https://caps.ucsd.edu)



Mahalo

cảm ơn bạn

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Grazie благодарю вас

Merci Danke

謝謝

감사합니다 Dank U Wel

धन्यवाद **Thank You**

謝謝

Obrigado ありがとう

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Terima kasih

teşekkür ederim

Gracias

Thank You!

- **<http://caps.ucsd.edu/survey>**
- Select “Presentation by CAPS Staff,”
Dr. Tiffany O’Meara
- Select “Building Social Confidence” as
the Presentation Topic



SCAN HERE!

Questions?

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International Services and Engagement Office

Website: iStudents.ucsd.edu

Contact: iContact.ucsd.edu



iOrientation Events iEvents.ucsd.edu

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iOrientation Events

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iEvents Calendar

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iEvents.ucsd.edu

Monday, September 15

UC San Diego
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**NEW INTERNATIONAL STUDENT
ORIENTATION**


Meet ISEO & Know
the Rules



**iOrientation: Meet ISEO &
Know the Rules**

Mon, Sep 15, 2025 9am to 10am

Virtual Event

[Register](#) 

UC San Diego
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**NEW INTERNATIONAL STUDENT
ORIENTATION**

Get CCR Orientation



**iOrientation: GET CCR
Orientation**

Mon, Sep 15, 2025 12pm to 1pm

Virtual Event

[Register](#) 

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**NEW INTERNATIONAL STUDENT
ORIENTATION**

Working in the U.S.



**iOrientation: Working in
the U.S.**

Mon, Sep 15, 2025 2pm to 3pm

Virtual Event

[Register](#) 

Tuesday, September 16

UC San Diego
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UC Law
CENTER FOR RACE, MIGRATION, CITIZENSHIP & EQUALITY

**International Student Study:
Opportunity to Share About
Your Experiences in U.S.**

The project aims to examine how students' temporary status and their experiences in the U.S., with the U.S. immigration system, influence their sense of belonging in the United States, across race, language, culture, goals, and other factors.

WHO International students who hold an F, M, or J Visa or OPT status

**Share Your Story as an
International Student**

Tue, Sep 16, 2025


Virtual Event



CHINESE GLOBAL COMMUNITY

**AIRPORT PICKUP
PROGRAM**


OFFERING PICKUP BETWEEN
SEPTEMBER 16-21, 2025
PRICE: \$34.99 FOR LAX PICKUP



We, the Chinese Global Community at UC San Diego, offer to all UCSD students airport pickup services before the fall quarter.

**CGC LAX Airport Pickup
Program**


Tue, Sep 16, 2025

[Register](#) 

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**NEW INTERNATIONAL STUDENT
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Getting Set Up in the U.S.
(Surf Check Live)



**iOrientation: Getting Set
Up in the U.S. (Surf...**

Tue, Sep 16, 2025 9am to 10am

Virtual Event

[Register](#) 

GET CCR Program

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[GETCCR.ucsd.edu](https://getccr.ucsd.edu)

UC San Diego

GLOBAL ENGAGED TRITONS CCR CERTIFICATE

The Globally Engaged Tritons (GET) CCR Opportunity enables UC San Diego students to earn credit on their Co-Curricular Record for being involved in events on campus that promote the global engagement and internationalization of our university.

Head to getccr.ucsd.edu to learn more!



Survey

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



Final Reminders

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

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@ISEOUCSD