

Link INTO CSU Mentor Curriculum Week Two: Homesickness/Culture shock

Supplies needed:

“U-curve” pictures for everyone

Pen and paper

Time Frame:

60 minutes

Vocabulary Box:

Homesickness

Culture shock

Overwhelmed

Curious

U-Curve

Introduce new people/Check in
10 minutes / 50 minutes remaining

NOTE: As students arrive it's important to be upbeat and engaging. Think about how you want the room set up and the importance of how you use space. Consider putting the chairs in a circle. The following is an outline of what content to share. Do not read this content to students. Instead, prepare so that you can share the information in your own “voice” – a way that sounds comfortable and natural to how you usually speak while taking into account your audience and their English proficiency. Practice, so you can do what you need to do in the time that is allotted for each section.

Mentor begins by...

- Introductions for new students
- Check in to see how everyone is doing with their classes, getting adjusted to life in Ft. Collins, housing, etc..

Weekly Challenge Update
10 minutes / 40 minutes remaining

Have a discussion with your mentees about their challenge to find events or programs from the two websites. (If you have new students or a student who did not complete the challenge, have them listen to the others' experience.

Mentor asks:

- How was it trying to find activities on the website?
- Are there any groups/activities that you found you would be interested in joining?
- Any other questions you have for them (maybe based off of your discussion from last week).

Homesickness/Culture Shock
25 minutes / 15 minutes remaining

Mentor asks...

- What are some of the things that you miss from your home?
 - After their responses: Thank them for sharing. What you are describing is called homesickness in the U.S.

- Homesickness can mean something different for different people.
 - Share your own brief story of a time when you were homesick.
- What are some of the things you find are different in the U.S. then from your home country?

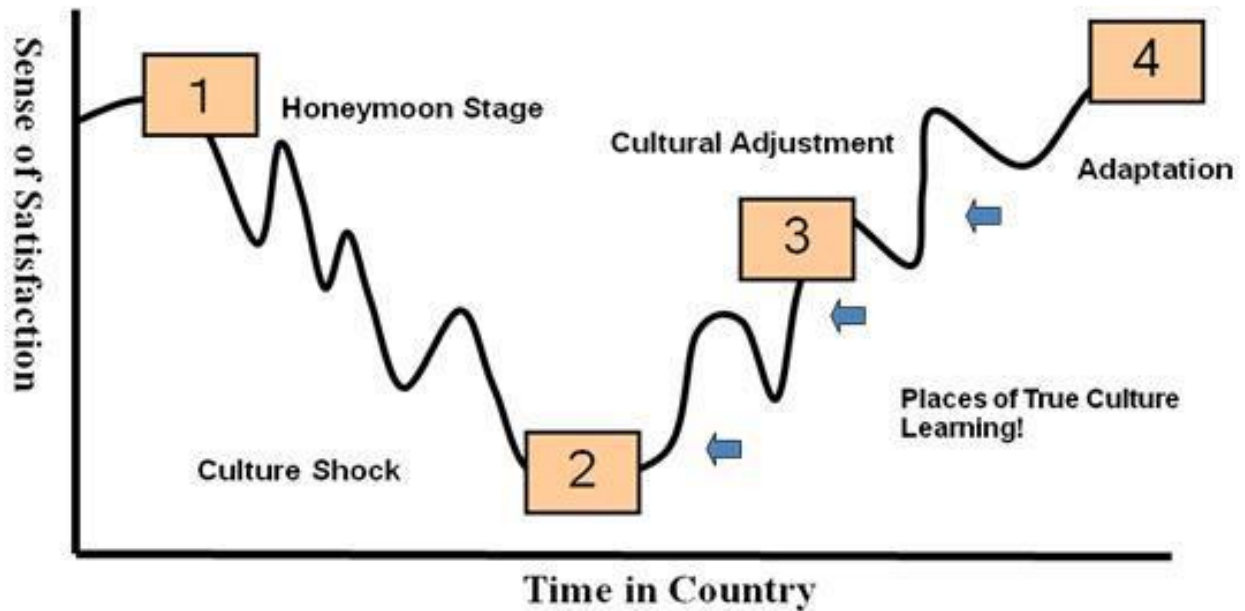
Mentor explains...

In the U.S. what you are describing is called culture shock. Culture shock comes in many different forms. Some people experience it just from moving from high school to university, while others will experience it when they move to a new country. Something as simple as learning to drive on the other side of the road can be a culture shock. A combination of experiences can also lead to a feeling that what you are experiencing is different from anything else you have experienced. These unfamiliar feelings can either make you feel bad and confused or maybe they are exciting and fun.

Share your own brief story of culture shock. Be sure to include not only the situation and “facts” but also your emotions. Were you frustrated, sad, energized, overwhelmed, curious, withdrawn, etc...?

- Why do you think culture shock happens?
 - Leaving behind family/ friends and your culture
 - Arriving in a new place with a new language
 - The mixture of excitement and anxiety (stress) of a new environment
 - The unfamiliar environment and way of doing things
 - Learning new ways to do things that seemed so easy when you were home
- What can you do about culture shock?
 - Try new things with an open mind
 - Find friends that are going through a similar situation and actively try to adjust together.
 - Ask for help from your peers, mentors, teachers, INTO CSU staff.

Mentor then explains the “U-curve” of culture shock:



Adapted from "Maximizing Study Abroad", University of Minnesota.

Mentor asks:

- Where are you on the curve right now?
- Discuss the curve and any experience you have had with it.

Mentor challenges...

- Find something in Ft. Collins that reminds you of your home.
 - For example, you could find a restaurant that serves some of the foods that you miss.

Come back next week and tell the group what you found, and if it helped you feel good or helped you remember something about your home.

Q & A Conversation

15 minutes / 0 minutes remaining

Mentor asks...

What questions do you have? Are there any problems I can help you with?