



Capstone International Center
International Student & Scholar Services



International Orientation

Cultural Adjustment,
American Culture,
& Relationships



WHERE LEGENDS ARE MADE®

Orientation Guide



International Orientation Guide



Please follow along on **page 17** of your **International Orientation Guide (pdf)**.



Capstone International Center
International Student & Scholar Services



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services



Culture Shock

- Culture shock describes the anxiety that a person experiences when they move from a familiar culture to an entirely new culture or social environment
- Everyone experiences culture shock at some point when they are living within a new culture
- It is important to reach out when you need help, and take advantage of the resources available to you

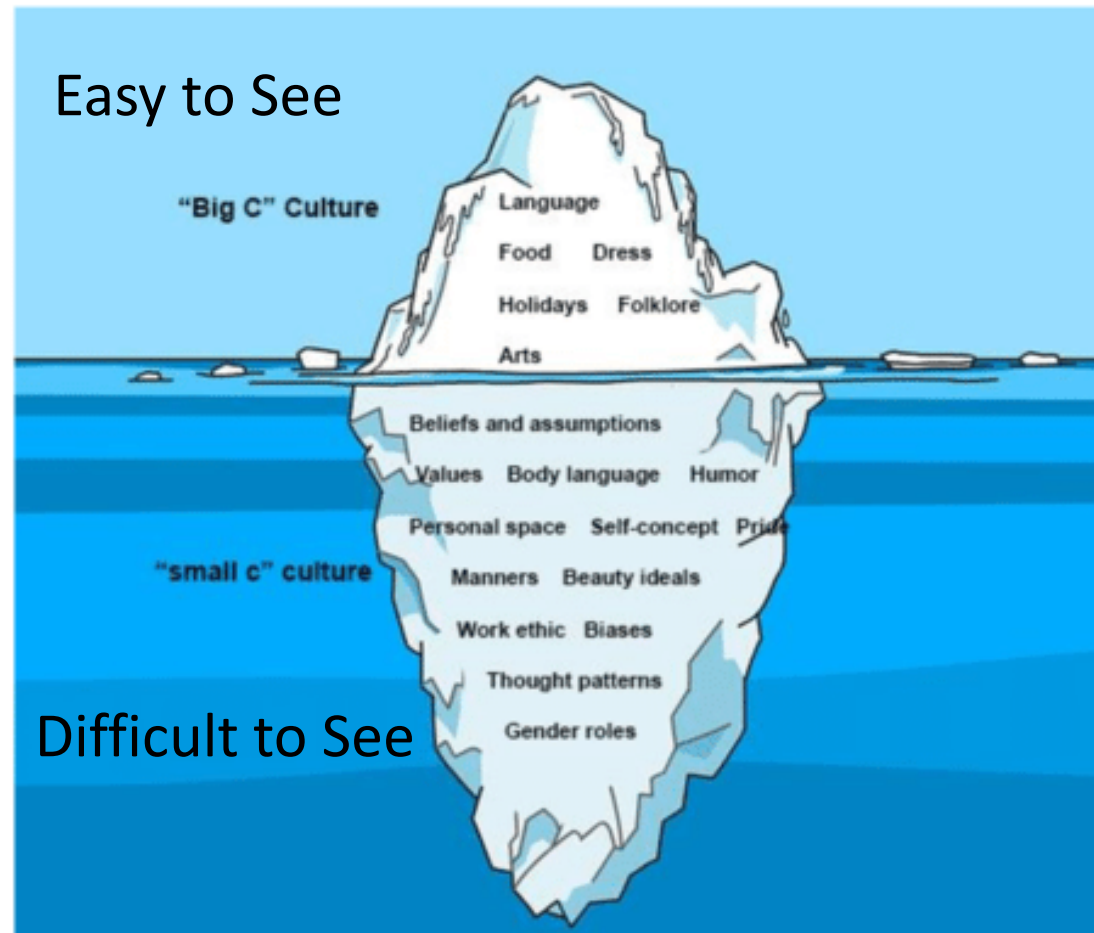


WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services

What Causes Culture Shock?



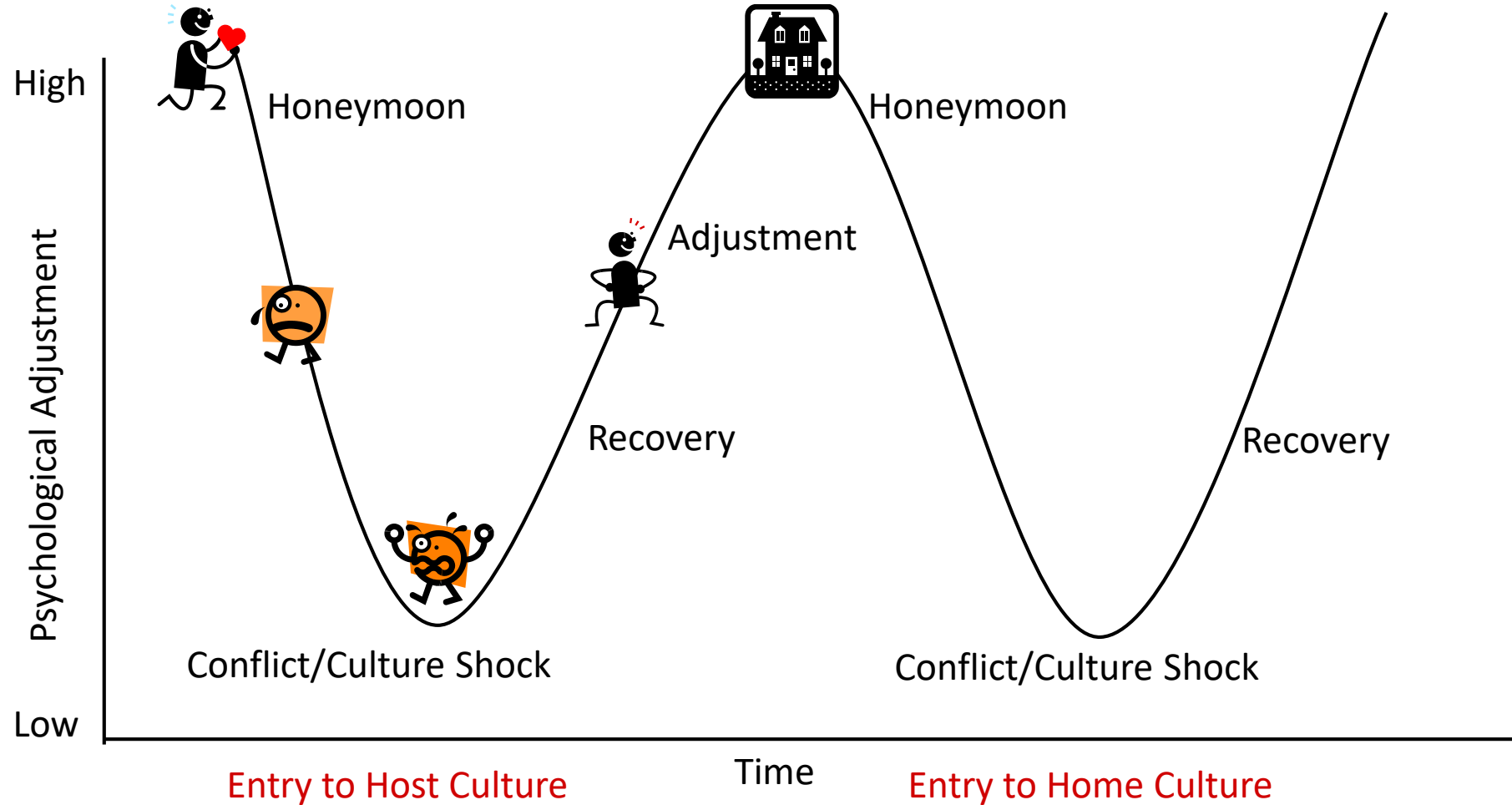
WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services



W-Curve of Cultural Adjustment



Based on Oberg (1960) and Gallahorn & Gallahorn (1963)



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services



How to Cope with Culture Shock

- Remember – this is normal, and you are not alone.
- Make sure you are eating, sleeping, and exercising. These simple things help a lot!
- Talk to someone from your home country.
- Get involved on-campus.
- Spend time with Americans.



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services

How to Get Help

UA Counseling Center

<https://counseling.sa.ua.edu/>

1101 Jackson Avenue, Tuscaloosa, AL
South Lawn Office Building, Suite 3000

Daytime Number: 205-348-3863

After Hours Number: 205-348-5454

Or Text BAMA to 741-741 to text with a
trained volunteer



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services



Understanding American Culture

International Orientation Guide



Please follow along on **page 8** of your **International Orientation Guide (pdf)**.



Capstone International Center
International Student & Scholar Services



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services



American Cultural Values

1. Individualism
2. Equity
3. Time Consciousness
4. Casual Friendships



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services



American Social Behavior

American social behavior can be quite different from the way it is portrayed in media.

- Greetings and Small Talk
- Personal Space
- Profanity and Taboo Gestures



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services

Interpersonal Relationships



International Orientation Guide



Please follow along on **page 11** of your **International Orientation Guide (pdf)**.



Capstone International Center
International Student & Scholar Services



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services

Interpersonal Relationships and Sexual Misconduct



- Consent is Required
- Abusive Relationships
- Sexual Misconduct and Harassment
- UAct <https://www.ua.edu/campuslife/uact/>



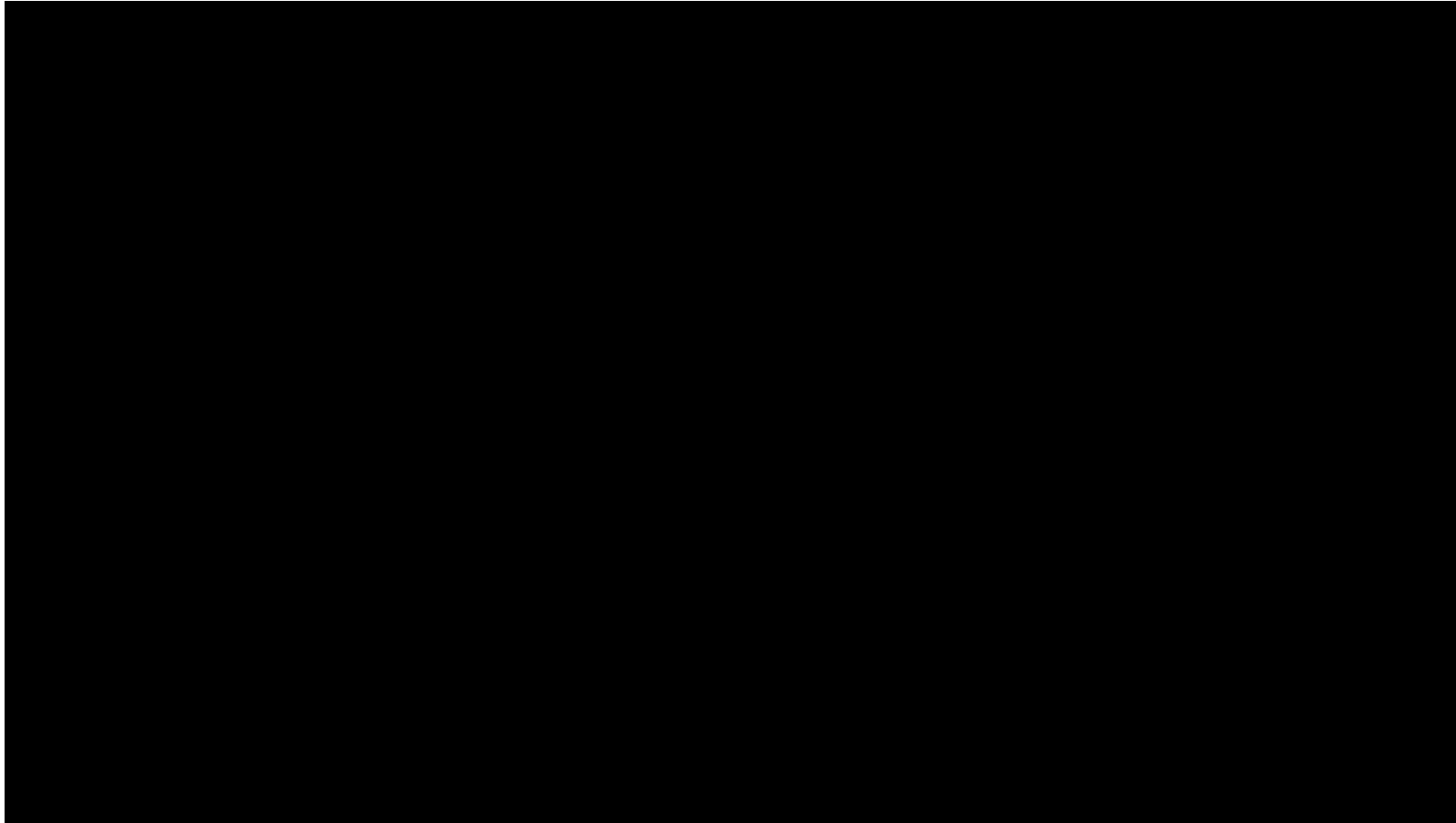
WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services



Understanding Consent



From Blue Seat Studios “Tea Consent” <https://www.youtube.com/watch?v=fGoWLWS4-kU>



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services



How To Get Help

- UA Police 205-348-5454 (24 Hour Line)
- Equal Opportunity and Title IX Programs
<https://titleix.ua.edu/>
- Women and Gender Resource Center
<https://wgrc.sa.ua.edu/> ; 205-348-5040



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services

Safety App



- <https://ready.ua.edu/safety-app/>
- Available for [iOS](#) and [Android](#) devices



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services

UAPD

- UA Police 205-348-5454
Available 24hrs (day or night)
for Emergency and Non-Emergency Assistance
- <https://police.ua.edu/>
- Safer Living Guide:
<http://saferliving.ua.edu/>



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services



Women & Gender Resource Center



- South Lawn Office Building, Suite 2000
- Near East Edge Apartments & the Law School-on the East Edge Bus Route
- (205) 348-5040
- <https://wgrc.sa.ua.edu/>
- wgrc@ua.edu
- Twitter: @WGRCatUA
- Facebook: UAWGRC



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services



Women & Gender Resource Center

- A victim advocate is on call 24 hours a day.
- Hospital accompaniment- to provide emotional support and guidance during a sexual assault forensic exam.
- Academic Advocacy - negotiating changes in classes, work load, and making up missed classes or exams.
- Safe Housing - relocation within the on-campus housing system or community based housing as needed.
- Resources - providing information about campus or community resources, legal and judicial options, and support.



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services



Equal Opportunity & Title IX Programs

TITLE IX

U.S. DEPARTMENT OF EDUCATION
Protecting all students

- 2418 Capital Hall, Tuscaloosa, AL 35487
- 205-348-3947
- <https://titleix.ua.edu>
- [Contacts and Staff](#)
- [Sexual Misconduct Policy](#)



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services

Title IX



Title IX of the Education Amendments of 1972 is a comprehensive federal law that prohibits discrimination based on the gender of students and employees of educational institutions that receive federal financial assistance.

“No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.”

20 U.S.C. §1681

In accordance with Title IX, the University of Alabama does not discriminate on the basis of gender in any of its programs or services. The University is committed to providing an environment free from discrimination based on gender and expects individuals who live, work, teach, and study within this community to contribute positively to the environment and to refrain from behaviors that threaten the freedom or respect that every member of our community deserves.



WHERE LEGENDS ARE MADE®



Capstone International Center
International Student & Scholar Services



Capstone International Center

International Student & Scholar Services



Hours of Operation:

Mon-Fri: 8 am - 4:45 pm

Walk-in/Virtual Advising:

Mon-Thur: 11 am - 3 pm

Location: [105 BB Comer Hall](#)

Website: <http://international.ua.edu/iss/>

Email: international@ua.edu

Phone: 205 348-5402





THE UNIVERSITY OF ALABAMA®

WHERE LEGENDS ARE MADE®