

Global Education Orientation: Managing Homesickness, Culture Shock and Promoting Overall Wellbeing

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Welcome To SUNY Brockport!!!!



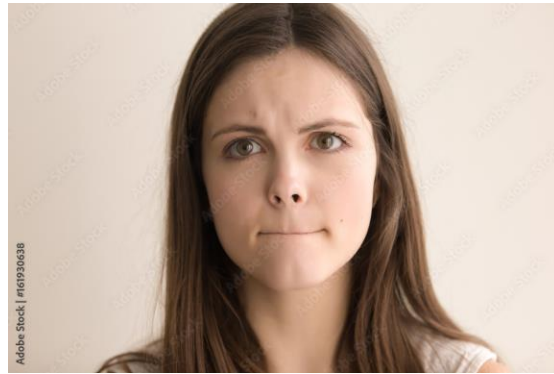
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Learning Objectives

- Defining Homesickness and Culture Shock as well as ways to combat it.
- Defining wellness and identifying ways to promote your own wellness.
- Counseling Center Resources

Homesickness & Culture Shock

A difficult, but normal experience



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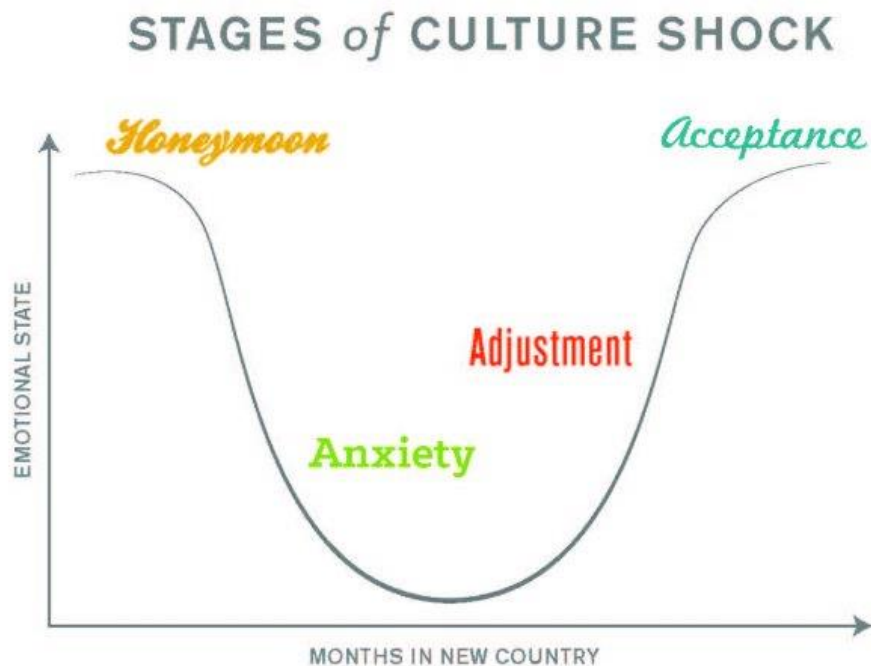
What is Culture Shock?

- How your mind and body react to sudden changes in your environment; ***a normal reaction!***
- This is common for students studying abroad for many reasons, including:
 - Lack of your normal supports (family, friends, etc.)
 - The new environment is different from your home, in both obvious and subtle ways (sometimes the small things add up!)
 - Language barrier, difference in social norms
- This may even happen when you're experiencing fun and exciting things. Different isn't a bad thing, but it's still different!

How do I recognize if I am experiencing culture shock?

- Disclaimer: While some amount of all of these things are normal, its important to pay attention to **how long, how often, and how strongly** you feel them!
- Some common signs
 - Feeling sad, lonely, nervous, confused, or disoriented more often than normal
 - Feeling Homesickness
 - Feeling irritated or annoyed over things that don't usually bother you
 - Feeling insecure and/or experiencing a lack of confidence
 - Fear of trying new things or visiting new places
 - Change in eating and/or substance use habits
 - Excessively sleeping, or not sleeping enough
 - Experiencing a loss of identity
 - Withdrawing or isolating socially

Stages of Culture Shock



- Honeymoon Stage
- Uncertainty/Doubt Stage
- Adjustment Stage
- Acceptance Stage

Homesickness

- “Feeling created from our instinctive need for love, protection, and security. This condition occurs when regular routines and familiar faces and surroundings are swapped by new faces, surroundings, and habits.”
- Some Common Signs
 - Sleep Disruption
 - Lack of Appetite
 - Difficulty concentrating
 - Feeling more sad, nervous, or angry than usual
 - Feeling Insecure or experiencing low self-esteem
 - Feeling Isolated or Withdrawn



Overcoming Homesickness/ Culture Shock

- Admit It! – Being honest with yourself is the first step!
- Explore - Learn the campus better, become more familiar with your environment!
- Get Involved – What do you like to do? There may be a campus organization that does that!
- Keep Familiar Things – consider the objects, routines, or practices that will make you feel more at home (ex. Pictures)
- Keep Expectations Reasonable – You won't be fully adjusted right away, don't expect that of yourself! This is learning experience.

Overcoming Homesickness/ Culture Shock

- Be Open – New things can be scary but the more open you are to trying new (safe) things, the more you might find you enjoy!
- Don't compare – not everyone is the same, so not everyone will adjust the same!
- Take care of yourself – make sure you are getting enough food, sleep, and exercise. The basics can help your emotional health as much as your physical health!
- Be patient – overcoming homesickness is a process
- Talk about it! – It can help to talk things out! If you're struggling, talk to someone - your roommate, friend, RA, RD, family member, professor, etc.

Promoting Wellness

- Wellness is not the absence of disease, illness, and stress but the presence of:
 - Purpose in life
 - Active involvement in satisfying work and play
 - Joyful relationships
 - A healthy body and living environment
 - Presence of happiness

8 Dimensions of Wellness



Adapted from Swarbrick, M. (2006).
A Wellness Approach. *Psychiatric
Rehabilitation Journal*, 29(4), 311-314.



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Emotional

Rarely, if ever 1

Sometimes 2

Most of the time 3

Always 4

- I find healthy ways to cope with stress (e.g. exercise, meditation, social support, self-care activities, etc.)
- I am able to ask for assistance when I need it, either from friends and family, or professionals.
- I accept responsibility for my own actions.
- I am able to set priorities.
- I feel good about myself and believe others like me for who I am.
- I am flexible and able to adapt/adjust to life's changes in a positive way.
- I can express all ranges of feelings (i.e. hurt, sadness, fear, anger, joy, etc.) and manage emotion-related behaviors in a healthy way.
- I maintain a balance of work, friends, family, school and other obligations.
- I do not let my emotions get the better of me. I think before I act.
- I have a healthy relationship with social media.
- **TOTAL**

SPIRITUAL

Rarely, if ever 1

Sometimes 2

Most of the time 3

Always 4

- I take time to think about what is important in life – who I am, what I value, where I fit in, where I’m going.
- I make time for relaxation during the day.
- I have a belief system in place (religious, agnostic, atheist, spiritual, etc.).
- My values guide my decisions and actions.
- I have a sense of purpose in my life.
- I am tolerant and accepting of the view of others.
- I utilize resources to improve my well-being.
- I am active in communities or causes I care about.
- I am able to set, communicate and enforce boundaries.
- I work to create balance and peace within my interpersonal relationships, community and the world.
- **TOTAL**

PHYSICAL

Rarely, if ever 1

Sometimes 2

Most of the time 3

Always 4

- I manage my weight in healthy ways.
- I exercise regularly.
- I get 7-9 hours of sleep each night and feel rested in the morning.
- I seek advice from health care professionals if I have a health concern I cannot solve on my own.
- I do not use or avoid harmful use of drugs (over-the-counter, prescription and illicit).
- I drink alcohol responsibly (i.e. designated sober driver, avoid binge drinking, etc.)
- I protect my skin from sun damage by using sunscreen with SPF 30+, wearing hats and/or avoiding tanning booths and sun lamps.
- I maintain healthy eating patterns that include fruits and vegetables.
- I stay hydrated and drink water throughout the day.
- I protect myself from STIs and unwanted pregnancy by either abstaining from sexual behaviors or using proper protection, such as condoms.
- **TOTAL**



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SOCIAL

▪ Rarely, if ever 1 Sometimes 2 Most of the time 3 Always 4

- I am satisfied with my social life.
- I am involved in at least one university community or group.
- I maintain a network of supportive friends, family and social contacts.
- I have at least one meaningful relationship in my life.
- I am accepting of the diversity of others (race, ethnicity, religion, gender, ability, sexual orientation, etc.)
- I am able to prioritize my own needs by saying “no” to others’ requests for my time.
- I have someone I can talk to about my feelings and struggles.
- I participate in social activities and enjoy being with people who are different from me.
- I give and take equally in my relationships.
- I plan time with my family and friends.
- **TOTAL**

FINANCIAL

Rarely, if ever 1

Sometimes 2

Most of the time 3

Always 4

- I am able to set and stick to a budget each month so I don't run out of money.
- I know my total amount of debt and interest rates.
- I pay my credit cards, tuition/fees and other bills on time.
- I know about the different sources of financial aid that I am eligible for and apply when I am able.

- I have a savings account and save money regularly.
- I know my credit score.
- I keep my financial information safe by using secure passwords, PINs and dual authentication.

- I feel good about my current and future financial situation. I check my bank statements/accounts each month.
- I understand how to build credit and use credit cards wisely.
- **TOTAL**

OCCUPATIONAL

Rarely, if ever 1

Sometimes 2

Most of the time 3

Always 4

- I am able to balance work, play, school and other aspects of my life.
- I take advantage of opportunities to learn new skills that can enhance my future employment opportunities.
- I know what skills are necessary for the occupations I am interested in.
- I strive to develop good work habits (dependability, initiative, etc.).
- I work effectively with others.
- I have confidence in my job search skill (resume writing, interviewing, cover letters, networking, etc.).
- I have explored different career options.
- I know where to find employment opportunities (job service, online, etc.).
- I manage my time effectively.
- I have participated in internships or volunteer work.
- **TOTAL**



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INTELLECTUAL

Rarely, if ever 1

Sometimes 2

Most of the time 3

Always 4

- I know about available campus resources to help me study.
- I feel fulfilled in my academic program.
- I seek personal growth by learning new skills.
- I look for ways to use my creative and critical thinking skills.
- I am open to new ideas.
- I learn about different topics that interest me from books, magazines, newspapers and the internet.
- I know how to access academic resources when necessary.
- I am comfortable reaching out to my professor/TA for help or attending office hours.
- I am eager to learn.
- I stay informed about social, political and other current issues.
- **TOTAL**



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ENVIRONMENTAL

Rarely, if ever 1

Sometimes 2

Most of the time 3

Always 4

- I spend time outdoors enjoying nature.
- I reduce, reuse and recycle products.
- I try to lessen my environmental impact.
- I walk, bike, use public transportation or carpool when possible.
- I am concerned about impacts on my local, national and world climate.
- I have a space to call my own.
- I feel comfortable in the space I occupy.
- I feel content in my environments (class, home, work, etc.).
- I shop locally.
- I participate in campus events that help my community (food drives, fundraisers, etc.).

- **TOTAL**

Personal Wellness Checklist

- **Directions:** Write down your scores from each of the dimensions and compare it to the maximum score. You can divide your score by the maximum score to get a percentage value if that is helpful.

DIMENSION OF WELLNESS	MY SCORE	MAXIMUM SCORE
▫ Emotional	_____	40
▫ Spiritual	_____	40
▫ Physical	_____	40
▫ Social	_____	40
▫ Financial	_____	40
▫ Occupational	_____	40
▫ Intellectual	_____	40
▫ Environmental	_____	40

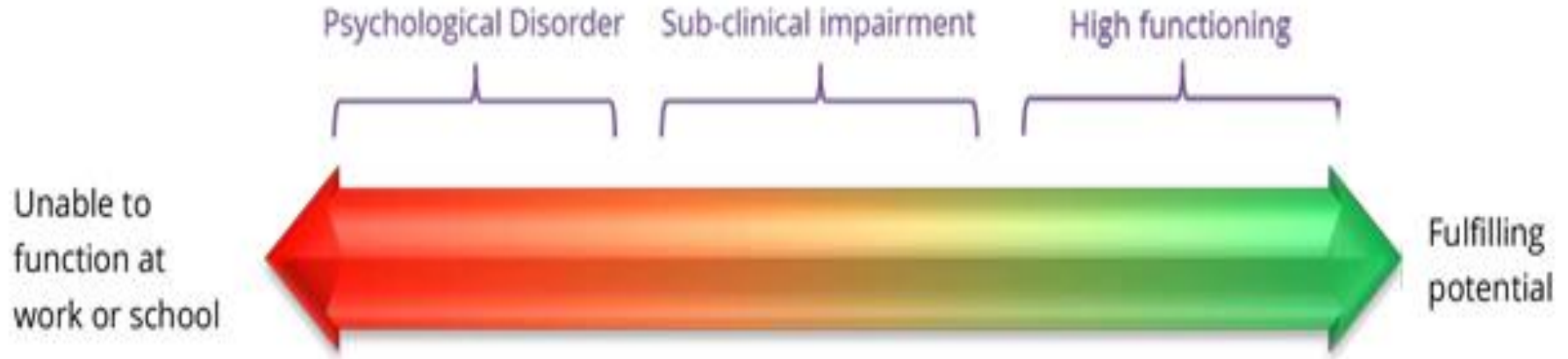
Discussion

- Which dimensions could you improve on?
- Which dimensions are going “okay”?
- Which dimensions are you having success in?

*This assessment has been adapted from the New York State Bar Association (NYSBA)



Wellness Continuum



What if that isn't working?

Come to the Counseling Center



Why Come to Counseling?

- Academic Stress
- Relationships
- Anxiety
- Feeling Sad, Down, or Depressed
- Life Changes/Having Trouble Adjusting
- Substance Use Concerns
- Difficulty Making Friends
- Body Image
- Thoughts of Hurting Yourself or Others
- Difficult Past Experiences/Trauma
- Grief/Loss

There's not really a wrong reason to go to counseling!

Counseling Center Services

- Covered by your Student Health Fee
- Confidential
- Eligible for up to 10 individual counseling sessions per academic year based upon clinical need.
 - Short-term individual counseling: In-person and Telemental Health
 - Assessments and Evaluations
 - Group Counseling
 - Psychiatric Consultation and Assessment
 - Crisis Support
 - Community Referrals
 - Outreach Programs

Access to services

Part or Hazen Center for Integrated Care

- Hazen Hall (Near the Red Statue)
- Open Monday-Friday from 8am-4:45pm.
- Phone Number: (585) 395-2414

- Students can walk in, call Hazen, OR complete a “*request to start counseling*” form by logging into the “MyHazen” Patient Portal
 - Go to https://www.brockport.edu/life/health_center/
 - Click on “My Hazen” on the left-hand side

- Submit a contact form
 - Submit this Request Form for more information about our services and a representative from the Counseling Center will reach out to you.
 - <https://forms.brockport.edu/view.php?id=5699914>

Bottom Line

**If you are struggling, tell
someone!**

(Counseling Center, Global Ed. Staff,
Your RA/RD, Professors, Advisors,
Friends, Family)

Additional Resources

- **SUNY Crisis Text line:** Text *Got5U* to 741-741
- **National Suicide Prevention Lifeline:** call 988.
- **Trevor 24/7 Hotline for LGBTQ students :** 1-866-488-7386
 - Trevor text line: Text *START* to 678-678
- **Crisis Text Line for Students of Color:** Text *STEVE* to 741-741.
- **LifeLine:** Dial 2-1-1 or 1-877-356-9211
- **RESTORE** (sexual assault) 24/7 phone line:
 - 1-800-527-1757
- **Pre-Practicum Helping Clinic:**
 - Mon. – Thurs. 4:30-9pm
 - Located in Hartwell Hall Room 3A

Questions

https://brockport.co1.qualtrics.com/jfe/form/SV_0BR0AGGAqdUyUSy

