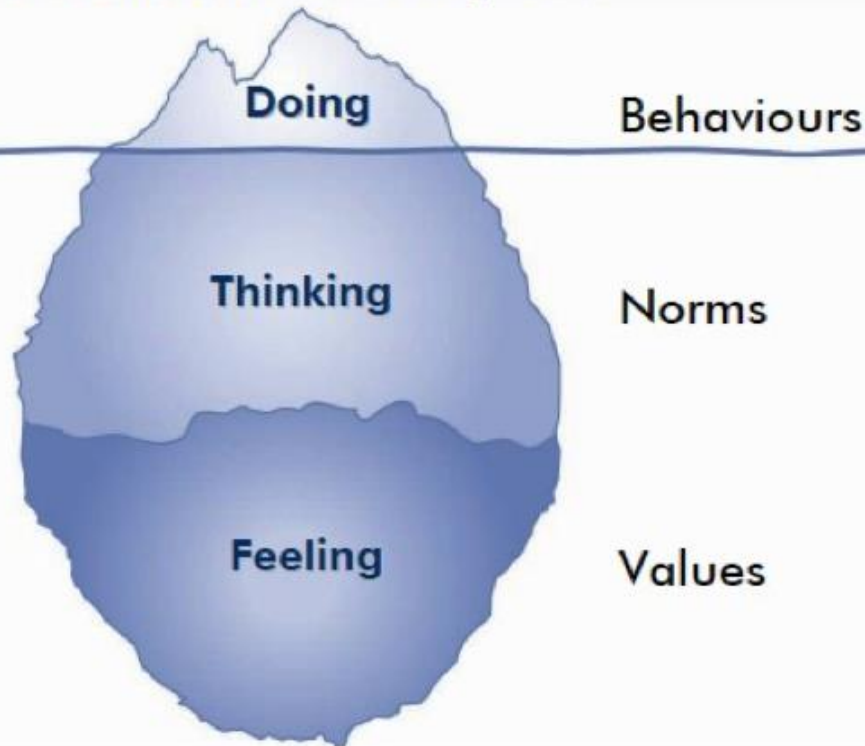




# Culture:

an interconnected way of ...



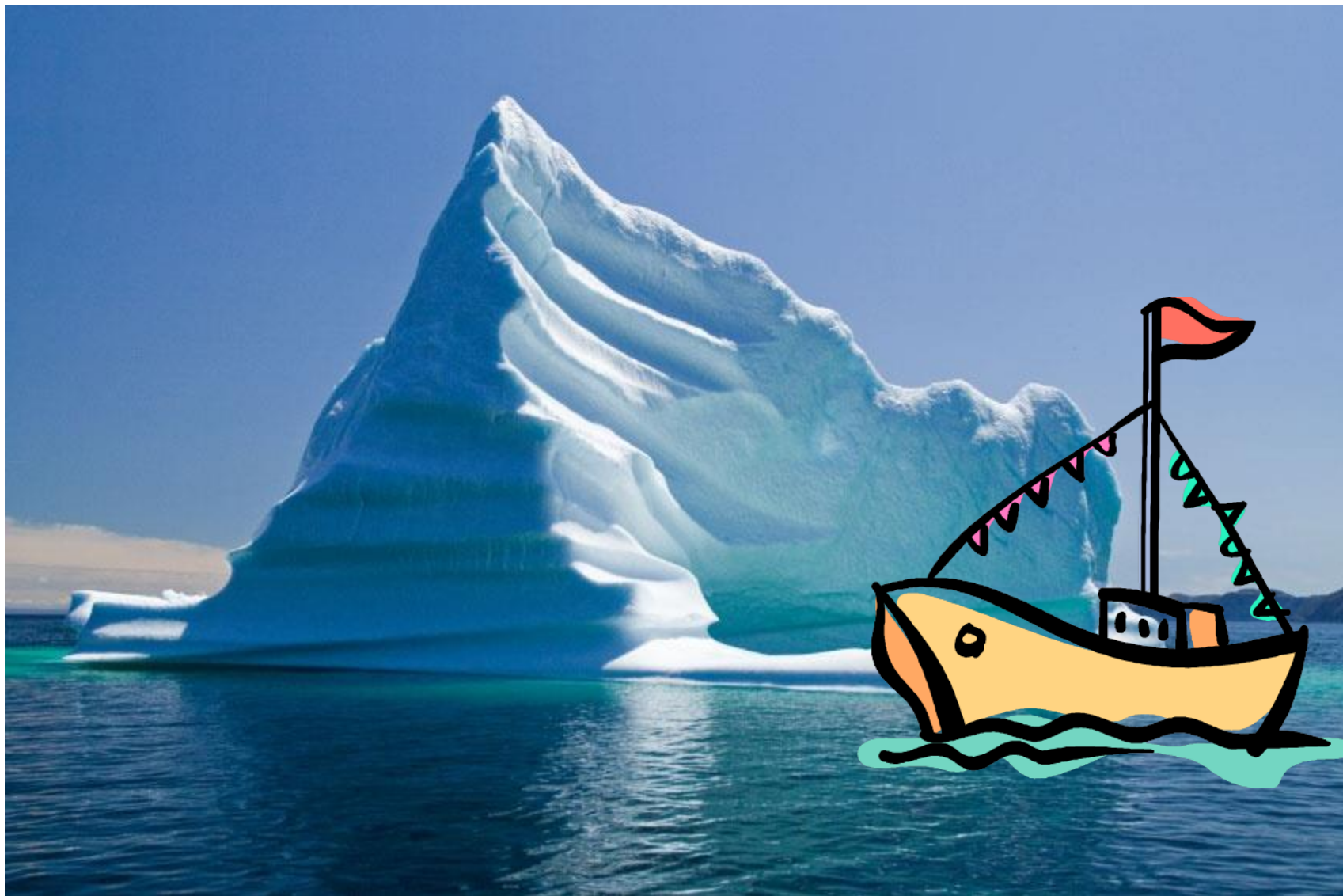
Which we share with others that  
gives us a sense of belonging

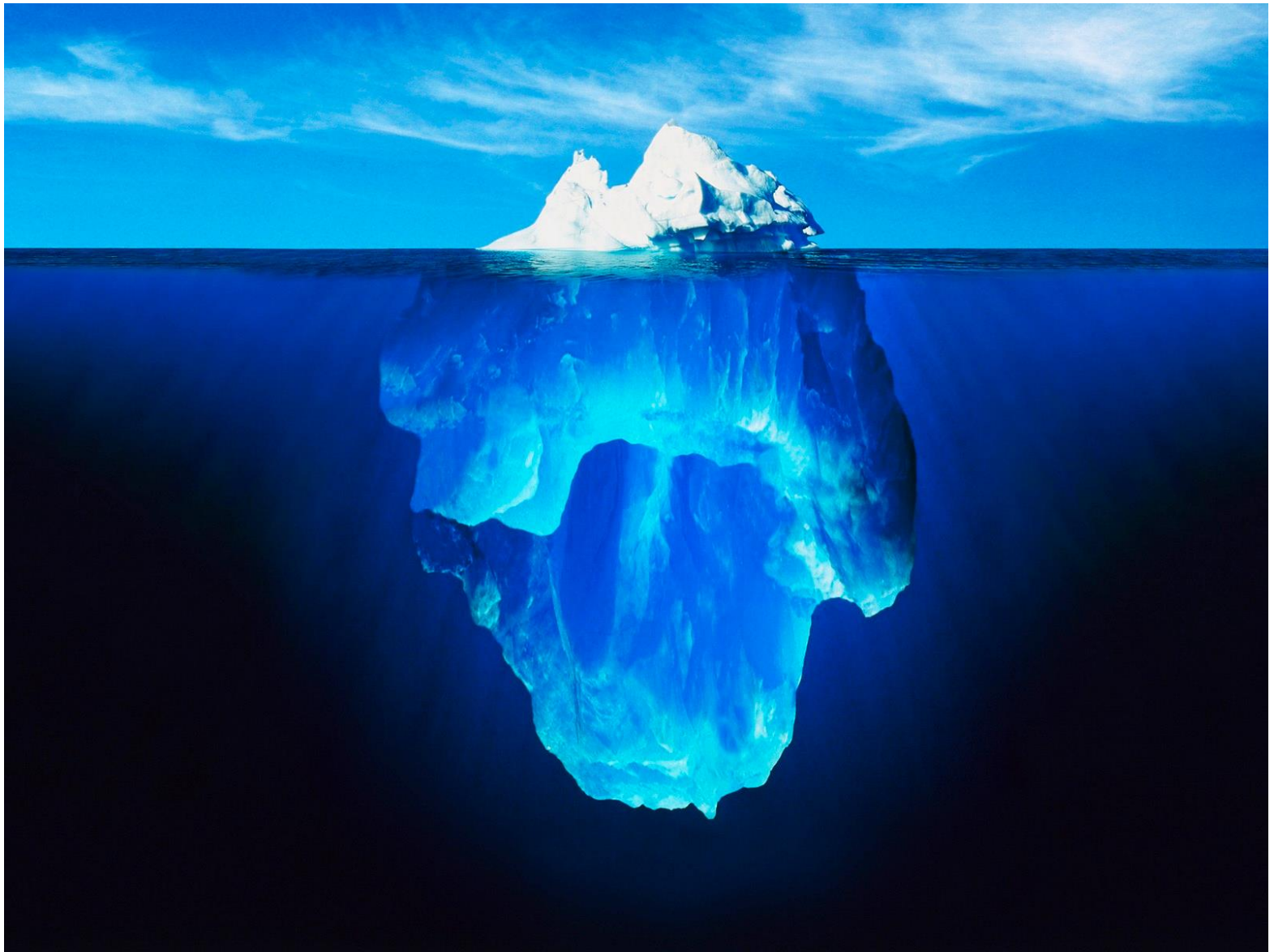
Adapted from: Guy Rocher,  
*Introduction à la sociologie  
générale*, Tome 1, 1969

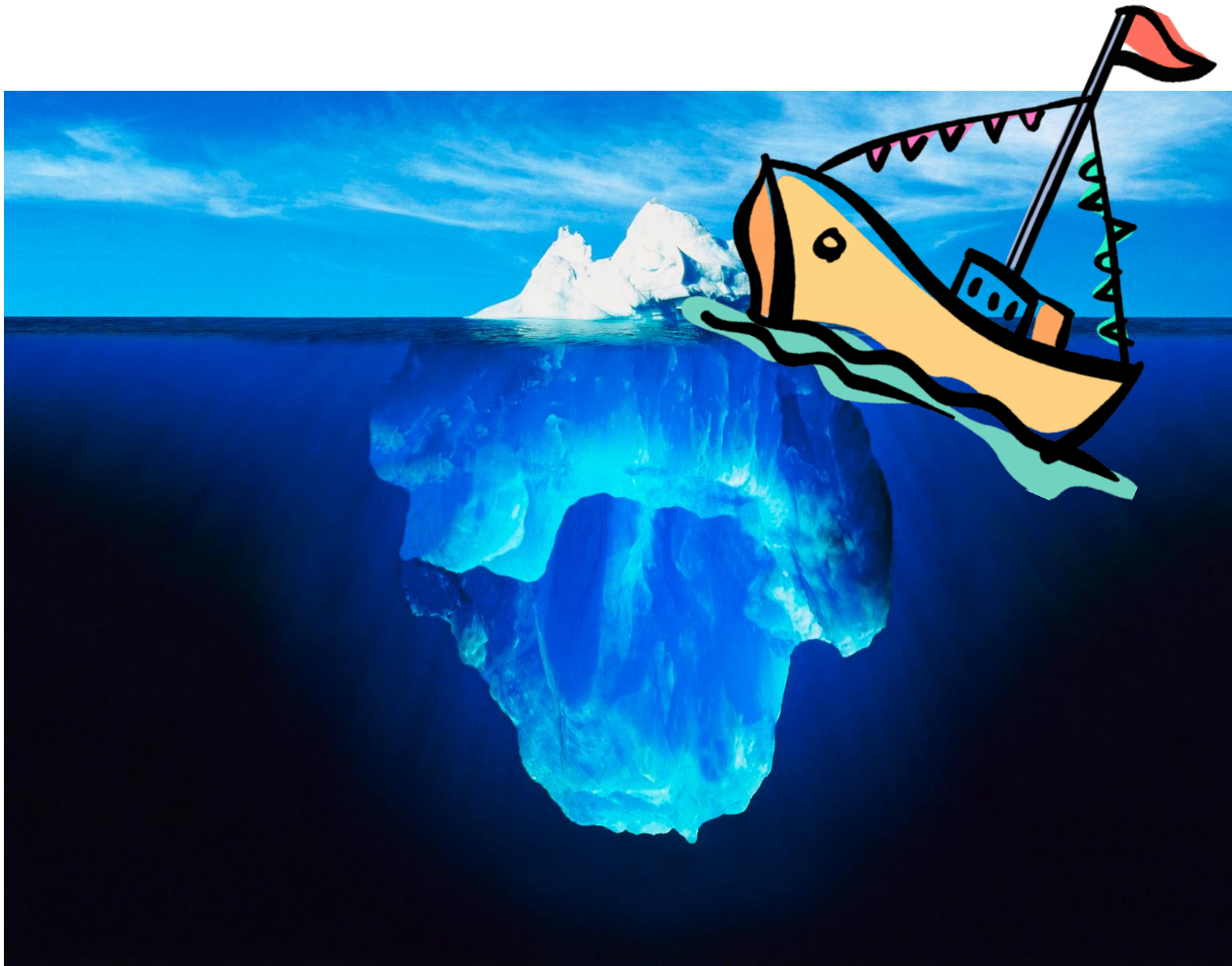


Culture can be defined as a set of shared values, attitudes, beliefs, and behaviors held by a group of people.



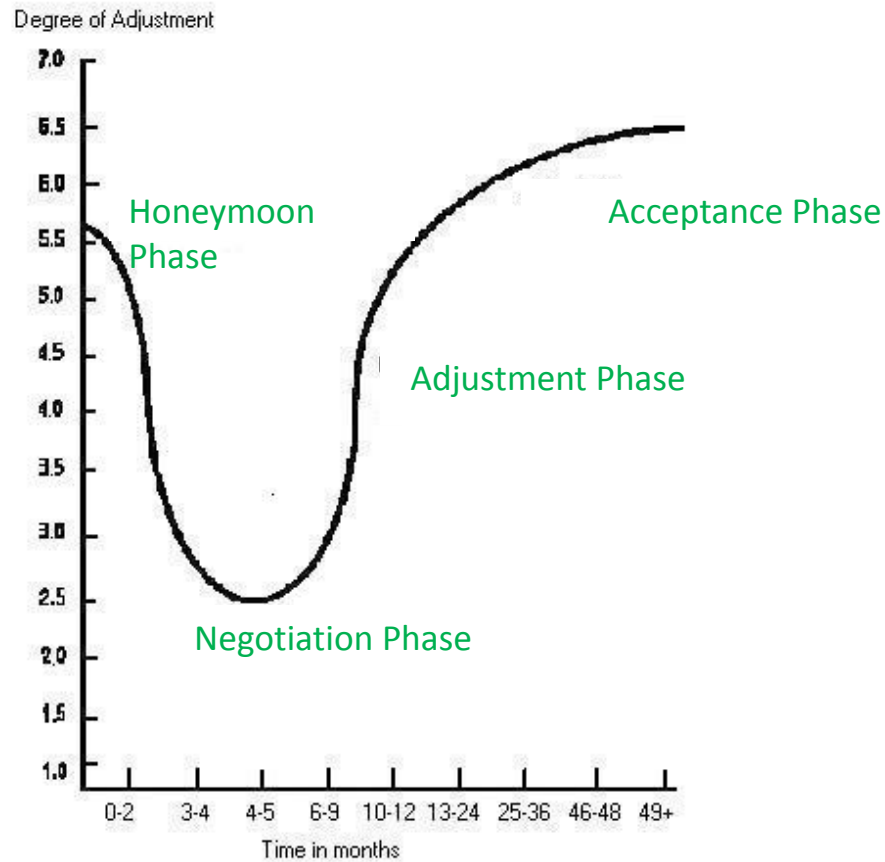








# 4 Stages of Culture Shock



# How can we cope with culture shock?

1. Find a partner
2. Think individually about your answers to the question.
3. Create a list of ideas for adjusting successfully
4. Share your thoughts with the whole group.

You have 3 minutes to do this—GO!



# On-Campus Support

## **University Counseling Center (UCS)**

Provides group counseling, personal growth-oriented workshops, time-limited individual psychological counseling, psychiatric evaluation and crisis management services.

Full-time and part-time DePaul students currently registered and enrolled in a degree program are eligible for counseling services.

Lincoln Park  
2250 N. Sheffield  
Student Center, Suite 350  
Chicago, IL 60614  
(773) 325-7779

Loop  
25 E. Jackson Blvd  
Lewis Center, Suite 1465  
Chicago, IL 60604  
(312) 362-6923

## **International Student and Scholar Services (ISS)**

Not sure where to go? Schedule an appointment with your OISS advisor and we can assist you in finding the right resources on campus!

# Looking More Closely at U.S. Culture.....

Obvious differences between home and life in the US

- Language
- Climate
- Religion
- Food
- Education system
- Absence of family and close friends

# Looking More Closely at U.S. Culture.....

## Less Obvious differences

- How students relate to teachers
  - Critical thinking
  - Asking questions
  - Informality/friendliness
- How people make decisions
- How people spend free time
- How people resolve conflicts

# Looking More Closely at U.S. Culture.....

## Individualism

- Americans are encouraged at an early age to develop and pursue their own goals.
- There is a higher value placed on self-reliance while in many other countries families help with decision making.
- Keep in mind, you roommates and classmates may have lived away from their parents since they were 17 or 18 and have had to become very independent and self-reliant. In general, Americans take care of themselves first. This is much more important to them then helping a group.



# Looking More Closely at U.S. Culture.....

## Individualism, continued...

- Expect American classmates and roommates to be helpful if you have a question or occasional favor. Do not expect them to really help you with homework more than once or help you too much with something they also need to get done.
- You will see this a lot in your classes and in group work. Groups tend to split the work and go their separate ways to complete it. Americans are interested in getting their own work done- not yours.

# Looking More Closely at U.S. Culture.....

## Privacy

- The United States on the outside appears to be open and transparent, with open homes and office doors. However, Americans enjoy their time alone, value private space, and are guarded with what they consider personal information.
- The topic of dating and relationships is usually not considered private. Your American roommate may want to know if you have a boy or girlfriend or if you are dating. If you would like to hide the information- they may ask more. Don't be offended, Americans don't see this information as being very personal. They are just trying to get to know you!

# Looking More Closely at U.S. Culture.....

## Time

- Americans take pride in using their time wisely, which is why they tend to plan events in advance. Punctuality is valued (and sometimes required).
- If a teacher, roommate, friend, or R.A. invites you to a meeting or small meal at 5:00- they mean 5:00! At 5:15, you are late. Large, informal parties work differently and you can usually arrive late.
- Because your roommate values his/her time, she also may value his/her sleep. It is not okay to Skype or chat/talk during the night in your room when your roommate is trying to sleep. It's also not okay for them to do that.

# Looking More Closely at U.S. Culture.....

## Informality

- The U.S. lifestyle is generally quite casual and this can be shocking to some who are accustomed to a more formal structure. Some may find it unusual in the beginning to use first names and dress casually.
- Don't be alarmed to see your classmates and friends come to class in sweats/casual attire.
- They may want you to call them by their first name, others by their **last- just ask!**



# Looking More Closely at U.S. Culture.....

## Social Relationships

- While Americans may be open and friendly, it can take time to develop actual friendships. International students are often discouraged that making friends isn't as easy as they thought it would be.
- Don't mistake American friendliness for friendship. You may meet someone during the first week who is nice...who you never talk to again.
- International students generally say that Americans appear open the first day- but then take a LONG time to open up more. Being nice at first and being a true, long-time friend are completely different.

**LEARN ABOUT NEW WAYS TO GET INVOLVED ON CAMPUS AND MAKE FRIENDS!**



# **How to Make Friends and Get Involved**

# Top 3 Questions Asked by International Students About Making Friends

1. How do I meet new international and U.S. students and make long-term connections with them?
2. How do I get to know American culture better?
3. How do I improve my English communication skills?

# Our Top Five Tips for New Students (to get you started):

1. Join **ISEE** student mentorship program
2. Attend an ISS event: **Global Coffee Hour, Bon Appetit**
3. Have dinner with a DePaul faculty/staff member: **MEAL with DePaul**
4. Volunteer with **DePaul Community Service Association (DCSA)**
5. Be a **Conversational Partner** at Collaborative Multilingual Writing and Research (CMWR)







## Tip #1: Introducing the ISEE mentorship program

### How it works?

- Sign up to be a mentee and enter some personal information
- Get paired up with another experienced international/American student
- Get to know the ISEE community and attend weekly/biweekly events
- Volunteer to be someone's mentor next quarter!

Check information sheet in your welcome folder to learn more!



## Tip #2:

# Join an OISS event!



Join the ISS family for a *Global Coffee Hour* discussion on topics about school, work and life as a student in Chicago and have a *Bon Appetit* lunch with ISS staff and students at a selected ethnic restaurant at a discounted price!

**Talk, Mingle, Eat and Discover Chicago!**



Refer to yearly calendar in your welcome folder + watch out for flyers and email invites to an upcoming event!



# Tip #3: MEAL with DePaul: Join a DePaul faculty/staff for dinner

Each quarter, international students who signed up get matched up with volunteer staff members to join them for dinner.



Look out for email invites from OISS to sign up!

Tip #4:

## Volunteer with DePaul Community Service Association (DCSA)

**Get to know Chicago through community service!**

- There are over 20 associations that do service from Monday through Saturday.
- Students can work choose to work with kids, elderlies, persons with disabilities, animals or whatever they are passionate about.
- It is the most eye-opening and rewarding experience to give back to the community that we now all share.





## Tip #5: Schedule a Conversation Partner Appointment with CMWR



A useful program for students who want to improve on English communication skills

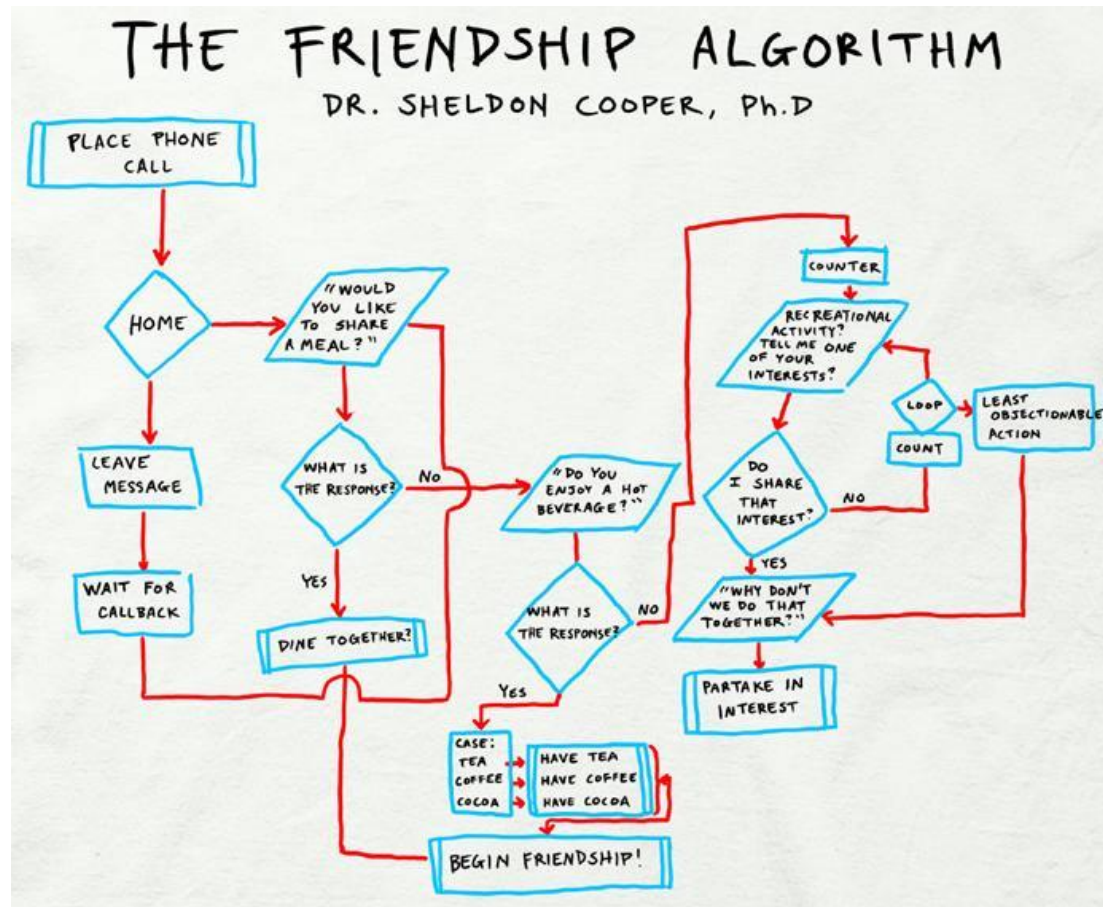
Students schedule an appointment with CMWR and get paired up with a partner to practice conversing English



# Other Resources you NEED to Know About!

- **The ISS website:** <http://iss.depaul.edu/>  
*Basic immigration information and materials, OISS event calendar*
- **Global DePaul.com**  
*DePaul's Global Community, events, experience sharing*
- **OrgSync.depaul.edu**  
*Check out and join DePaul student organizations*
- **DePaul Weekly Events Calendar:** <http://events.depaul.edu/>  
*Find out what is going on daily at DePaul 7 days a week*
- **OISS Facebook page:** <https://www.facebook.com/DePaulOISS>  
*Event postings, event photos and montage, other cool opportunities!*

Basically...



(Source: The Big Bang Theory)

Making friends is a long, hard and complicated process...  
but it's going to be very rewarding at the end.  
And the best part is: You're not **ALONE**.

# Q & A

In case you have questions afterwards, reach out to us  
by emailing [iss@depaul.edu](mailto:iss@depaul.edu)

We don't bite... *most of the time* 😊