



Coping with Culture Shock @DePaul

Jennie von Drehle
International Student and Scholar Services
DePaul University

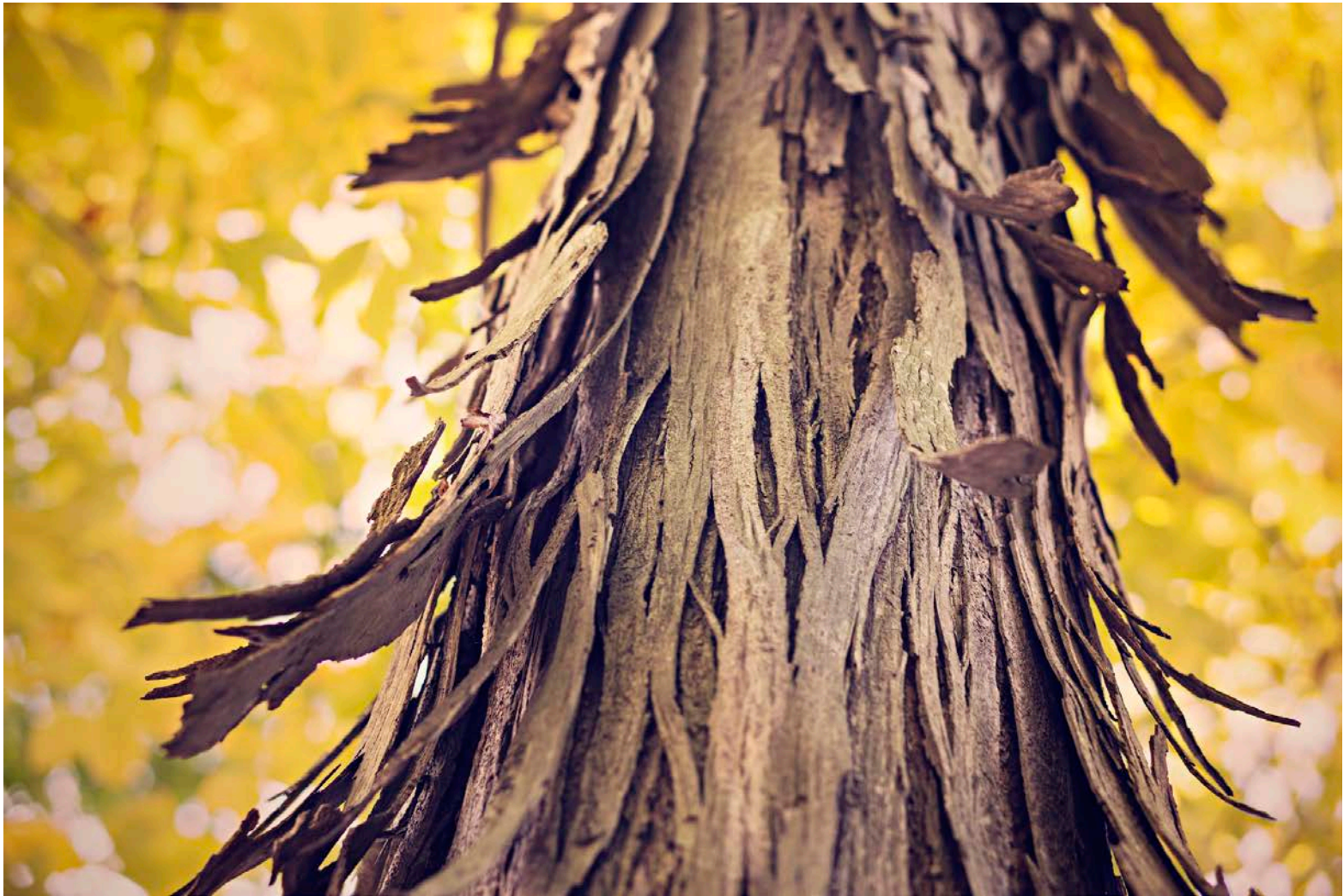
“There is wisdom in turning as often as possible from the familiar to the unfamiliar: it keeps the mind nimble, it kills prejudice, and it fosters humor.”

-George Santayana, *The Philosophy of Travel*

A close-up photograph of a pug's face, focusing on the wrinkled skin around the eyes and the bridge of the nose. The pug's eyes are partially closed, and its dark, moist nose is visible at the bottom. The text "Transition Stress" is overlaid in the center in a white, bold, sans-serif font.

Transition Stress

Why am I Stressed Out?



Culture's Influences

R

Routines

Relationships

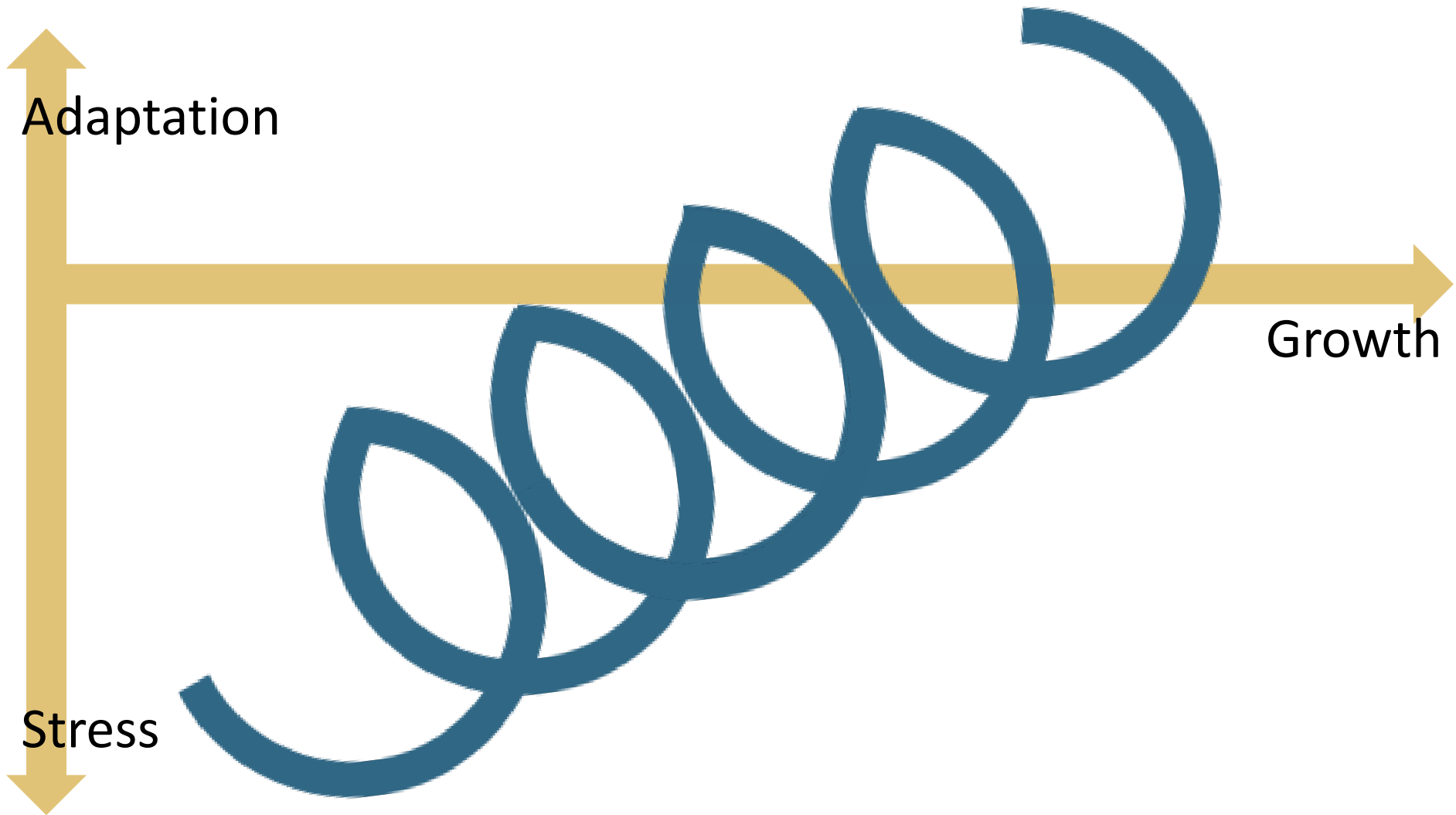
Rules

Reactions

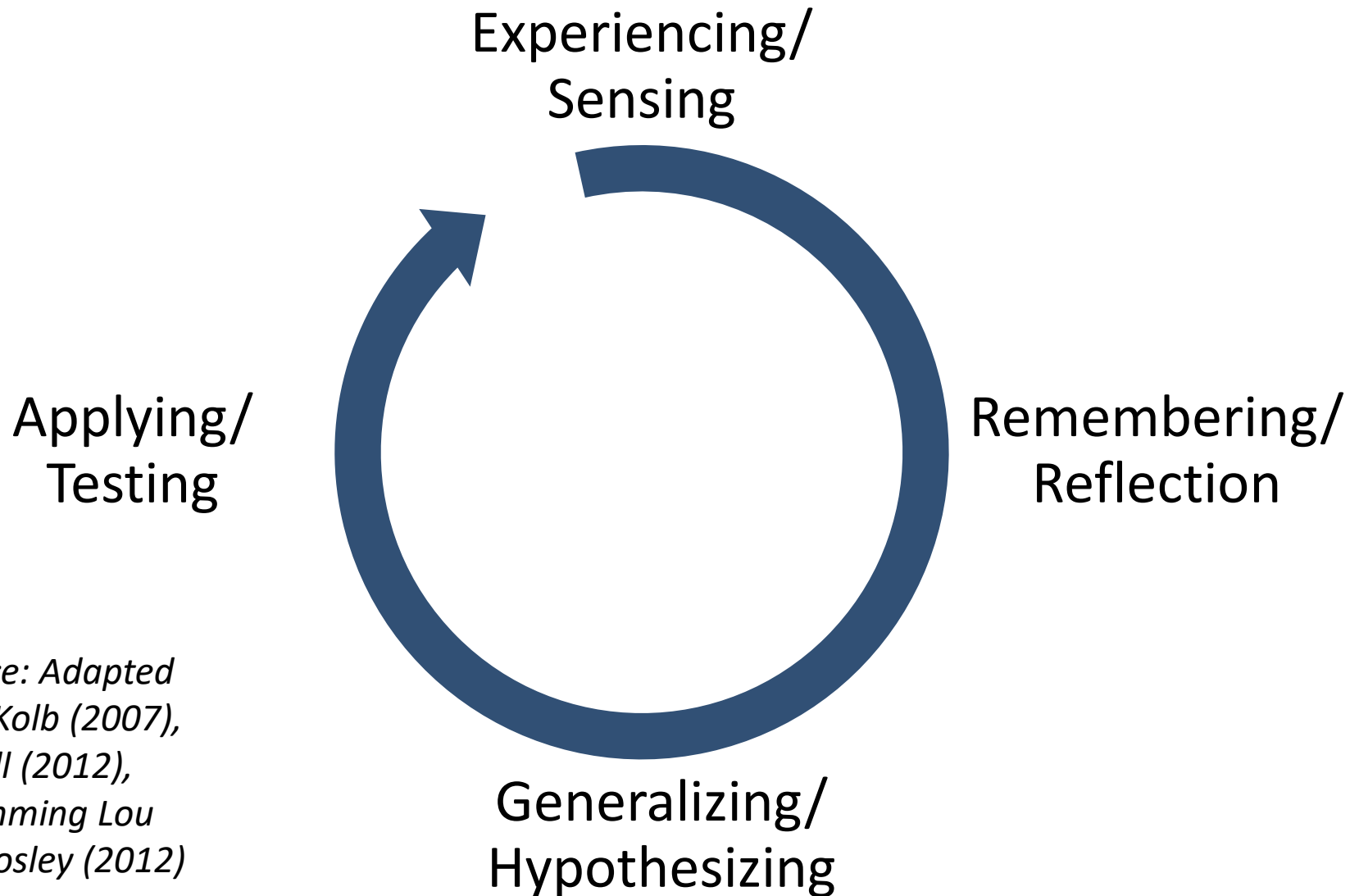
Reflections about self

Source: Berardo (2012)

Stress-Adaptation-Growth Model



Experiential Learning Cycle



*Source: Adapted
from Kolb (2007),
Zull (2012),
Hemming Lou
and Bosley (2012)*



What now?





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