



International Student and Scholar Services

Dear NAME:

THIS WEEK: CULTURE SHOCK

As you engage in classes with professors and students from the U.S. and all over the world, you may experience "culture shock." Even if you are studying at DePaul online, this is a period of transition for you.

WHAT IS "CULTURE SHOCK"?

Studying in a new culture means that we must learn new sets of cultural patterns and behaviors. This learning process can sometimes be challenging and everyone experiences "culture shock" to various degrees. Remember that experiencing culture shock is completely normal and you are not alone.

ARE THERE WAYS TO MINIMIZE "CULTURE SHOCK"?

Yes! As part of your adjustment to a new culture and surroundings, it is important for you to be connected with others. You can do this in several ways:

1. Make friends with other students. How?

- **Request a Mentor** from the [ISEE Peer Mentor Program!](#) ISEE matches current DePaul students with new incoming international students and helps students adjust to DePaul student life.
- **Join a Student Organization!** DePaul University has over 300 Student Clubs and Organizations. Many of them are active virtually.
- **Attend a [Bon Appetit Lunch](#)**, a social meeting to explore cuisines from around the world and eat together either in Chicago restaurants or in Zoom.
- **Attend the [Global Coffee Hour](#)**, a program that orients first-year graduate and undergraduate international students to student life at DePaul and in Chicago.

2. Live healthy! How?

- Get enough sleep each night.
- Eat nutritional food and avoid junk food.
- Go out and exercise – see DePaul's [Campus Recreation](#) team for ideas!
- [Talk](#) to someone if you need help!

3. Stay connected. How? We want you to know you don't have to do this alone! We have great technology resources on campus to help you connect with your family and friends back home.

But use technology to build new connections here in Chicago too! Follow Global DePaul on [Facebook](#) @globaldepaulchicago, [Instagram](#) @globaldepaul and DeHub https://dehub.campusgroups.com/globaldepaul/club_signup

I NEED MORE INFORMATION!

Don't worry! These are only a few suggestions. We will revisit this topic with you during your orientation session and look forward to sharing more helpful information with you. You may always reach us at ISS@depaul.edu.

Welcome to DePaul University, we look forward to meeting you soon!

Best wishes,

The ISS Team

Hiwoté, Garrett, Jennie, Sandra, Ewa, Annie, Jill, and Lindsay

Why am I receiving this email?

Soon you will begin your academic adventure at DePaul University. DePaul is a large university and International Student and Scholar Services (ISS) will connect you to the many resources you need to be successful here. In the weeks before you start your first quarter as a DePaul student, ISS will send you emails with information that will help you prepare. In case you miss any of our communication, we will also have it posted to our [website](#) so you may catch up on the various topics covered. Also, please don't forget to visit our website to learn more about how to register for your [international student orientation](#) and what to expect.