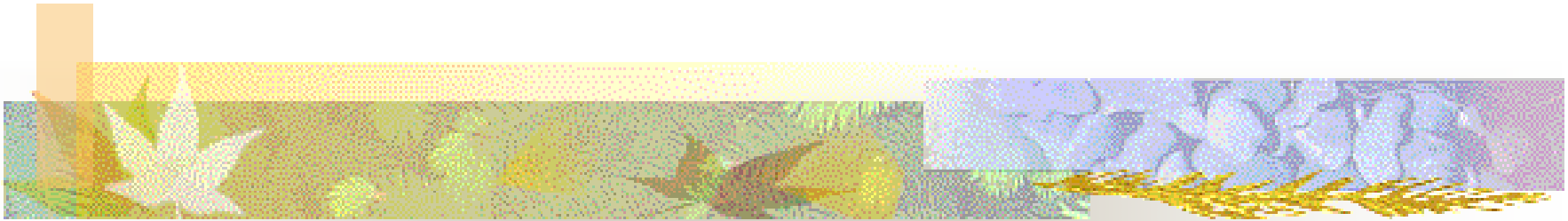


SMSU Counseling & Testing Services



Tuesday, August 16, 2016

New Student Challenges

- New culture
- New people
- New food
- Different educational system/structure
- Far from home, family, friends, other support
- Different laws/rules
- Balancing school, work, social life, finances
- Managing study time & schedule
- Distractions: alcohol, drugs, gambling, video games



Possible Transition Reactions

- Homesickness
- Stress, anxiety
- Withdrawal from social settings
- Sadness, irritability, depression
- Academic difficulty
- Loss of motivation, concentration or sense of humor
- Boredom, tired a lot
- Appetite or sleep changes
- Physical symptoms such as headaches and stomach aches



Adjustment Tips

- Meet people; get connected; get involved
- Maintain contact with family & friends at home. Realize that homesickness is common
- Pay attention to how you are doing: eating, sleep, physical health, stress
- Use available resources: international student services, organizations, counseling center, tutoring, advisor, RA, professors



Adjustment Tips

- Pay attention to how you are thinking about things

- Example:

When you think: These Americans do things so strangely...

Be curious

Be open to trying new things (as long as it fits with your values)

- Set SMART Goals

- Specific
- Measurable
- Attainable
- Realistic
- Time-Limited

Example: I will talk to at least one American student by Friday.



Counseling Provides:

- Support for individuals having difficulty coping with life changes and emotional concerns
- Guidance through difficult decisions
- Coping strategies
- Free and confidential services to enrolled students
- Around the world, people have different perspectives on stress, adjustment, and emotional concerns



Empathy

- Understand the other person's perspective (thoughts, feelings, attitudes) and convey the understanding to them
- See the world through the other person's eyes; walk in his/her shoes
- Accept what the other person says without judging or trying to change his/her point of view
- Help the person understand his/her situation and identify options for his/her concerns



Testing Center

- Pearson VUE Testing Center
- CLEP
- DSST
- ACT Residual
- Accuplacer
- Miscellaneous Test Proctoring



Screenings

➤ Screenings

- Depression
- Alcohol
- Eating Disorders
- Anxiety
- Screenings available year-round on individual basis and online

➤ Presentations





SMSU Counseling & Testing Services

BA 156

507-537-7150

Staff:

Sara Fier, PhD, LP
Associate Professor

Diane Stieper, MA, LMFT
Therapist

Lori Engebretson
Office Manager

Linda Nelson
Testing Center