

Are you finished at KU and returning home?

Are you finishing your time at KU and returning to your home country? Here are a few good things to keep in mind about what to expect as you leave KU and begin your new life at home!

Culture shock again?

Do you remember when you first came to KU and encountered American culture? Were you sad, stressed, or anxious during your first few months in America? Did you get culture shocked? In the same way, when you return to your home country, you may experience difficulty as you re-encounter the culture, values and habits of people at home. The difficulty of getting used to your home culture is called **reverse culture shock**.

70% of people returning home from studying, working, or living abroad experience reverse culture shock.

Reverse culture shock can feel like....

- Stress
- Alienation
- Disorientation
- Changed relationships with family members or friends
- Anger
- Value confusion
- Hostility
- Separation
- Sense of loss
- Fear
- Helplessness
- Disenchantment
- Discrimination
- Depression
- Anxiety

Prepare for reverse culture shock before you leave KU!

There are many things you can do to prepare for reverse culture shock before you even leave KU! A few weeks before you are ready to depart the US, ask yourself these questions:

- ◆ What did you accomplish while at KU?
- ◆ What specific events happened that changed your experience at KU?
- ◆ How much have you changed while at KU?
- ◆ How have your family and friends at home changed while you were at KU?
- ◆ Has the political situation in your country changed?
- ◆ What are you looking forward to when you return home?
- ◆ What problems do you expect to face at home as you start your new life?

It is normal to experience reverse culture shock.

If you experience reverse culture shock...

- ◇ Use the techniques that helped you overcome the culture shock you felt when you arrived in America.
- ◇ Talk with the friends you made at KU through email, letters, or social media.
- ◇ Find, join, or create an international club or organization in your home town.
- ◇ Find things that remind you of your life at KU that you can include in your life at home, such as listening to your favorite American music.
- ◇ Do your old favorite hobby, or try a new hobby!
- ◇ Maintain good health through exercise and a good diet, and find time to relax!

Learn more about reverse culture shock:

- ◆ <http://www.state.gov/m/fsi/tc/c56075.htm>
- ◆ <http://www.jccc.edu/admissions/international/travel/reverse-culture-adjustment.html>
- ◆ <https://students.usask.ca/documents/counselling/reverse-culture-shock.pdf>
- ◆ http://www.internationalstudent.com/study_usa/graduation/returning-home/
- ◆ Or meet with an ISS advisor!

Remember...

If you experience reverse culture shock, it means you are getting used to your new life at home! After you are used to your life at home, the effects of reverse culture shock will eventually disappear.