

How can I help reduce culture shock?

It is normal for students to feel somewhat overwhelmed when they first arrive in a new country. They are often unaware of the written and unwritten customs of our New Zealand culture. For some students this sense of "not knowing what's going on" may lead to feelings of loneliness.

Some of the signs of culture shock:

- Your student seems unusually irritable, sleeps too long or too little, while overeating or not eating at all.
- Your student begins to miss classes
- Your student often cries for no good reason
- Your student worries about not keeping up with their education plan
- Your student is out all night socialising
- Your student has unexplained frequent stomach aches, headaches or vague physical symptoms.

If you are worried about your student, please ring the International Student Advisors.