

## I am feeling dissatisfied. What can I do?

Sarah Ryder - 2021-05-03 - Settling in

Often when we are disappointed in someone or something, it is because we have expected too much. If you find yourself feeling disappointed a lot, ask yourself if your expectations are reasonable.

Becoming more realistic about people and events can help reduce dissatisfaction.

Remember that there will be things you don't like here. There may be times when you feel you can't speak or listen to English anymore and long to hear your own language spoken around you.

At times like these, you will find it comforting to be in contact with people from your own culture. After a time, you will start to settle down, enjoy your studies and make friends.

If you are finding things difficult, remember there are people around who care about you and are willing to listen. You can always [contact NMIT's International Support team](#).

### Related Content

- [Who should I contact in an emergency?](#)
- [What is culture shock?](#)
- [Who can I talk to for help?](#)