
Where to Find Help

Office of International Students and Scholars

104 Holcombe Hall
(479) 575-5003
Website: iss.uark.edu

UA Division of Student Affairs

Administration Building, Maple Street
(479) 575-5007
Website: studentaffairs.uark.edu

Pat Walker Health Center

525 North Garland
(479) 575-4451
Website: health.uark.edu

Pat Walker Health Center-CAPS (Counseling and Psychological Services)

525 North Garland
(479) 575-5276

The Psychological Clinic

(A Division of the Psychology
Department)
Memorial Hall
(479) 575-4258

Office for Student Involvement and Leadership (includes Registered Student Organizations)

Website:
www.uark.edu/ua/involve/rso.html

University of Arkansas

Multicultural Center

Arkansas Union—Fourth Floor
Website: multicultural.uark.edu

Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

Pat Walker Health Center University Health Services

525 N. Garland Avenue
Fayetteville, AR 72701

(479) 575-4451
TTY (479) 575-4124

Website: health.uark.edu



Accredited by
**Accreditation Association
for Ambulatory Health Care**

*A Member of
the Division of Student Affairs*



UNIVERSITY of ARKANSAS

1871



University Health Services

Are you new to the
University of Arkansas?

New to the
United States?

Welcome!

Advice to Internationals
on Having a Great
Educational Experience

525 N. Garland Avenue
Fayetteville, AR 72701

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Adjustment to the host country culture is necessary for a successful and enjoyable International educational experience. This is not to say that you will think and do exactly as United States citizens. Adjustment is developing an appreciation for the host country customs, while maintaining your own unique cultural identity. You bring richness to education at the University of Arkansas by sharing your world knowledge and experiences with other students.

Stages of Adjustment

Most new students, both from abroad and the U.S., feel excitement on arrival to their new environment. The student tends to find many similarities to the old culture; even difficulties seem new and interesting. Excitement and energy may help, with so many new things to do and remember!

However, excitement can change to feelings of discomfort. The many differences between the home and host culture can become stressful. Some students become very critical of the new culture, and can feel disoriented and depressed. Students slowly recover from this time, and typically regain interest in the new culture and people. School tasks are accomplished without much distress.

Eventually, the new culture is appreciated for its value, in balance with the student's home culture: not better or worse, just different. The student becomes able to perform effectively between the two cultures.

Symptoms of Adjustment

A moderate degree of missing home (being "homesick") is natural, and most international students will experience some of these feelings from time to time. Your fellow students understand your love for your country and home! However, persisting difficulties sometimes arise which can interfere with student responsibilities. These problems may include:

Physical symptoms:

- Frequent illnesses
- Headaches
- Loss of appetite
- Stomach or bowel problems
- Fatigue
- Insomnia or excessive sleeping
- Vague skin symptoms or pains

Emotional symptoms:

- Persistently feeling sad or helpless
- Overly dependent on others
- Avoiding new culture/language
- Inability to concentrate
- Severe homesickness/desire to go home
- Unusual irritability- to friends or family
- Fears of being cheated or robbed

If adjustment symptoms seem severe, or last more than 2 weeks (for you or a friend), make an appointment at the Pat Walker Health Center Primary Medical Clinic or CAPS (Counseling and Psychological Services).

Maintaining Balance While Adjusting to a New Environment

Just as it is important to budget your money wisely, it is important to manage your other resources, too. Working too hard, cutting deadlines too closely, will leave little energy if other problems occur. Building friendships can be very valuable for support in times of stress or unplanned emergencies. Other ways to balance your resources:

Be kind to yourself. You are brave to come here, and many people want you to succeed. If a day is difficult, remember tomorrow is a new opportunity to improve!

Make friendships—from all cultures.

Set regular bedtime and waking hours—and allow at least 6 hours for sleep

Try to eat regularly, with fruits and vegetables and grains as the mainstay of your diet. Drink lots of water.

Get regular exercise—not just to and from class—4 or 5 times per week

Make time for fun! Eating with friends, going to a free movie, playing frisbee in the park, can be great stress relievers.

Join a special interest group. Some Internationals enjoy being with their culture, others like diversity.

