

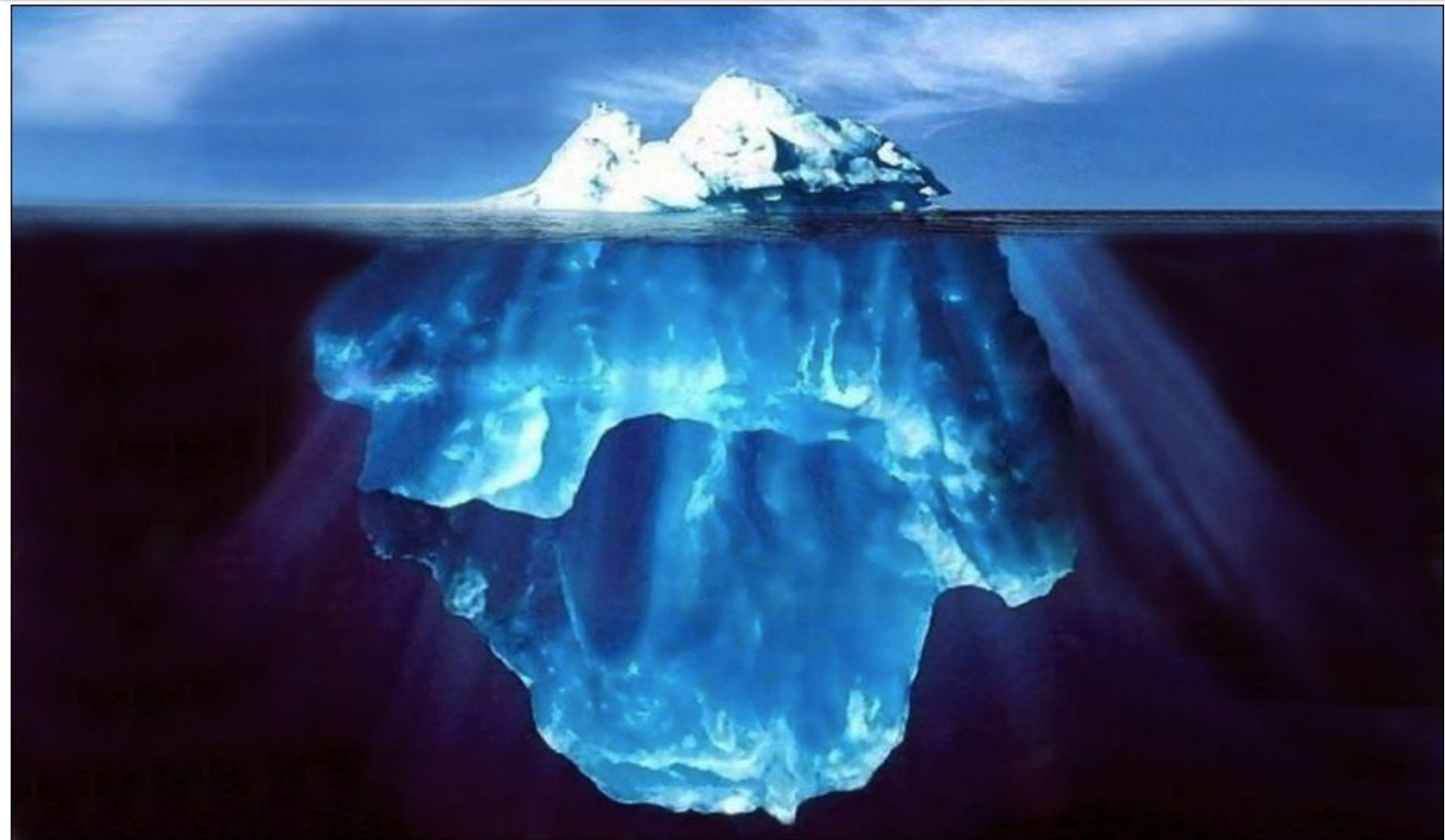


Intro to American Culture

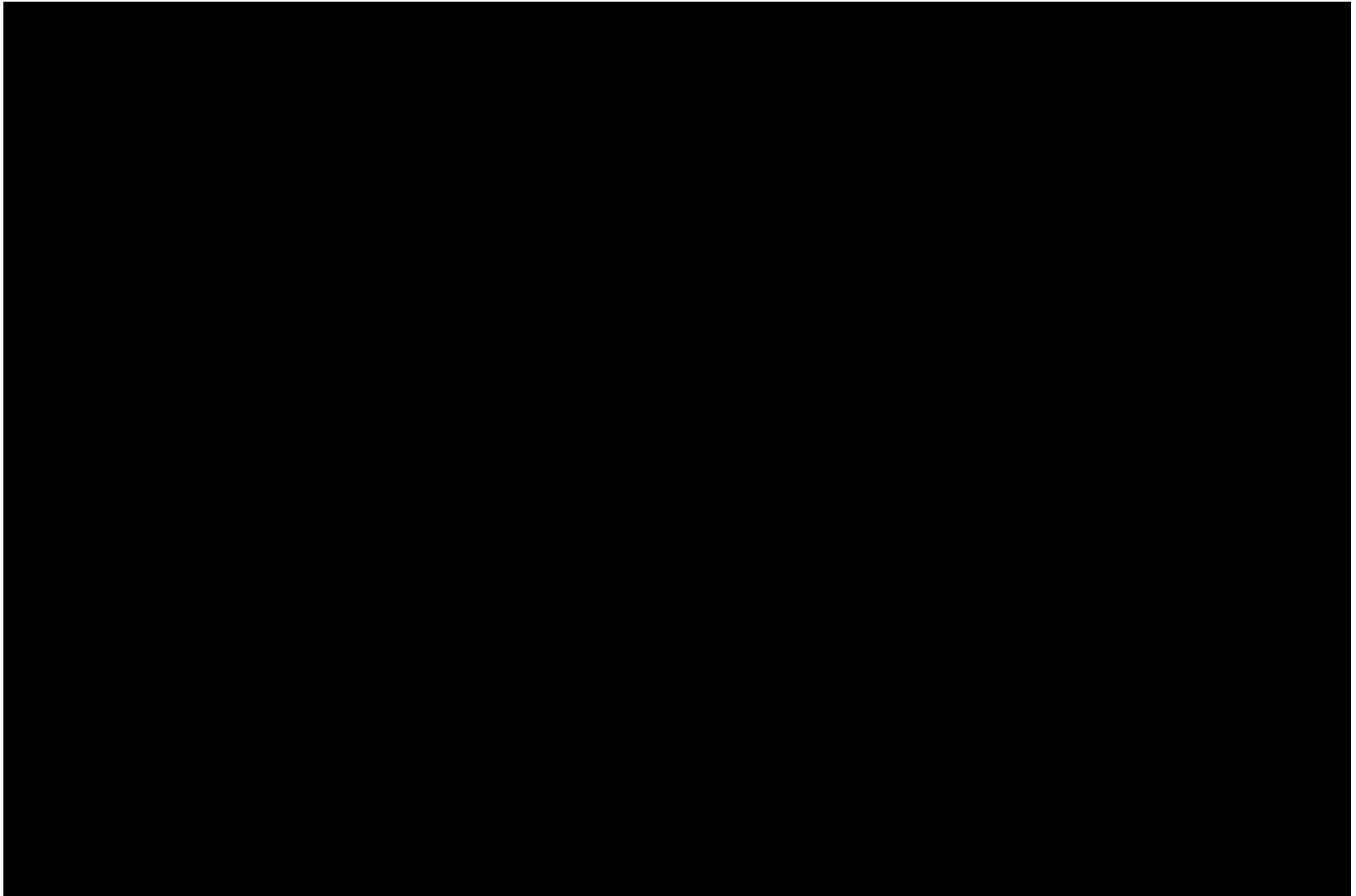
International Student Orientation 2013



Culture



American Culture



American Culture - Basics



- Then: “melting pot”
Now: “salad bowl”
- Equality and Diversity
- Value Individualism and Independence
 - Held accountable for own actions
 - Hard working, productivity, accomplishment, achievement

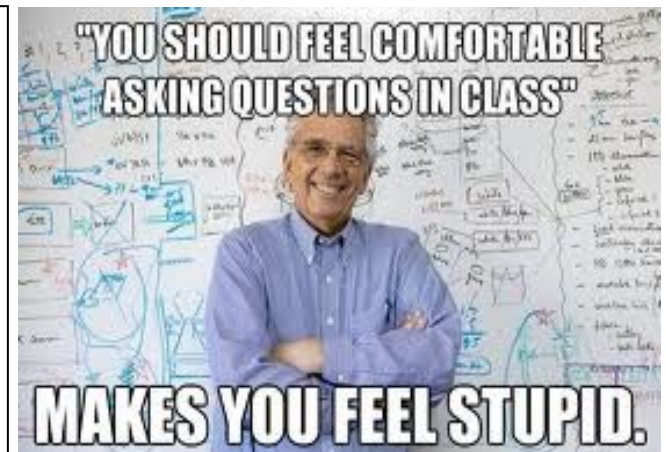
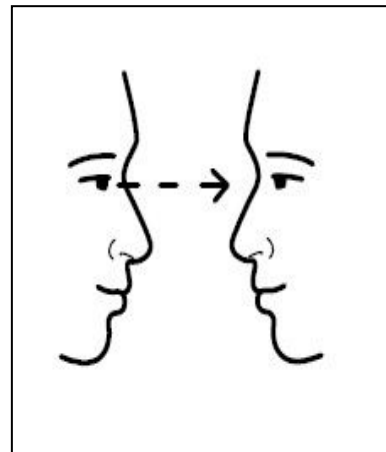


Geography



Communication

- Direct - "to the point"
- Ask a lot of questions
 - Sign of interest/clarity
- Body Language
- Slang/Sarcasm
- Formal vs. Informal
 - Professor, Staff
 - Other students
- Greetings



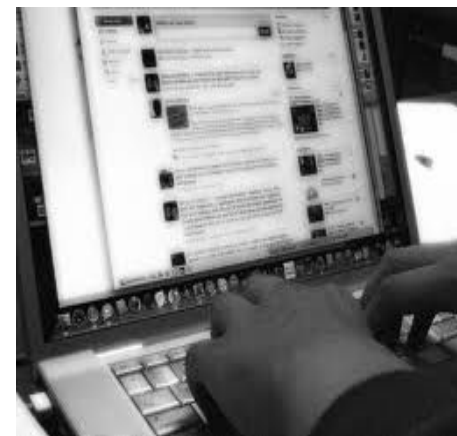
Time



- Be on time!
- Classes, appointments, work, group meetings
 - Being late = sign of disrespect
 - Arrive early
- Social Settings
 - More flexible
 - "fashionably late"

Laws / Rules

- Follow all U.S. laws and university rules
 - Can't say "I didn't know"
- Immigration regulations – student status
- Legal drinking age is 21
- Illegal/Criminal activity
 - Drugs, Stealing, DUI/DWI, Assault (physical, sexual, online harassment)



Recreational



■ Holidays

- Independence Day (4th of July), Thanksgiving, Halloween, Christmas, Labor Day, Memorial Day

■ Sports

- Football, Soccer, Hockey, Lacrosse, Baseball

■ Food

- Pizza, Burgers/Hotdogs, Garbage Plates, Fried/Fast Foods, Apple Pie
- Large Portions!

RIT Culture



RIT Culture



- Tech Savvy
- Sustainability - "go green"
- Deaf and Hard of Hearing Community
- GLBTQA Community
- ROTC
- Electronic Gaming Society & Anime Club (Tora-Con)
- Human vs. Zombies

Friendships

- Friendly, informal interactions
- Not always lead to close, lasting friendships
- Get Involved!
 - 250 clubs on campus
 - Get Involved fair on Sat 8/24



Learn it vs. Live it



Cultural Adjustment Cycle

Honeymoon



Adjustment



**Acceptance/
Integration**



**Culture
Shock**



**Mental
Isolation**



The realities of Cultural Adjustment

- It's different for everyone
- It's an unavoidable rite of passage
- It's a known process with known symptoms
- You will survive – don't be afraid to ask for help!



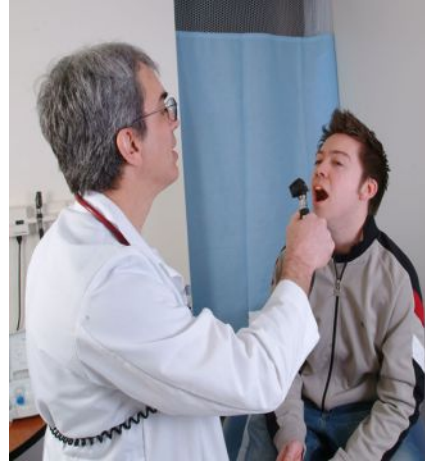
Coping Strategies



- Think positively
- Keep a sense of humor
- Keep an open mind
- Set realistic goals
- Take the initiative
- Speak English as much as possible
- Ask for help!

Helpful Resources

- Family and friends
- International Student Services
- RIT Counseling Center
- RIT Student Health Center



Helpful Resources



- RIT Academic Support Center
- RIT Center for Women and Gender
- Student Organizations
- Rochester Global Connections
 - Volunteer Friendship Program

Focus on the big picture...

