All of us in International and OISS want to welcome you to DePaul University. This email is part of a series of emails from our office with information that will help you prepare for your arrival in Chicago. In case you miss any of our communication, we will also have it posted to our website so you may catch up on the various topics covered. Also please don’t forget to visit our website to learn more about how to register for your international student orientation and what to expect.

THIS WEEK: CULTURE SHOCK
This is a period of transition for you. While you might be nervous or sad to leave your friends and family, you might also be feeling excited about all the many new things you are about to learn. As you arrive and begin your studies in the U.S. you may also experience "culture shock".

WHAT IS "CULTURE SHOCK"?
Living in a new culture always means that one must learn a new set of cultural patterns and behaviors. This learning process can sometimes be challenging and everyone experiences "culture shock" to various degrees. However, remember that experiencing culture shock is completely normal and that you are not alone. Listen to other DePaul international students talk about their own experiences with culture shock.

ARE THERE WAYS TO MINIMIZE "CULTURE SHOCK"?
Yes! As part of your adjustment to a new culture and new surroundings, it is important for you to be connected with others. You can do this in several ways...

1. Make friends with other students. How?
   - Join the ISEE Peer Mentor Program! ISEE pairs current DePaul students with new incoming international students and helps students adjust to life in the U.S.
   - Join a Student Organization! - DePaul University has over 300 Student Clubs and Organizations.
   - Attend a Bon Appetit Lunch, a monthly social outing to various Chicago restaurants.
   - Attend the Global Coffee Hour, a program that orients first-year graduate and undergraduate international students to student life at DePaul and in Chicago

2. Live healthy! How?
   - Get enough hours of sleep each night.
   - Eat nutritional food and avoid junk food.
• Go out and exercise at DePaul's Campus Recreation!

3. Attend Global DePaul Events! Read more about what is coming up here.

4. Stay connected with family and friends through email, Skype, Facebook, etc.

I NEED MORE INFORMATION!
Don't worry! These are only a few suggestions. We will revisit this topic with you during your orientation session prior to the start of your academic program at DePaul and look forward to sharing more helpful information with you. You may always reach us at oiss@depaul.edu.
We look forward to meeting you soon!

Again, welcome to DePaul University!

Best regards,
Hiwoté, Garrett, Jennie, Amanda, Dan, Ewa, Sandra, Justin, and Monica
The OISS Team

Why am I receiving this email?
Soon you will be arriving in Chicago to begin your academic adventure here at DePaul University. DePaul is a large university and the Office for International Students and Scholars (OISS) will connect you to the many resources you need to be successful here. In the weeks preceding your arrival OISS will send you emails with information that will help you prepare for your arrival. In case you miss any of our communication, we will also have it posted to our website so you may catch up on the various topics covered.