




COPING WITH ADJUSTMENTS

(Studying Abroad Edition)

Life changes such as moving into a new home, community or country can be overwhelming. Small acts of preparation can help reduce feelings of anxiety and uncertainties.

1. ANTICIPATE

Prepare for changes to avoid last minute preparation or panic.

<p>When am I starting school?</p> <p>When will I be travelling to Singapore?</p>  <p>KNOW</p> <p>when the changes will happen.</p>	<p>Will I get a culture shock? I might experience homesickness while abroad.</p>  <p>ACKNOWLEDGE</p> <p>that studying abroad will bring upon many challenges.</p>	<p>How can I make new friends?</p> <p>What are the cultures and beliefs?</p>  <p>PREPARE</p> <p>to adapt and step outside of your comfort zone.</p>
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2. ACQUIRE (Tip: Do it 1 month before your departure!)

Take better control of the situation by gathering information about the changes and skills needed to adapt to these changes.

<p>Everything about Your Host Country Understand the culture, lifestyle and people.</p>	<p>Connect with Locals Take a break and head to the local attractions, cafes or museums during your free time.</p>	
<p>Stay Safe Practise safety according to the environment you are in. In some countries, it is safer to go out in groups.</p>		<p>Map & Transportation Familiarise yourself with the map and modes of transportation.</p>
<p>Food If you have certain food allergies, know what food to avoid in the host country.</p>		<p>Local Language Learning the local language can make daily activities easier, such as grocery shopping and finding your directions around.</p>

3. ALLY

Gather support from your family members or friends to allow you to transit into the changes successfully.

<p>Do you need a listening ear?</p> 	<p>How was your day?</p> 
<p>The support can come about emotionally, mentally or financially.</p>	