Please answer the following questions by selecting the answer that reflects your position. For selections ranging 1 – 5:  
1 (strongly disagree), 2 (disagree), 3 (neutral/not applicable), 4 (agree), and 5 (strongly agree).

1) I experienced difficulties during my trip to Hawaii. 
   1  2  3  4  5

2) I am experiencing feelings of homesickness. 
   1  2  3  4  5

3) My living arrangements are satisfactory. 
   1  2  3  4  5

4) The 'locals' have been welcoming and receptive to me. 
   1  2  3  4  5

5) My language skills have been adequate for situations I have encountered. 
   1  2  3  4  5

6) English is the language I am expected to speak in by the people around me. 
   1  2  3  4  5

7) I am comfortable speaking English. 
   1  2  3  4  5

8) I have observed different customs and social interactions here in Hawaii. 
   1  2  3  4  5

9) I am able to act as I did while I was in my home country. 
   1  2  3  4  5

10) I have no regrets about choosing to study abroad in Hawaii. 
    1  2  3  4  5

11) I feel confident in my abilities to accomplish my goals while abroad. 
    1  2  3  4  5

12) I feel anxious about my study abroad experience. 
    1  2  3  4  5

13) I have been using my native language frequently. 
    1  2  3  4  5
14) I have easily found people who are willing to answer my questions and assist me.
   1  2  3  4  5

15) I am able to continue daily activities that I am accustomed to in my home country.
   1  2  3  4  5

16) I have been using a guidebook to help me become familiar with my surroundings.
   a. true    b. false

17) I regularly contact my family and/or friends at home.
    a. true    b. false

18) I will have regular access to the Internet and email while abroad.
    a. true    b. false

19) I will be using the following methods to contact friends and family at home:
    (circle all that apply)
    a. email
    b. phone
    c. letters/postcards
    d. I do not plan to contact friends/family

20) I have observed differences in the following areas:
    a. gender roles    e. travel procedures
    b. social greetings  f. climate/weather
    c. status/class interactions    g. social interactions
    d. observance of meals    h. attire/dress

21) People who I have met are able to tell that I am not a native.
    a. true    b. false

22) I feel that I could have better prepared myself for this study abroad experience.
    a. true    b. false

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Your questions or comments:

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Introduction to Culture Shock

Sometimes, despite their excitement, people find themselves in their host country feeling homesick, bored or withdrawn. They might spend all their time with other Japanese people, avoiding the host nationals. They may drink, eat or sleep too much. They might feel hostile or critical of the host culture. They are experiencing what many people refer to as "culture shock."

Culture shock is used to describe some of these more pronounced reactions to spending an extended period of time in a culture very different from your own. Not everyone will experience culture shock. However, for those of you who do, it is helpful to be able to recognize culture shock when it occurs, so you can take appropriate action.

Stage 1: The Honeymoon Phase

Adjustment to a new culture tends to occur in stages. Initially, there is a honeymoon phase. You are in a new country, and everything is fun and exciting. Perhaps you are involved in getting settled into a new house, getting oriented to a school program, or getting shown around your host city. The sights, sounds and tastes are all a new adventure. At first, you may even see more of the similarities between your home country and the U.S. than the differences. This easy beginning period of the culture shock process generally lasts just a few weeks after your initial arrival in the host country.

Stage 2: The Rejection Phase

However, after some time, you realize that things are not the same. Maybe you are tired of the food or struggling with the language. Maybe your school work seems very difficult, boring, or unimportant. Maybe you are tired of long commutes whenever you need to go somewhere. Maybe everything is much more expensive than you anticipated. Or perhaps things are less expensive, but not of the quality or variety you appreciate at home. Your initial enthusiasm has drifted away and you have entered the stage of irritability and hostility. Worse, you may just feel like you do not really belong in the host country. This difficult period of the culture shock process generally occurs between one and three months after arrival to the host country.

Stage 3: The Adjustment Phase

Be patient with yourself and with your host culture. Almost always, the negative symptoms that you experienced during Stage 2 will disappear with time, and you will experience a stage of gradual adjustment. Your sense of humor will reappear, and you will become happier and more comfortable about your environment and situation. Things that seemed strange or just inconvenient will gradually become familiar.

During this stage of adjustment, you may increase your efforts to meet local friends and participate in local activities. You may develop a set of language strategies that help you communicate more effectively in the host culture. You may also develop a
new appreciation for local foods. This phase of culture shock usually takes place between three and six months into an extended overseas stay.

**Stage 4: The Acceptance Phase**

Lastly, there is the stage of adaptation or biculturalism. You have finally arrived. You have managed to retain your own cultural identity but recognize the right of other cultures to retain theirs. You have a better understanding of yourself and others, and you can communicate easily and convey warmth and understanding across the cultural barriers. This last phase of culture shock may be experienced any time after six months after arrival in a host country.

There is no one way to experience culture shock. It may be acute or barely noticeable. Additionally, you may find that it returns once after you thought you had already passed through all the stages. Most importantly, though, always keep in mind the possibility of your own culture shock.

**Things you can do to help yourself deal with culture shock:**

Be aware that culture shock exists, that it will probably affect you one way or another, but that it does not last forever.

- Try to keep busy.
- Plan fun things to do.
- Set goals for yourself.
- Look for the best in your situation.
- Enjoy the diversity of people and cultures.

Remember that culture shock can be a very valuable experience, which can leave you with broader perspectives, deeper insight into yourself and a wider tolerance for other people.

Keep a journal. Writing about your daily experiences provides you with a detailed record of your experience and may also help you cope with culture shock.

**Things that you should not do if you experience culture shock...**

- Do not think you are strange or abnormal. Most people experience culture shock.
- Do not just sit around being negative and critical; it will only prolong your unhappiness.
- Do not focus on the bad things. Instead, look for the humor in difficult situations. Things that go wrong often make the best stories when you return.
- Do not be judgmental of your host culture. Try to understand that American just have different ways of doing things.
- Do not be offended by characteristics of the culture that you feel are not polite or appropriate.
- Do not immediately call/write/email your family/friends to tell them how miserable you are.