Hello from OISS,

As we approach the start of the school year, we would like to send one final message in preparation for your journey. Many of you may have travelled or lived abroad before and already know that no matter how experienced of a traveler you are, it always takes time to adjust to a new environment. In an unfamiliar culture (and possibly language), it can take some time and patience to adapt to a new home, a new school, or a new community. To prepare for the changes you will experience, you can read more about American cultural norms [1] and what to expect regarding cultural adjustment and the transition to Yale's classroom environment [2] on OISS website.

Once you arrive, you will have access to all of Yale's offices and resources [3], student groups and activities [4], and New Haven events [5] which will help you adjust to life on Yale's campus. Participating in your school's orientation program, as well as the OISS orientation program [6], will not only help answer your questions, but will also help you build your new community here at Yale.

Remember OISS and other offices at Yale are here to help you. You are not on your own and feel free to reach out to us [7] any time.

Life at Yale [8]

Source URL: https://oiss.yale.edu/coming-to-yale/countdown-to-yale/graduate-professional-schools/1-finding-community

Links:
[3] https://belong.yale.edu/
[8] https://oiss.yale.edu/life-at-yale