Cultural Adjustment & Transition

Academic Environment

There is always an adjustment when changing universities or degree levels, but sometimes international students have an added pressure of adjusting to a new culture and 'rules' of the classroom and work environment.

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Cultural Transition

Transitioning into a new culture can be challenging. Getting used to a new and unfamiliar place can be difficult, even for the experienced traveler. We've put together some resources to help you handle this transition and enjoy
your time in New Haven.

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**LGBTQ & Gender Identity**

In the U.S., sexuality and gender might be different than what you are used to at home. Make sure you understand these nuances and recognize that Yale is a welcoming and safe place for everyone in our community.

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**U.S. Culture**

"It is difficult to define what an American is because there are so many different kinds of Americans." - Yale student from South Korea. Learn a little bit about American culture before you arrive!

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