Cultural Adjustment & Transition

Academic Environment

There is always an adjustment when change 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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Culture Shock

Culture shock is something that everyone deals with when they are in situations and new environments that differ from your own cultural background and lifestyle. We've put together some resources to help you handle these
transitions and enjoy your time in New Haven.

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**Sex & Gender**

In the U.S., sex and gender roles 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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