A Word on Cultural Adjustment

IT HAPPENS TO EVERYONE!!!
Culture-Specific Issues at UNM

• Many cultural issues arise for international students: Academics, Bureaucracy, Communication Styles, Expectations, Interpersonal relationships, etc.

• One cultural issue that overlaps with regulation is sexual misconduct

• Important to understand the rules so you don’t get into trouble

Why are we talking about this?

• Sexual Violence is not a U.S. problem, it is a worldwide problem. It’s estimated that 1 in 3 women will be sexually assaulted in her lifetime; this also happens to men. Those in college are at higher risk.

• You need to know what is expected in the US, and what the consequences are if you behave in a way that is NOT acceptable.
Continuum of Sexual Violence

Any type of sexual contact or behavior that occurs by force or without consent of the recipient of the unwanted sexual activity
What if it Happens?

• If it happens to me?
  – Do not blame yourself or be ashamed
  – Advocates are here to help you

• If it happens to a friend?
  – Listen
  – Believe
  – Never accuse
  – Provide them with resources, but let them make the decisions
  – Ask before hugging or making physical contact
  – Give them resources*

SEXUAL ASSAULT IS NEVER THE VICTIM’S FAULT!
Reporting and Services

• LoboRESPECT Advocacy Center*
• Women’s Resource Center*
• LGBTQ Resource Center*
• Student Health and Counseling
• Rape Crisis Center
• Albuquerque SANE Collaborative
• UNMPD/APD
• Office of Equal Opportunity

* = Confidential Reporting sites

Mandatory Reporting (TAs, GAs, PAs, Advisors, Professors)
It’s all about CONSENT!

https://www.youtube.com/watch?v=eS5wYFtfaeU
Overcoming Culture Shock

Advice from your fellow students
How to Overcome Culture Shock

• Expect ups and downs (extremes in feelings)
• Keep busy and active; take time to socialize, play sports, do hobbies
• Make American friends as well as international friends
• Learn all you can about the culture and language and think about the parts you really like
• Do the things that make you feel good at home
• Keep a sense of humor and be ready to laugh at yourself
• Realize that everyone who moves to a foreign culture experiences culture shock
Reminders!!!

(locations on map and events on calendar in red packet)

Friday, 1/11
Library Tour, 10-12:00 meet at GEO
Health Insurance Help, 10-4 (drop in) SUB Computer lab
GEO Night Out at Kelly’s, 5-7:00 pm 3222 Central NE

Friday, 1/18
Welcome Dinner @ Hokona Cellar 6pm (come at 5 if you have a Lobo Friend)

WELCOME TO THE LOBO FAMILY!