Culture Shock & Adjustment

‘Honeymoon’
Feeling excited about your new location and learning about your new culture. This feeling can last for days, weeks or months depending on the individual.

‘Disintegration’
When you start to feel disoriented by not understanding some of the things about the new culture. Values and information can contradict your own, and the methods of study might be different. You may feel low, insecure or unconfident - this is a difficult stage to work through.

‘Reintegration’
You may feel hostile towards your new environment and notice all the negative things, whilst at the same time remembering the validity and strength of the place you left behind. This can be valuable as it reconnects you with your values in your own culture.

‘Autonomy’
When you start to feel more at home and have begun to assert yourself and your identity within your own and your new culture.

People will experience these stages in different ways, not everyone will go through each stage and it is not a linear process, some students will switch between stages or experience some, or all of them, at once. It is important to realise that all people coming into a new environment will have culture shock to an extent but it is more difficult for international students who are less familiar with UK values, practices and way of life compared to home students.

Speak to the counselling team if you would like some support with adjusting to university or UK life.
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