

Talk on psychological adjustment for outbound exchange students (2018-19)





Today's Menu

Welcome Induction

A. Expectation and Psychological Distress

B. Coping Strategy

C. Health and Safety

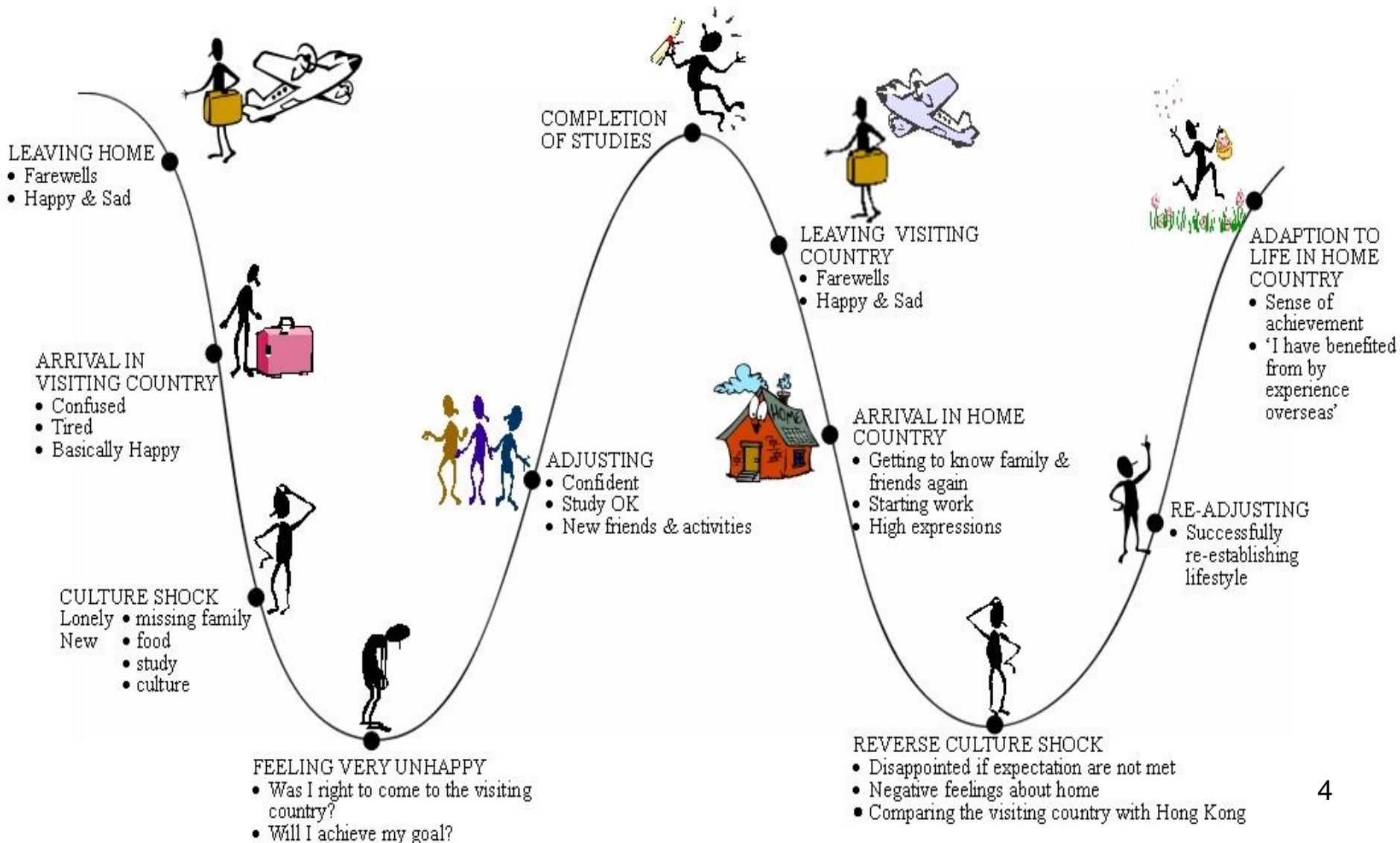


A. Expectation and Psychological Distress

THE PROCESS OF ADJUSTMENT

How most students experience the early days of life in a foreign country

How most students experience life returning to their home country





**What are your
personal goals?**

My Must-do list

6

What other says...

Learn about the world - experience of unfamiliar cultures offers profound lessons.

Learn about yourself – learn to manage yourself

Have fun - travel, adventure, exploration and self-discovery can be a memorable experience.

Overcome challenges - undertake new experiences as essential part of growing up.

Improve your career prospect

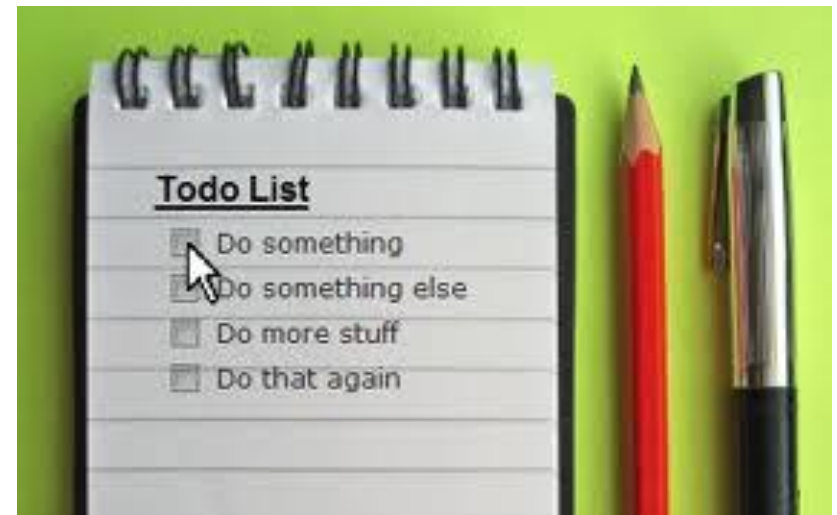
Made good friends

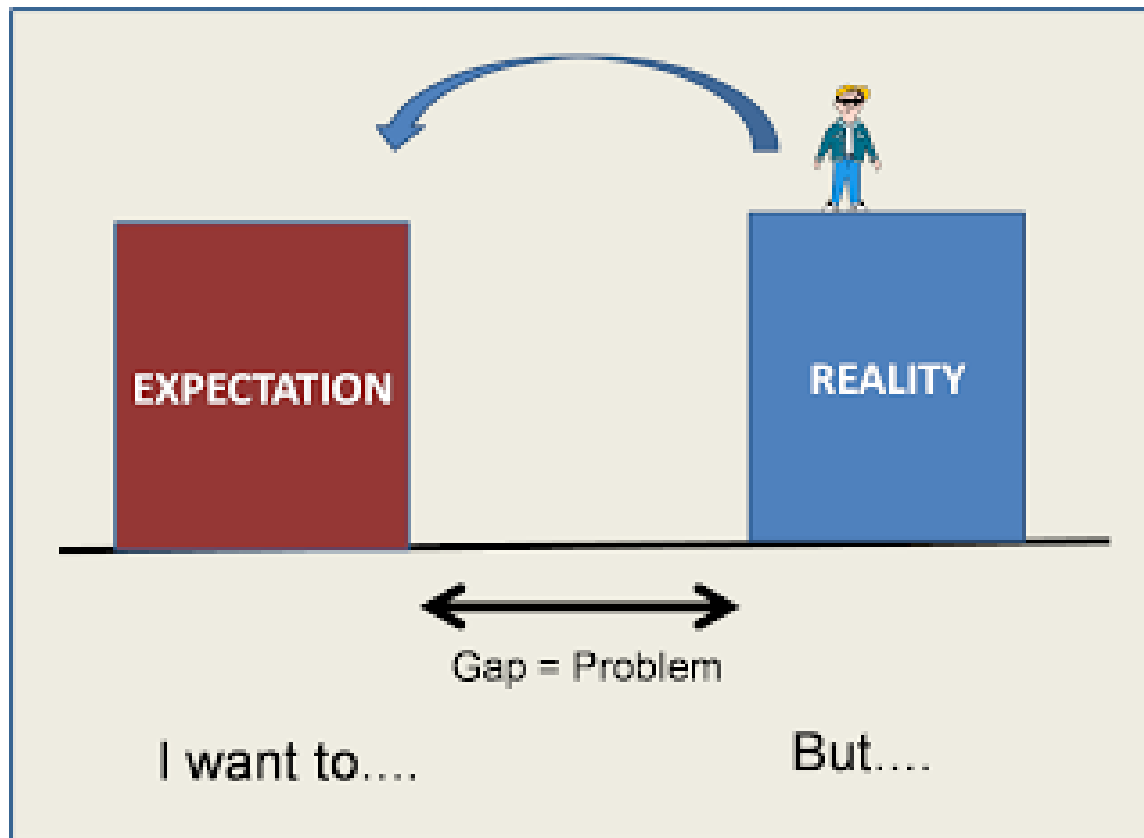
Stretched yourself intellectually

Learn a foreign language

But, I think

- ❑ Play & Play...
- ❑ And..Play....
- ❑ And.....







Expect the unexpected



B. Coping Strategy



Signs of Psychological Distress

Physical

- Headaches,
- Dizziness
- Racing heart;
- Shallow breathing
- Indigestion,
- Stomachache
- Tight neck, shoulders;
- Muscle tension;
- Easily fatigued
- Diarrhea,
- Constipation

Behavioral

- Avoidance and procrastinate
- Sleeping/Eating too much or too little
- Short-tempered
- Excessive smoking;
- Drug/alcohol use
- Self harm

Cognitive

- Inability to think, make decisions
- Difficulty with concentration
- Forgetfulness
- Constant worry
- Pessimistic

Emotion

- Unhappy, depressed
- Anxious, nervous
- Overwhelming pressure
- Irritable, anger
- Helplessness



Cope with Stress

What can I do?

- Aware of stress warning signs
- Adopt appropriate coping



Cope with Stress

- Take rest and relax
- Maintain healthy lifestyle
- Get back to your routine
- Connect/share with friends/family



Positive Thinking

- Increased cultural knowledge with increased employability. There was universal awareness that globalization entailed international cooperation and an expectation that internationalized companies would prize the cultural skills. It was perceived that the trip would provide a possibly useful networking opportunity.

Positive Self Talk

我們最值得自豪的不在於從不跌倒，而在於每次跌倒之後都爬起來。

-奧利弗·戈德史密斯

Our greatest glory consists not in never falling but in rising every time we fall

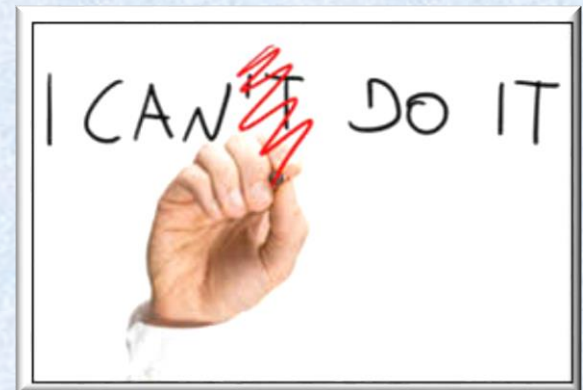
-*Oliver Goldsmith*



Positive Self Talk

你不能改變你的過去，但你可以讓你的未來變得更美好。

You cannot improve your past, but you can improve your future.



Positive Self Talk

如果你竭盡全力，你就不用擔心失敗。

-傑克森·布朗

If you are doing your best, you will not have to worry about failure.

-H. Jackson Brown





C. Health and Safety



Don't Isolate Yourself



- Keep close contact with family/friends
- Keep check your university email account regularly
- Share your travel experience



Handling Alcohol & Drug

- Just say No
- I can't drink alcohol
- I would like a non-alcoholic drink
- I don't use drug.





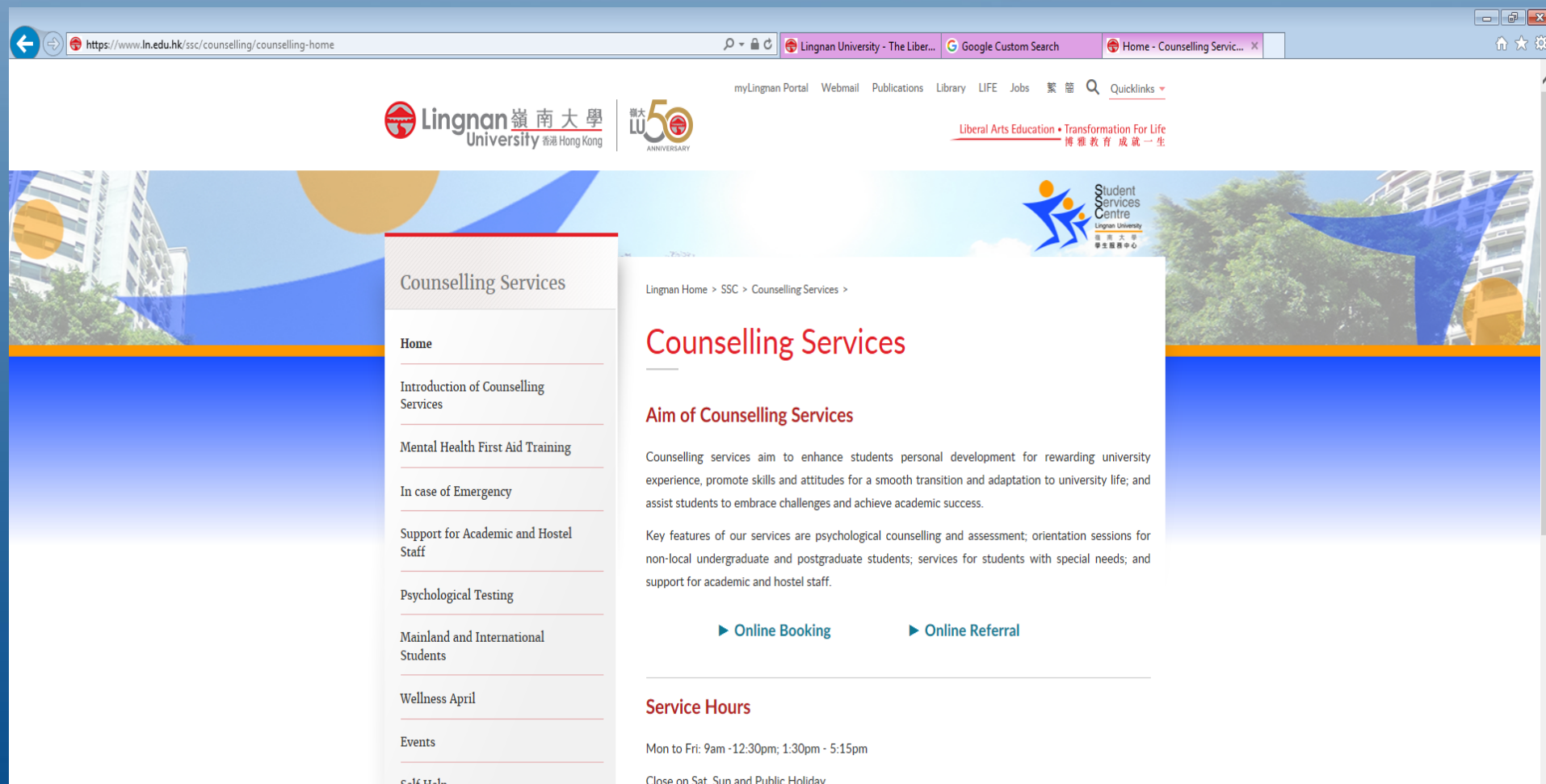
Sexual Harassment

- Never stay ALONE with a stranger in private places. (e.g. their house, hotel or some enclosed area)
- Know the boundaries of physical touching.
- Be sensitive and do not give out the wrong body language or impressions.
- Be firm and say NO
- walk out!

If you don't feel comfortable, you just simply to say "NO!"



Make appointment for further information:



https://www.ln.edu.hk/ssc/counselling/counselling-home

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Lingnan 嶺南大學 University 香港 Hong Kong

50th ANNIVERSARY

Liberal Arts Education • Transformation For Life
博雅教育 成就一生

Student Services Centre
Lingnan University
嶺南大學
學生服務中心

Counselling Services

Lingnan Home > SSC > Counselling Services >

Counselling Services

Aim of Counselling Services

Counselling services aim to enhance students personal development for rewarding university experience, promote skills and attitudes for a smooth transition and adaptation to university life; and assist students to embrace challenges and achieve academic success.

Key features of our services are psychological counselling and assessment; orientation sessions for non-local undergraduate and postgraduate students; services for students with special needs; and support for academic and hostel staff.

[▶ Online Booking](#) [▶ Online Referral](#)

Service Hours

Mon to Fri: 9am - 12:30pm; 1:30pm - 5:15pm

Close on Sat, Sun and Public Holiday

Home

Introduction of Counselling Services

Mental Health First Aid Training

In case of Emergency

Support for Academic and Hostel Staff

Psychological Testing

Mainland and International Students

Wellness April

Events

...



- Connect with friends, family and alumni
- Seek counseling service from the host university
- 24-hour counselling hotline for Lingnan Student **2616 8866** provided by Christian Family Services
- WhatsApp counseling - **6277 8899** provided by The Hong Kong Federation of Youth Groups
 - Mon to Sat 2pm to 5pm; 7pm to 12am



Have Fun and Enjoy!