

## Activity Instructions:

1. You are receiving a set of Culture Shock Treatment Cards. The treatments listed on each of these cards could be applied to a variety of situations, including studying abroad, relocating, etc. Cards should start off face down.
2. When instructed to begin, turn over each card one-by-one. After turning over each card, you should identify and discuss the following:
  - First, identify whether the “treatment” on the card is a short-term or long-term solution. *Note:* Short-term vs. long-term is more of a continuum rather than a strict binary, and there may not be a clear, correct answer to any of the cards. Instead, think of this exercise as a way to generate discussion and reflection about strategically coping with adjustment instead of “reacting.”
  - Then, discuss the pros and cons of using this particular strategy to “treat” culture shock. For example, a short-term solution may cause the individual to feel better in the moment but may delay adjustment to the new culture. And, a long-term solution may feel like drowning in the deep end of the pool: overwhelming under the current level of stress or due to lack of preparedness (e.g. language skills, etc.) or other constraints.

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