This will be an exciting and challenging time.

“Honeymoon Phase” – initial excitement & newness

- Exploring a new learning environment – US & Berkeley culture
- Increased sense of independence
- Feeling of accomplishment
- General feelings of enthusiasm and positivity
This will be an exciting and challenging time.

Initial Culture Shock

- Newness and excitement fades as everyday reality sets in
- Psychological stressors/ emotional challenges
- Dealing with remote learning environment: Zoom fatigue, isolation, time zone differences
- Likely to coincide with busier academic period
- When you communicate, your student may be upset, negative and/ or vulnerable
Psychological Stressors: Common Concerns of International Students

• Isolation
• Adjusting to differences in the educational system
• Not being understood when they express themselves in their usual ways
• Difficulty making friends or engaging in campus community
• Dealing with misperceptions about their culture or country
Psychological Stressors: Imposter Syndrome

- I’m an imposter – a fake.
- I’m not as smart or talented as others think.
- I don’t deserve to be here; I just got lucky.
- I need to prove myself to others.
- Everyone will realize I’m weak if I ask for help.
I love UC Berkeley! I’m learning new things. Online learning is convenient and flexible!

My study group meets at an inconvenient time, and they are always talking about TV shows I have never seen. What was I thinking? What am I doing at UC Berkeley? I don’t belong at this school.

I am starting to feel more confident in my classes, and have found a schedule that works for me. Things are pretty good here after all!

My family is encouraging me to major in Chemistry, but my career counselor says I should “explore” my interests. What should I do?

I’ve finally adjusted and understand who I am and how I fit into this environment. I feel balanced and happy.
Re-entry Cultural Transition
# Student Coping Strategies

<table>
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<th>Things I can do on my own</th>
<th>Things I can do with others</th>
<th>Things I can remind myself</th>
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<tbody>
<tr>
<td>• Keep a journal</td>
<td>• Join a club</td>
<td>• “This is normal”</td>
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<td>• Exercise</td>
<td>• Participate in virtual campus events/programs to engage with the community</td>
<td>• “You can do this”</td>
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<td>• Talk with friends/family about your stress</td>
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<td>• “This is only temporary”</td>
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- "This is normal"
- "You can do this"
- "This is only temporary"
How Can You Support your Student’s Remote Learning?

- **Listen and communicate**
- **Make space for online learning** – create a calm and quiet environment
- **Keep a routine**
- **Make yourself available**
- **Help find time for fun and active breaks**
International Parent & Family Calendar

Important dates and advice
Congratulations to you and your student for reaching this important milestone! Now that you are part of the UC Berkeley family, Berkeley International Office (BIO) would like to take this opportunity to welcome you and offer a basic overview of your student’s first year experience.

This calendar includes suggestions on how to offer support while your adult student learns even more about independence, responsibility, challenges, and successes. We understand that every family and student relationship is different. However, we hope that you will find these tips useful, and that you will refer to the calendar for important dates.

A Special Note for Fall 2020

While much of this calendar includes information and advice for students who will be arriving on the UC Berkeley campus in fall, we realize that your student may not be arriving until a future semester and may be starting their studies remotely from your home country. The information on the following pages should assist you in understanding the adjustment period your student will go through when they eventually arrive on campus in the future as well as how you can best support them at that time. Additionally, even students who will not be in the U.S. will be experiencing some cultural and academic adjustment as they get used to taking UC Berkeley classes and interacting with their instructors and their classmates from the U.S. and all over the world. We hope the following pages will help you understand what to expect as they go through this adjustment process.
Letting Go

College is a time of change and transition for both you and your student. Your student may deal with these changes through mood swings and ambivalence. Being prepared for these changes can sometimes ease the process; the sudden shift from being involved in your student’s plans to not being a part of their everyday lives may be jarring and cause a feeling of loss or helplessness. It can be both a liberating and unwelcome change.

Tips to help you cope with the loss of control as your student leaves for college:

- You will always have a parent-child relationship, but try to build an adult one as well. Keep in touch through phone calls, small video calls, letters, and care packages. Most students are excited to receive mail. Let the student have some control in these interactions to allow them a sense of independence.
- Congratulate yourself in helping them get to this juncture. Recognize that you laid the foundation your student has set for your student over the years will accompany and support them through their college life and later years.
- Treasure your student as they believe in their abilities, and that they will be able to on their own in college. Allow your student to make their own mistakes. Take pride in their confidence and successes. Help them view so-called "failures" as opportunities to learn and to increase confidence.
- Don't drown out goodbyes; remember that you will see them again before long.
- Focus on the things you enjoyed doing before your student began college. Some parents fill their schedule with new commitments to occupy themselves. It's probably best to do things you wanted to do many years ago. Focus on yourself or other family and friends.
- Try not to feel guilty if you adjust to your student being in college before or after other parents do. Everyone is different and takes their own time, and it's fine if it reflects on the quality of love you have for your student. Finding your own healthy balance will help you from being overly emotional. If you are easier to talk to your student, he or she may feel guilty or sad, and, in some cases, may avoid talking to you.

Letting Go (cont.)

More tips to help you cope with the loss of control as your student leaves for college:

- Limit any other major changes in your life for a while until you can feel stable and adjusted.
- If you have other children at home, try to avoid using the college student to set an example because this may make them feel facilitated.
- Students sometimes seem to be different after some time in college. Try not to judge the quality of these changes—however permanent or impermanent. Let your student enjoy the widening of their world view and altering of thoughts since that is an essential part of the college experience.
- Talk to other parents to validate your feelings and get emotional support.

Ideas for getting the most out of your conversations and communications:

- Make a list of items you want to discuss when your student calls. You can cover any important topics and then move on to lighter topics without feeling worried that you forgot something.
- Begin your calls with positive news. Share news about yourself and life at home, but don't drag on; give your student a chance to tell you about their life as well.
- Let your student determine the length of your talk. He or she may need to study or go to class. Alternatively, schedule a time to speak in advance.
- Don't ask questions you don't feel ready to hear the answer to. If you respond in a judgmental fashion when your student confides in you, it could limit the information they may share in the future.
Nervousness about making new friends
Encourage your student to get involved in an activity or organization that interests them. Berkeley International Office’s orientation and social events are a great way to make connections!

Anxiety about major/career path
The College of Letters and Science advises that the first year may be used for exploring majors and fulfilling university requirements. It is not unusual for students to be uncertain of their major at this point. Students may also contact academic advisers and the Career Center for additional guidance.

Roommate conflicts
Propose that your student discusses responsibilities and house rules with roommate(s). Students living in dorms may reach out to their Resident Advisers (RA) for advice.

Adapting to U.S. culture
Encourage your student to be open to trying new things. Berkeley International Office can be a great resource.

August 2020

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Check out the 2020 Student Calendar for other important dates throughout the academic year. Encourage your student to attend Berkeley International Office events and orientation.

21 GRO
18 BIO Urgent Adj Parent/Family Orientation
19 BIO Graduate Orientation Early Move-In Day
21 Student Peace Orientation (SMO) Fall open orientation session
Financial Stress
Encourage your student to look for on-campus jobs. This is a great time to discuss budgeting and to reflect on expenditure thus far to encourage responsible money habits. A great on-campus budgeting resource is Bears for Financial Success.

Academic Stress
Remind your student gently about studying proactively, but note that if they do poorly in one class this won’t have a huge impact on their average GPA. Encourage visits to office hours and formation of study groups. Again, the Student Learning Center is a great resource!

Winter Break planning
Encourage your student to start planning their trip early or to plan events during the vacation if they are staying in Berkeley. They can also check out events/activities planned by Berkeley International Office.

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**November 2020**

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**Notes:**
- Daylight Saving Time ends
- 11: Academic & Administrative Holiday
- 16: Graduation
- 25: Non-Instructional Day
- 26: Academic & Administrative Holiday
- 27: Academic & Administrative Holiday
- 30: Due to COVID-19, International and Real Estate Joint Degree Program Graduation

The U.S. holiday season begins in November. Consider talking to your student about plans during the breaks and Academic & Administrative holidays that are coming up over the next three months in order to avoid feelings of restlessness and stress by structuring time.
### April 2021

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**Uncertainty about major, fall course load, or career path**

Most students decide on (a) tentative major(s) by sophomore year. The Berkeley Academic Guide is a useful tool. Suggest that your student consider shadowing someone in their ideal job. Encourage seeking out advice from advisers, counselors, or upperclassmen.

**Summer plans**

Discuss options and what is best for your student and family: take classes, study abroad, do an internship, or take a break?

**Taxes**

Remind students to visit the Berkeley International Office tax webpages for general guidelines about filing taxes, regardless of income.

**Visa/work authorization**

If your student plans to work off-campus during the summer, remind them to visit BIO for advising. Remind your student to consult the BIO website to plan ahead for international travel.
Cal Parents: calparents.berkeley.edu/

BIO Parents & Families webpage: internationaloffice.berkeley.edu/parents-of-students
Q&A Session

- First year experience
- Safety, Health & Wellness
- Academics
- Internships & on-campus jobs
- Housing
- Extra-curricular activities & free time
- Your questions!

Tatiana Djordjevic
BIO Adviser

Vedant Kajaria

Sreeja Apparaju

Sarah (Nguyen) Bui

Sudarshan Gopalakrishnan

Tatiana Djordjevic
BIO Adviser
Helpful Resources

Visiting Berkeley:
• Clean and safe lodging: https://callodging.com/clean-safe-certified-members
• Visit Berkeley Guide: https://www.visitberkeley.com/plan-your-trip/visitor-guide-request/

Campus Resources:
• Cal Parents: https://calparents.berkeley.edu/
• Move-in information: https://housing.berkeley.edu/move-in
• Inviting family to the US: https://internationaloffice.berkeley.edu/families/inviting-family-us
Upcoming Event for New Students and Parents: Navigating Your Finances in the U.S.

BIO and the Bank of the West present an interactive discussion to help you navigate your finances throughout college. Whether you will be in the U.S. or abroad for your Fall 2020 semester, our experts will provide guidance on managing your money during this next chapter of life.

Register at: https://bit.ly/BIONavigatingFinances
Thank you for attending the International Parent & Family Orientation!

Please stay for a virtual tour of the campus!