International Student Induction

University Counselling Service
Well done – you’re here!

“The good news is we’re landing…
…the bad news is we’re crash landing!”
Change can be disorientating

- There are fantastic opportunities in Cambridge
- But big changes can be unsettling
- ...this is normal
Home...sick

- Trouble sleeping
- Eating less...or more
- Being forgetful
- Struggling to concentrate
It takes time to adjust

- New town, university, course, language, culture, food
- Acknowledge what you have left behind
- And what you may have brought with you
Typical adjustment phases

- Initial shock & disorientation – "What the…?"
- Honeymoon period – "Wow, this is amazing!"
- Distress – "I want to book a flight, please"
- Adjustment – "So maybe I can do it like this"
- Independence – "I own this place"
We adjust in different ways
Care for and coach yourself

- Eat, sleep, rest, play, work
- Set small, easy goals
- Set a structure
- Worry is not about here and now
- Use failure
- Notice what soothes and calms you
What do I want from this year?

- Getting the most out of Cambridge, is personal
- Acknowledge, but try to let go of what other people want for you
- You may learn unexpected, non-academic things – about yourself, about the world
Online 😎 or 😞
We’re social animals
Our culture, upbringing and language will affect how comfortable we are talking about our personal feelings.

In some cultures, seeking support or help from someone outside your family is unusual.

In the UK this is quite common.
Sources of support

- Family
- Tutor
- Supervisor
- College nurse
- Chaplain
- Friends
- Doctor
- Peer2Peer
- Director of Studies
- Helplines
- Counselling
- you
Counselling provision

- University Counselling Service
- College–based Counselling
- College counsellors
- External counsellor provided by the College
University Counselling Service – you’re welcome
University Counselling Service

- Professional and experienced staff
- Confidential
- Listening, respecting, not judging

- See 1600 students a year
- 21% are International Students
- Almost 10% of all students at some time
What we offer

- 1 to 1 counselling
- Mental Health Advisors
- Workshops
- Groups
- Self help materials
- Psychiatrist, Mindfulness Practitioner
University Counselling Service

www.counselling.cam.ac.uk

- Lensfield Road
  (opposite Lensfield Road Cycles)
- 0900 – 1700 Monday – Friday
  Also 5 & 6pm appointments on Tues & Thurs
- Open in vacations
we don’t bite...
Thank you