Being an international student: transitions, communication, well-being





Schüszler Tamara

Uwe Pohl

Department of English Language Pedagogy



Workshop dates and times

```
Workshop 1: 05 September 2024
```

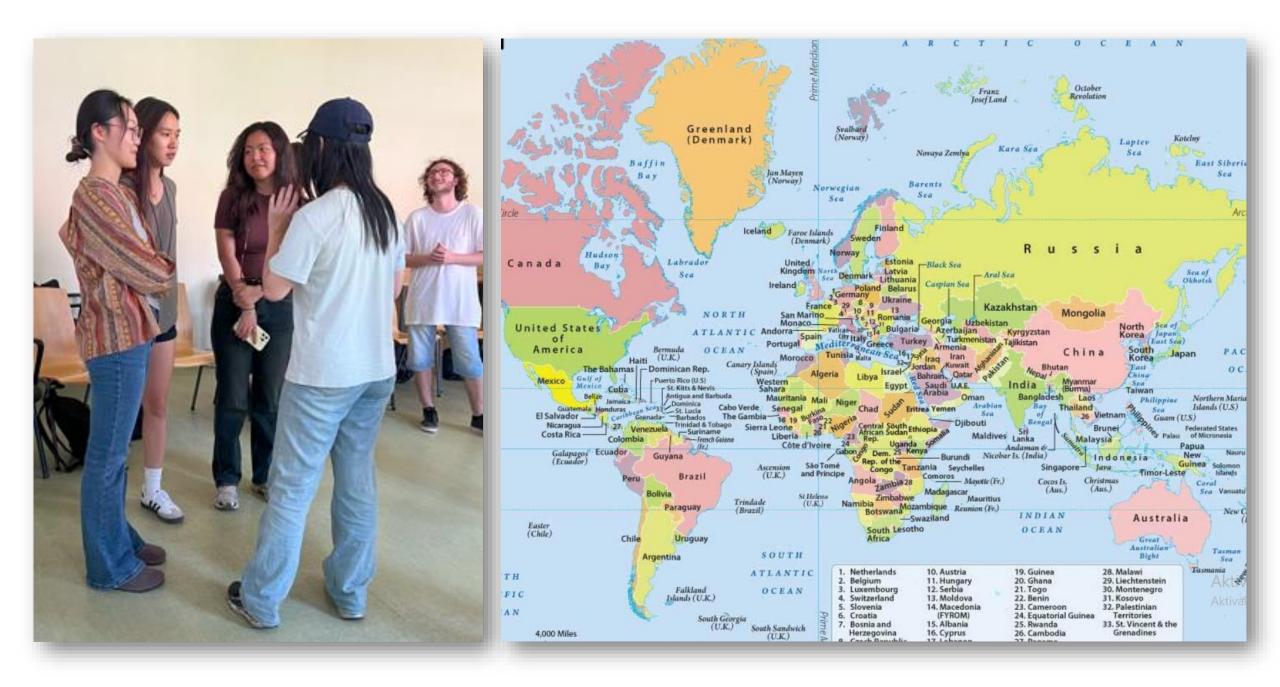
Workshop 2: 11 October 2024

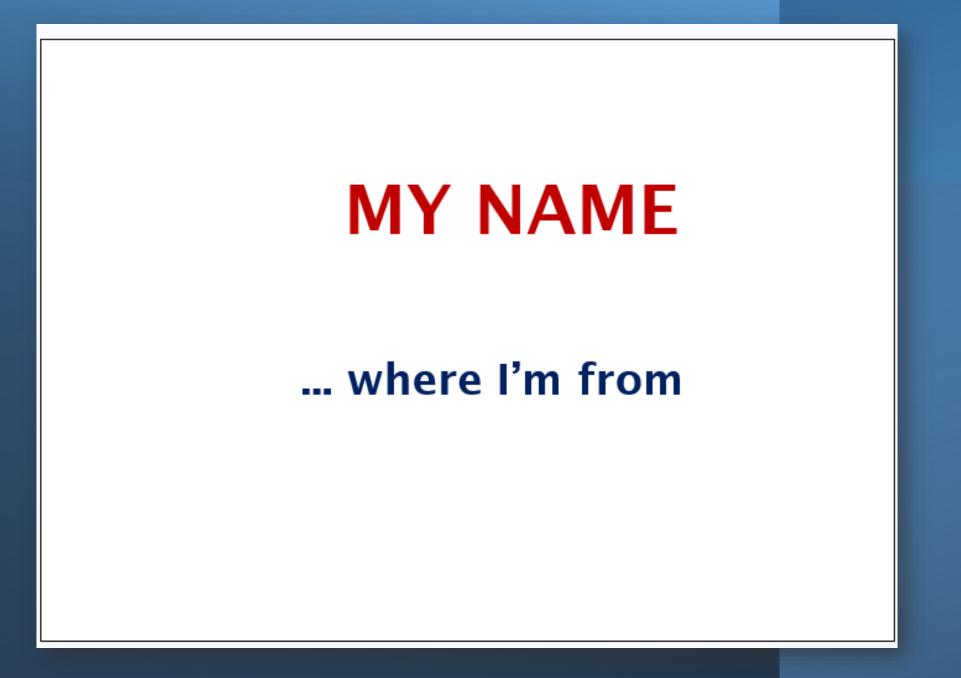
```
Workshop 3: 29 November 2024
```

All workshops will have the same time frame: 14.00 – 14.45 / 15.00 - 15.45 / 16.00 – 17.00

Putting ourselves on the map







How are you feeling now?



Identities: who are we?



"These multiple identifications

with **different** attributes, relationships, roles, narratives and social groups help people to define their own **individuality** and to position and orientate themselves in the world **relative to other people**."

(Barrett, Byram, Lázár, Mompoint-Gaillard and Philippou, 2014)



About wellbeing...



What is wellbeing to you?

Make a list of things you do for your wellbeing.

How about you?

Please discuss with a partner how you exploit the 5 ways to wellbeing.



Be Active

Get up; get moving; enjoy a hobby. Activity boosts our mood, builds confidence and protects against cognitive decline.

Take Notice

Slow down; pay attention to your thoughts, feelings, senses and the world around you. Taking notice helps us to learn about ourselves and feel connected with our world.

FIVE WAYS TO WELLBEING

Connect

Connect with other people, through any means of communication. Relationships are the cornerstones of our lives and nhance our sense of belonging, selfworth and life satisfaction.

Give

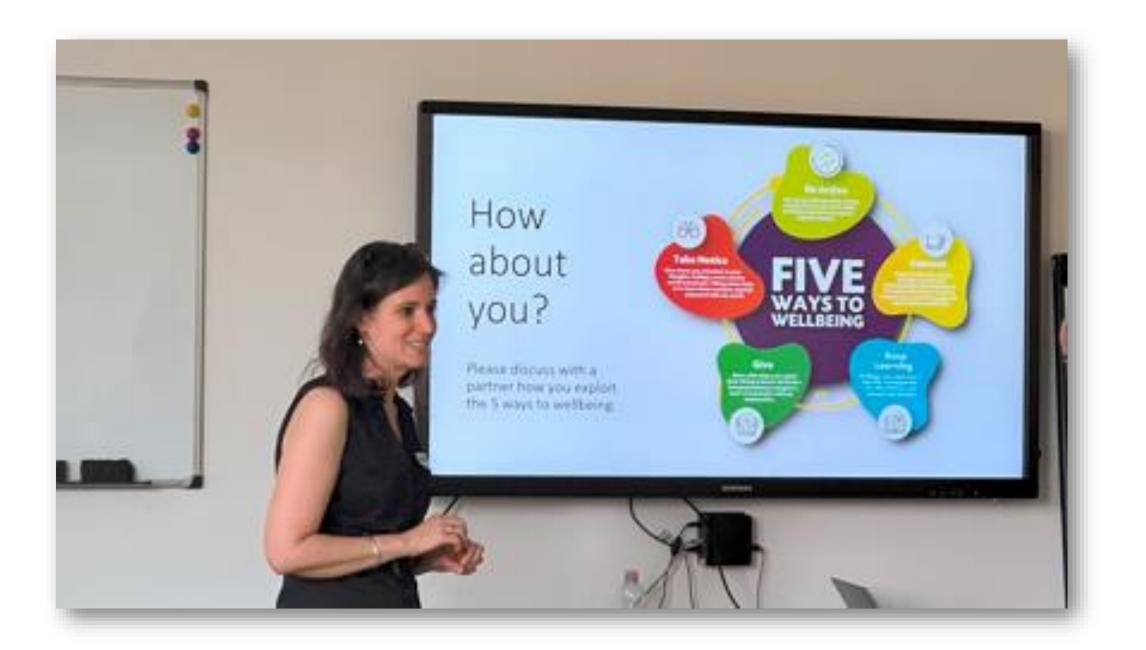
Share with others; do a good deed. Giving activates the brain's feel-good pathways and gives a sense of connection with our communities.



Keep Learning

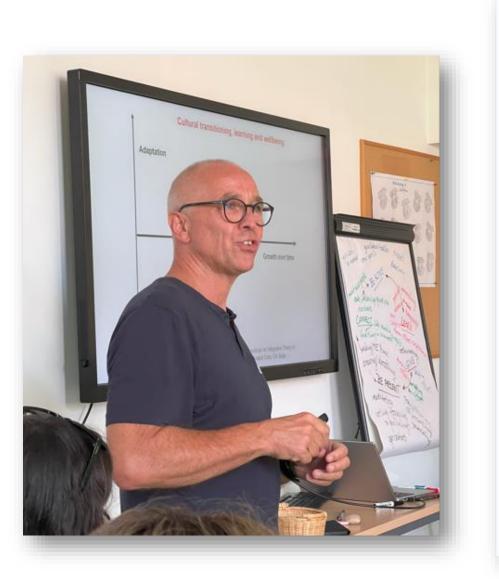
Challenge your mind; learn a new skill. Learning boosts our self-confidence and broadens our horizons.

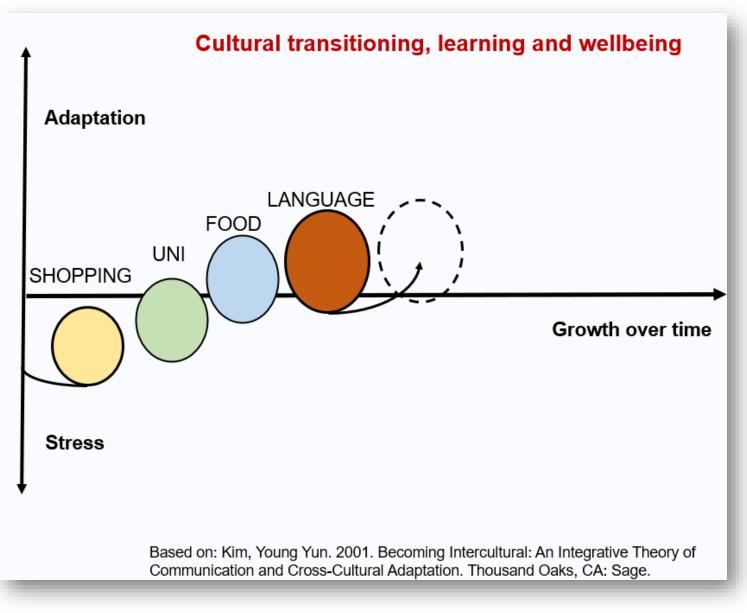




get done goon luker toalks that the nature any sports dancing mut new people BE ACTIVE dancing trace aske (fellow) up questions Lora duonce CONNECT Cike minded thom officers expensions find flangs in common tone officers expensions making ME' Aime Arawing/doodling time GIVE A BE PRESENT A am effort Down officers of the final A BE PRESENT A am effort miditation Personal and ministering / focussing on break the ling Journal with a ling the ling to the state of the state o







Culture /Transition shock or stress

"the emotional and physiological reaction of high activation

that is brought about by sudden immersion in a new and different culture."

(Bennett, J.M.1998: 216)

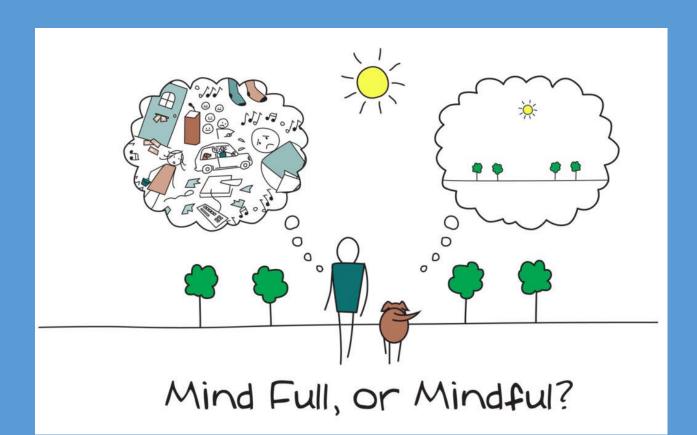




What can help you to achieve well-being as an international student? Here is what other students have suggested

- write a diary of your experiences and emotions
- engage with the new culture, follow the flow and allow yourself to enjoy things
- find something that remains stable
- find something and somewhere to wind down
- accept your vulnerability at this time
- surround yourself with people you like and those who are in a similar situation
- create your own support system, i.e. friends, people to rely on, family connections
- stick to your **own** plan see the bigger picture, take the longer view
- have something or someone else to take care of
- be patient and trust that it won't last for ever





The importance of breathing ...

11 October 2024

Workshop 2:

More intercultural learning and well-being in practice

