

Navigating the Transition to UCCS

Possible Transitional Challenges

Cultural Adjustment

Homesickness: Missing family and familiar surroundings.

Cultural Differences: Adapting to new social norms, traditions, and behaviors.

Communication Barriers: Overcoming language differences and adjusting to new accents and slang.



Academic Challenges

Different Teaching Styles: Adapting to new teaching methods, classroom expectations, and professor interactions.

Academic Writing: Learning the conventions of academic writing in English.

Workload Management: Balancing coursework, assignments, and extracurricular activities.



Social Integration

Building Connections: Making new friends and establishing social networks.

Navigating Social Norms: Understanding and fitting into social dynamics and group interactions.

Isolation: Dealing with feelings of isolation or exclusion from social groups.



Practical Matters

Visa and Immigration: Navigating visa regulations and maintaining legal status.

Financial Management: Managing expenses, tuition, and possible currency exchange issues.

Housing: Finding suitable and affordable accommodation.



Mental Health Challenges

Feeling of anxiety: Dealing with feelings of sadness, loneliness, or hopelessness.

Unfamiliar Support Systems: Navigating mental health resources and support services in a new country.

Identity and Self-Esteem: Struggling with self-identity and confidence in a new cultural context.



Tips and Resources for International Students

Reach Out: Connect with campus support services like the International Affairs Office, Wellness Center, and academic advisors.

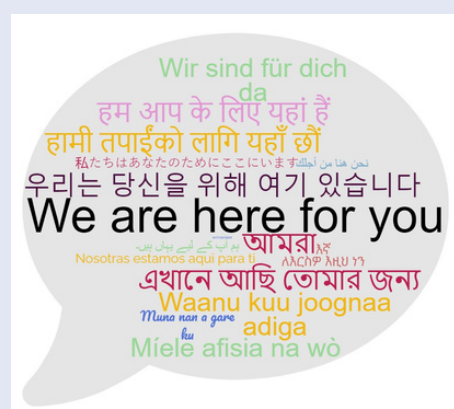
Get Involved: Participate in campus activities, clubs, and cultural events to build connections and feel more at home. Information on campus clubs and events can be found at Student Life website: <https://studentlife.uccs.edu/>.

Stay Organized: Use planners or apps to manage your academic and personal tasks effectively. Some examples are MyHomework Planner, MyStudyLife, iStudiez Pro.

Seek Support: Don't hesitate to ask for help from peers, professors, mentors, or counselors if you're feeling overwhelmed.

UCCS Resources

- **Graduate School**
 - <https://graduateschool.uccs.edu/>
- **MOSAIC and LGBTQ+ Resource Center**
 - <https://mosaic.uccs.edu/>
- **Career Center**
 - <https://career.uccs.edu/>
- **Disability Services**
 - <https://disability.uccs.edu/>
- **Financial Aid**
 - <https://finaid.uccs.edu/>
- **Student Employment Assistance Network**
 - <https://seans.uccs.edu/>
- **Recreation and Wellness Center**
 - <https://recwellness.uccs.edu/>
- **Excel Centers**
 - <https://excel.uccs.edu/>



**International Affairs is here to help you.
You are welcome anytime.**

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**You are not alone in this journey. Embrace the adventure,
seek support, and make the most of your experience in
the U.S.**