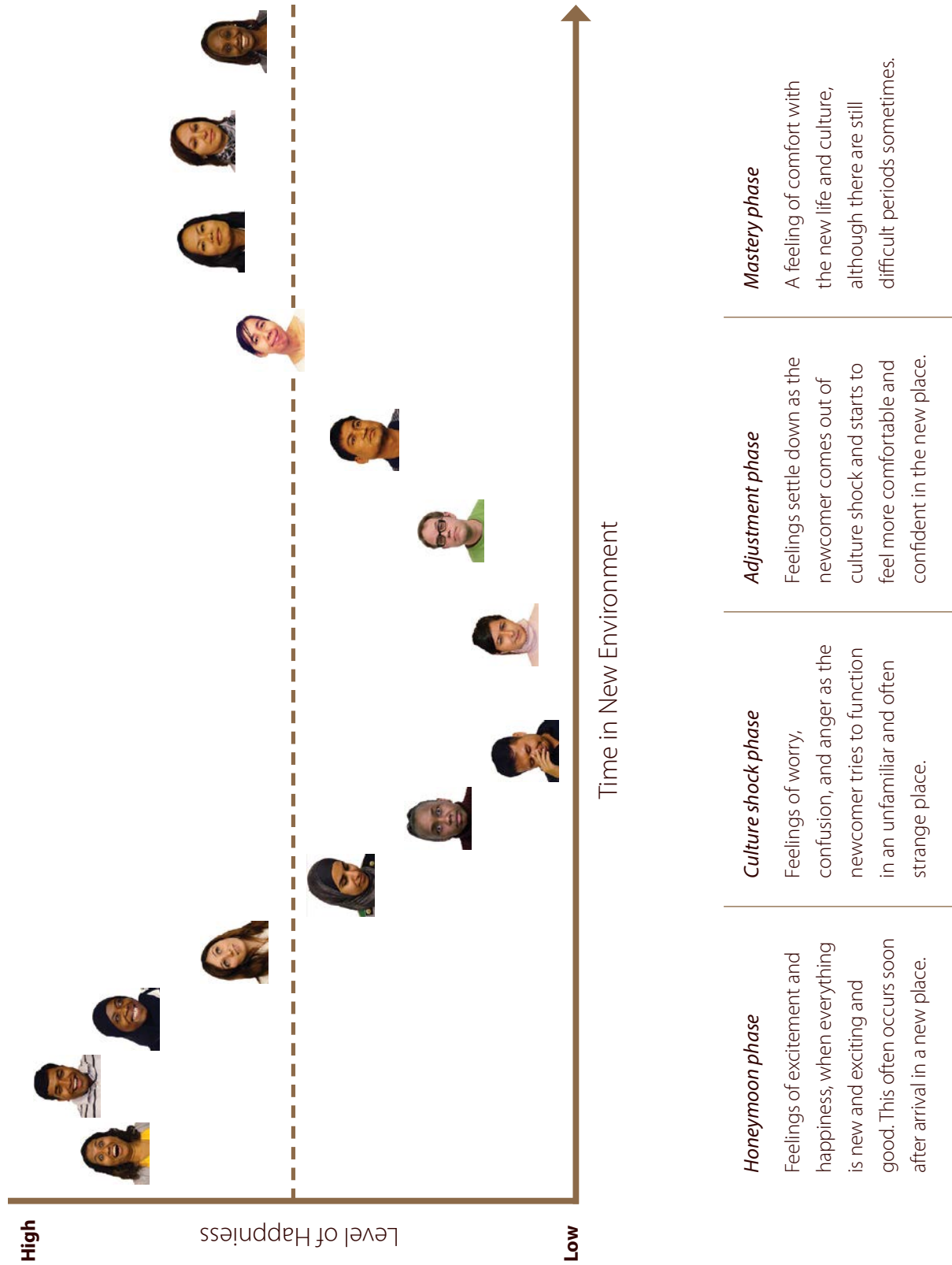


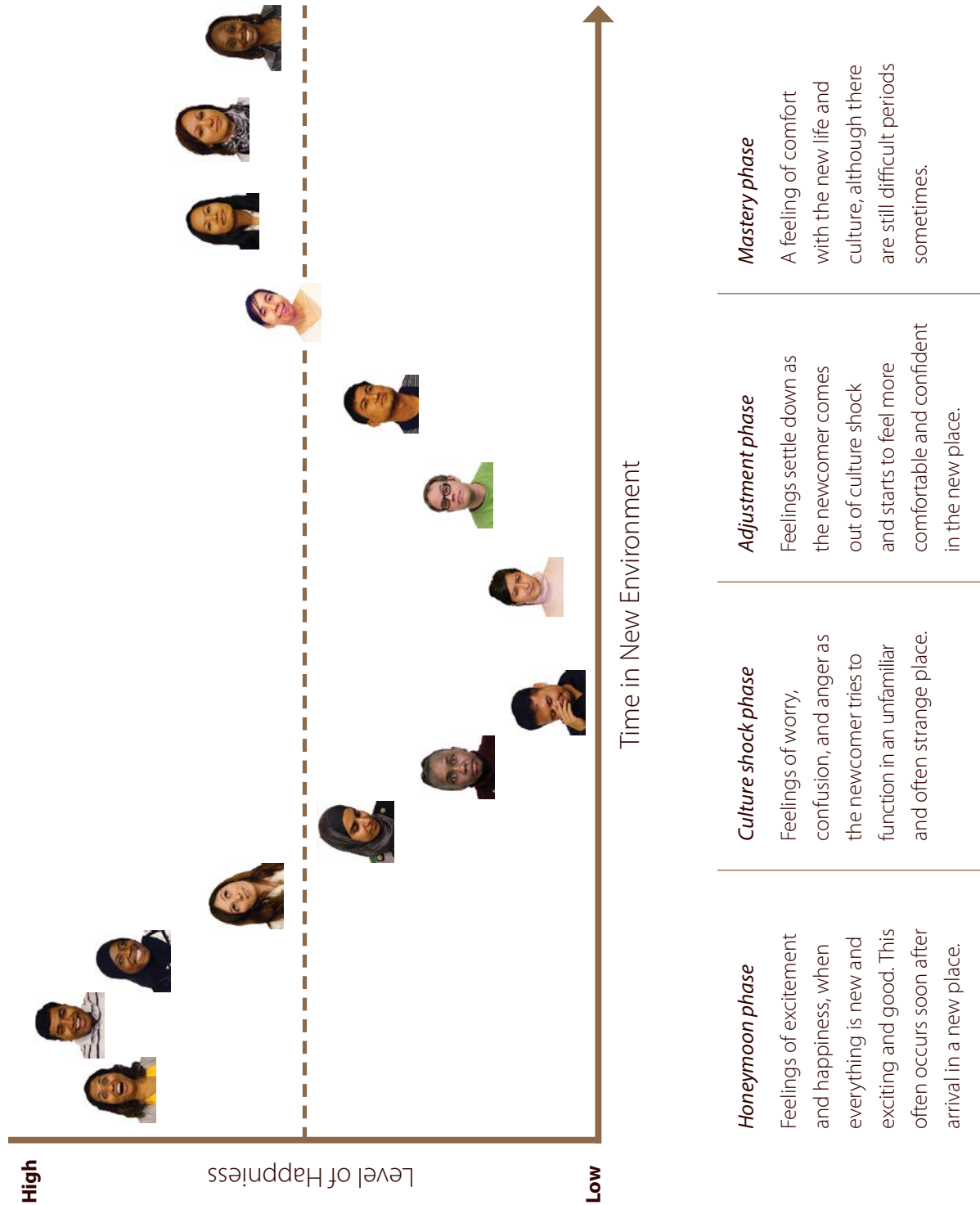
The U-Curve of Cultural Adjustment

The graph below shows the common phases of cultural adjustment that most people experience when moving to or visiting a new place.

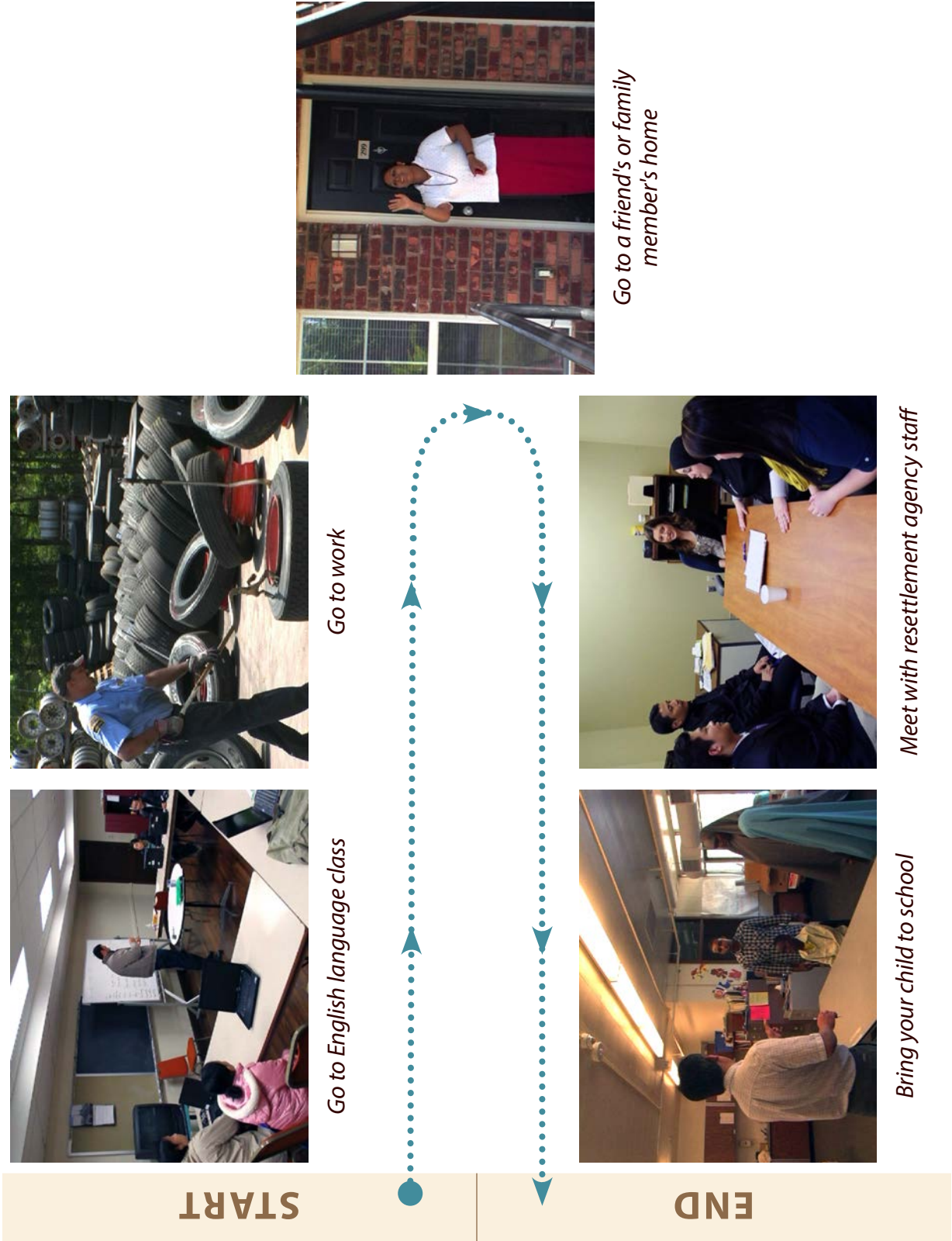


The U-Curve of Cultural Adjustment Descriptions

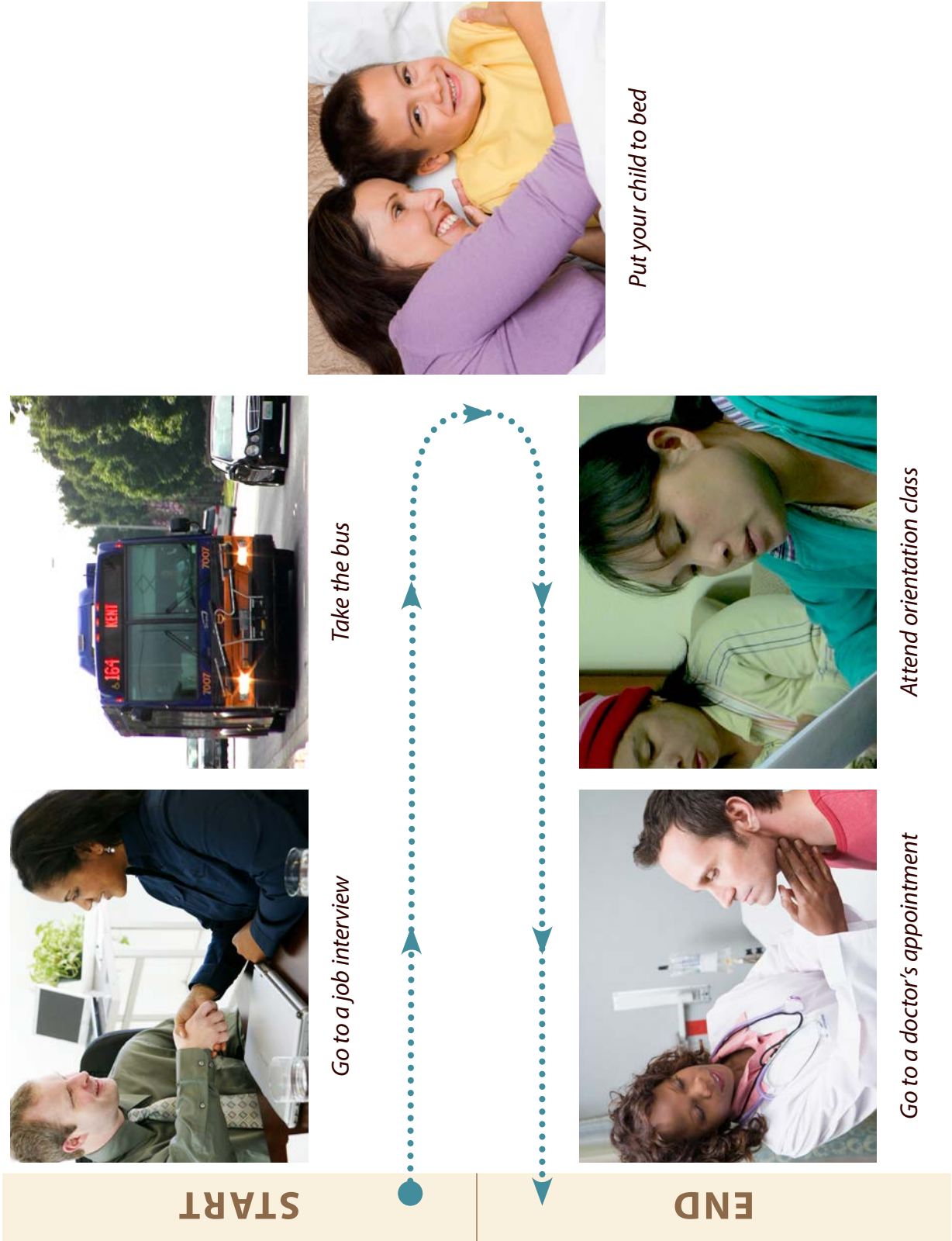
The graph below shows the common phases of cultural adjustment that most people experience when moving to or visiting a new place. The timeframe in which this u-curve occurs differs for everyone, so it is important that participants are aware of the phases in their own lives and consider them when their adjustment becomes a challenge.



Punctuality Game Board 1








Punctuality Game Board 2








Late Examples List

Punctuality Game Board 1

<i>If you are late when you ...</i>	<i>then you may ...</i>
 <p>go to English language class,</p>	miss important information.
 <p>go to work,</p>	lose your job.
 <p>go to a friend's or family member's home,</p>	shorten the visit or miss it completely.
 <p>meet with resettlement agency staff,</p>	miss important information or a meeting.
 <p>bring your child to school,</p>	risk punishment from the school for your child, or your child might miss learning something important.

Punctuality Game Board 2

<i>If you are late when you ...</i>	<i>then you may ...</i>
 <p>go to a job interview,</p>	not be offered the job.
 <p>take the bus,</p>	miss the bus, have to wait for another bus, or pay more money to get where you are going in a different way.
 <p>put your child to bed,</p>	have a grumpy child who is tired and inattentive.
 <p>attend orientation class,</p>	miss important information.
 <p>go to a doctor's appointment,</p>	miss the appointment, be charged for the appointment without attending, and the doctor may refuse you as a patient in the future.

Family Roles Critical Incidents

Family Roles Critical Incident 1

Severin's daughter Aude learns English quickly at school and is able to help Severin do things, such as talk to store clerks and ask for directions. Severin does not feel confident going places alone, but he does not want to depend on his daughter.

Discuss the critical incident and consider the following questions:

- ▶ How do you think Severin feels?
- ▶ How would you feel if you were Severin?
- ▶ How might Aude feel about this situation?
- ▶ What are some things Severin could do to improve his situation?

Family Roles Critical Incident 2

Chit Aung and Eh Paw are proud of their teenage son, Kyaw Oo, and are happy that he has been doing well in school, learning English quickly, and making new friends. Last week, however, Kyaw Oo arrived home on a school night after 10:00 pm. Chit Aung and Eh Paw asked him where he had been, and Kyaw Oo told them he had been studying. While they support his school work, Chit Aung and Eh Paw were upset that Kyaw Oo had not asked for permission or told them he would be out late.

Discuss the critical incident and consider the following questions:

- ▶ How would you feel if you were the parents?
- ▶ How do you think the son feels?
- ▶ What are some things each member of the family could do to avoid this situation in the future?

Family Roles Critical Incident 3

Arjun and his wife Rupali resettled in their new community. Rupali quickly found a full-time job with benefits as a housekeeper at a hotel. After 6 months, Arjun was able to find a part-time job working at a grocery store. Arjun felt uncomfortable with the situation because Rupali had never worked outside the home before, and, as the family's main source of income, she was feeling more confident.

Discuss the critical incident and consider the following questions:

- ▶ How would you feel if you were Arjun or Rupali?
- ▶ What would you do?
- ▶ What could Arjun and Rupali do to deal in a positive way with the situation?

Family Roles Critical Incident 4

Waabberi moved to the United States with his son, daughter-in-law, and four grandchildren. He was happy for his family, who seemed to be adjusting well to their new community. However, Waabberi did not have any friends and had very little to do during the day. He was also surprised by the disrespectful behaviors his grandchildren were developing, and felt sad that they wanted to speak only in English.

Discuss the critical incident and consider the following questions:

- ▶ How would you feel if you were Waabberi?
- ▶ What are some things Waabberi's family could do to help him?
- ▶ What could Waabberi do to help himself?
- ▶ What could he do about his grandchildren's behavior?

Family Roles Critical Incident 5

William and Nicia were both able to find jobs quickly when they arrived in the United States. However, their work schedules did not allow William and Nicia to take care of their two young children during the day. Their case worker/manager suggested they find a child care center for the younger child and a preschool for the 4-year-old, or a group of working parents who could share child care responsibilities. William and Nicia had never had anyone but family look after their children and felt uncomfortable with these ideas.

Discuss the critical incident and consider the following questions:

- ▶ What are some options that William and Nicia have?
- ▶ What would you do if you were William or Nicia?

Family Roles Critical Incident 6

Majid and his wife Ala resettled in the United States with their children, ages 4, 7, 9, and 13. Ala found a part-time job quickly and started working, leaving Majid home to care for their 4-year-old. Ala was often tired when she arrived home, so Majid cooked dinner for the family and did a lot of the household chores. Over time, Majid became frustrated with his new role in the family. Some evenings when he was feeling frustrated, Majid would hit Ala.

Discuss the critical incident and consider the following questions:

- ▶ Would you consider this home situation serious? Why?
- ▶ How would you feel if you were Majid? How would you feel if you were Ala?
- ▶ What are some things that Majid or Ala could do to help themselves or their family?

Family Roles Critical Incident 7

Moe Win, Naw Ku, and their two school-age children resettled in their new community. The adults both found jobs, and the children were doing well in school. However, they all missed their home country and their friends and family. To feel better, Moe Win started drinking alcohol regularly.

Discuss the critical incident and consider the following questions:

- ▶ What is the problem in this incident?
- ▶ How would you feel if you were Moe Win? How would you feel if you were Naw Ku?
- ▶ How do you think the children feel about the situation?
- ▶ What are some things Moe Win could do to feel better?

Family Roles Critical Incident 8

Sita Maya's son Kazi was not doing well in school. Sita Maya met with Kazi's teachers and tried to help Kazi with his homework, but he was not interested. Soon Kazi's teacher called Sita Maya to report that Kazi had not attended school that day. When Kazi arrived home, Sita Maya asked him what happened. Kazi did not respond, frustrating Sita Maya even more, so she slapped him.

Discuss the critical incident and consider the following questions:

- ▶ What is the problem in this incident?
- ▶ Do you think Sita did the right thing?
- ▶ How would you feel if you were Sita Maya? How do you think Kazi feels?
- ▶ What are some things Sita Maya or Kazi could do to help their family?

Family Roles Critical Incident 9

Evrard and Cecile resettled in the United States with their three school-age children and their 22-year-old son Renan. Evrard, Cecile, and Renan were able to find jobs while the three younger children started school. Evrard and Cecile felt overwhelmed in their new community and were barely able to pay their rent and other bills. One day Renan told them that he wanted to study at the local community college instead of work. While Evrard and Cecile wanted Renan to be happy, their family needed Renan's income.

Discuss the critical incident and consider the following questions:

- ▶ How would you feel if you were Evrard or Cecile? How do you think Renan feels?
- ▶ What are some options for Evrard, Cecile, and Renan?
- ▶ If your family were in this situation, what would your family do?

Age Group Pictures



Ages 0-12



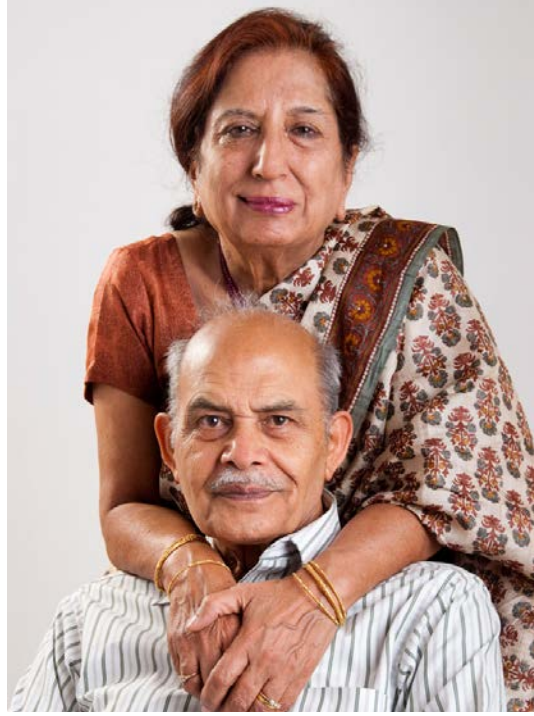
Ages 13-18



Ages 19-25



Ages 26-65



Ages 66-100

Parenting Practice Scenarios

Parenting Practice Scenario 1

Your infant, Rahim, has not been feeling well or sleeping well for the last week. You are feeling very tired and frustrated with Rahim for not sleeping. How would you handle this situation?

Possible responses:

- A. Make an appointment with Rahim's doctor to discuss the problem.
- B. Leave Rahim in the crib for a few hours and ignore the crying, hoping he will fall asleep.
- C. Have your older child or a neighbor take care of Rahim so you can take a break.
- D. Continue singing to Rahim. Eventually, he will have to go to sleep.

Parenting Practice Scenario 2

Your 2-year-old, Leela, has been running all over the apartment, and you are tired of chasing her. Leela keeps opening the cabinet with the cleaning supplies and taking them out when you are not looking. How would you handle this situation?

Possible responses:

- A. Spank Leela and tell her to stop opening the cabinet.
- B. Move your cleaning supplies so they are out of Leela's reach.
- C. Put child safety locks on the cabinet doors where the cleaning supplies are kept.
- D. Have your 9-year-old child watch Leela to make sure she does not open the cabinet.

Parenting Practice Scenario 3

Your 9-year-old daughter, Mi Mi, tells you that another girl at school has been making fun of the lunches you pack for her and pushing her on the playground at recess. How would you handle this situation?

Possible responses:

- A. Start sending Mi Mi to school with money for the lunch provided by the school.
- B. Talk to Mi Mi's teacher about what has been happening.
- C. Call the other girl's parents to complain about the issue.
- D. Tell Mi Mi to ignore it; things will get better.

Parenting Practice Scenario 4

Your son, Sherab, has been happy at his new elementary school and has made some good friends whom you like. He is invited to his friend Charles's birthday party, and Charles's mother offers to drive Sherab home after the party. When Sherab returns home, he asks you why Charles has two mothers instead of a mother and a father. How would you handle this situation?

Possible responses:

- A. Tell Sherab not to be friendly with Charles anymore.
- B. Ask Charles' parents about their family situation.
- C. Ask Sherab more about the party and Charles's family.
- D. Discuss the matter with your case worker/manager.

Parenting Practice Scenario 5

Your 13-year-old son, Asad, brings his first report card home from school, and his grades are very bad. You did not realize Asad was struggling so much. How would you handle this situation?

Possible responses:

- A. Punish Asad for his bad grades.
- B. Ask Asad why his grades are so poor.
- C. Talk to Asad's teacher about what he needs to do to improve.
- D. Find another school for Asad to attend.

Parenting Practice Scenario 6

Your teenage daughter, Grace, has been unhappy since you moved to your new community. She has not made many friends, and has been having trouble learning English. Grace tells you she is going to meet a friend to go and watch a movie. How would you handle the situation?

Possible responses:

- A. Tell Grace she cannot go to the movies without a family member.
- B. Say okay.
- C. Ask Grace about her friends, their families, and their backgrounds.
- D. Offer to bring Grace to the movies so you can meet her friends before they go to the movie.

Parenting Practice Scenario 7

Your teenage daughter, Juliana, made friends very quickly and seems happy in your new community. One day she has plans to meet some friends and go to a nearby mall. Your neighbor told you that the mall is safe and many teenagers hang out there with their friends. When Juliana is ready to leave, she is wearing a short skirt. How would you handle this situation?

Possible responses:

- A. Tell Juliana she is not allowed to see her friends.
- B. Tell Juliana she has to change her clothes or she cannot go.
- C. Do not say anything.
- D. Ask Juliana to invite her friends to your home instead.

Parenting Practice Scenario 8

Your teenage son, Cardel, is on the high school soccer (football) team. He is keeping up with his schoolwork and making friends. Cardel asks if he can go to a party at his friend Jonah's house with some of his teammates the next Saturday. You say yes. You later find out from a neighbor that there will probably be alcohol at the party. How would you handle this situation?

Possible responses:

- A. Ask Cardel about the party again and if alcohol will be served.
- B. Forbid Cardel to go to the party, but do not give him a reason. You don't have to: You are the parent, and he must obey you.
- C. Suggest Cardel spend some time with his friends during the day instead.
- D. Call Jonah's parents and ask if they will be home during the party and if alcohol will be served.

Managing Adjustment Game Board

2	2	2	3	3	3
2	2	2	3	3	3
2	2	2	3	3	3
1	1	1	4	4	4
1	1	1	4	4	4
START	1	1	4	4	4

Managing Adjustment Cards

Asking for Help Cards

<p><i>If you are at a store and do not know what product you need, or cannot find the product you need, you can ask a salesperson for help. How do you feel about doing this?</i></p>	<p><i>If you are having trouble with something in your home, you should call your landlord/landlady. How do you feel about doing this?</i></p>
<p><i>If you are lost or cannot find your way, you can ask someone on the street for directions. How would you feel about doing this?</i></p>	<p><i>If you feel you might be in danger, you could ask a police officer for help. How would you feel about doing this?</i></p>
<p><i>If you have a question about where something is in your community, you could ask a neighbor. How do you feel about doing this?</i></p>	<p><i>If you need to buy something and don't know where to find it, you can ask your case worker/manager, a volunteer from the resettlement agency, or a neighbor for advice. How do you feel about doing this?</i></p>

Communication Cards

<p><i>Americans consider eye contact when talking to another person respectful behavior. How is this similar to or different from body language in your culture?</i></p>	<p><i>Being polite and respectful to service providers often makes it easier for you to accomplish tasks and get help. How do you feel about this?</i></p>
<p><i>If someone is bothering you or making you feel uncomfortable, you have the right to ask that person to stop. How would you feel about doing this?</i></p>	<p><i>If you need to talk to your case worker/ manager, but s/he is not available, you should leave a message (even if it is not in English). Why do you think this is important?</i></p>
<p><i>Polite and respectful body language is important when communicating with others. From what you have seen in the United States, what are some examples of body language that are different from those you are used to?</i></p>	<p><i>When you don't understand what a service provider tells you, you should say, "I'm sorry. I don't understand." How do you feel about this?</i></p>

Responsibilities Cards

Case workers/managers, health care professionals, and other service providers cannot share with other people any personal information that you tell them. How does this make you feel?

Even if you break a law you did not know about, you must pay the penalty. How do you feel about this?

If you choose to move to a new apartment, home, town, or state, you are responsible for notifying others about changing your address. How do you feel about this?

When you apply for a job, you have a right to know what the salary and benefits will be. How is this different from your previous experiences?

You may be able to apply for your family members overseas to join you in the United States. First, you must talk to your case worker/manager about it. How do you feel about this option?

You will receive assistance when you are resettled, but you may not get help right away on issues that are not very important. How do you feel about this?

Social Adjustment Cards

Americans usually shake hands when meeting for the first time. Practice this with another player.

If you do not understand something that someone tells you, you should ask them to say it again. How would you do this?

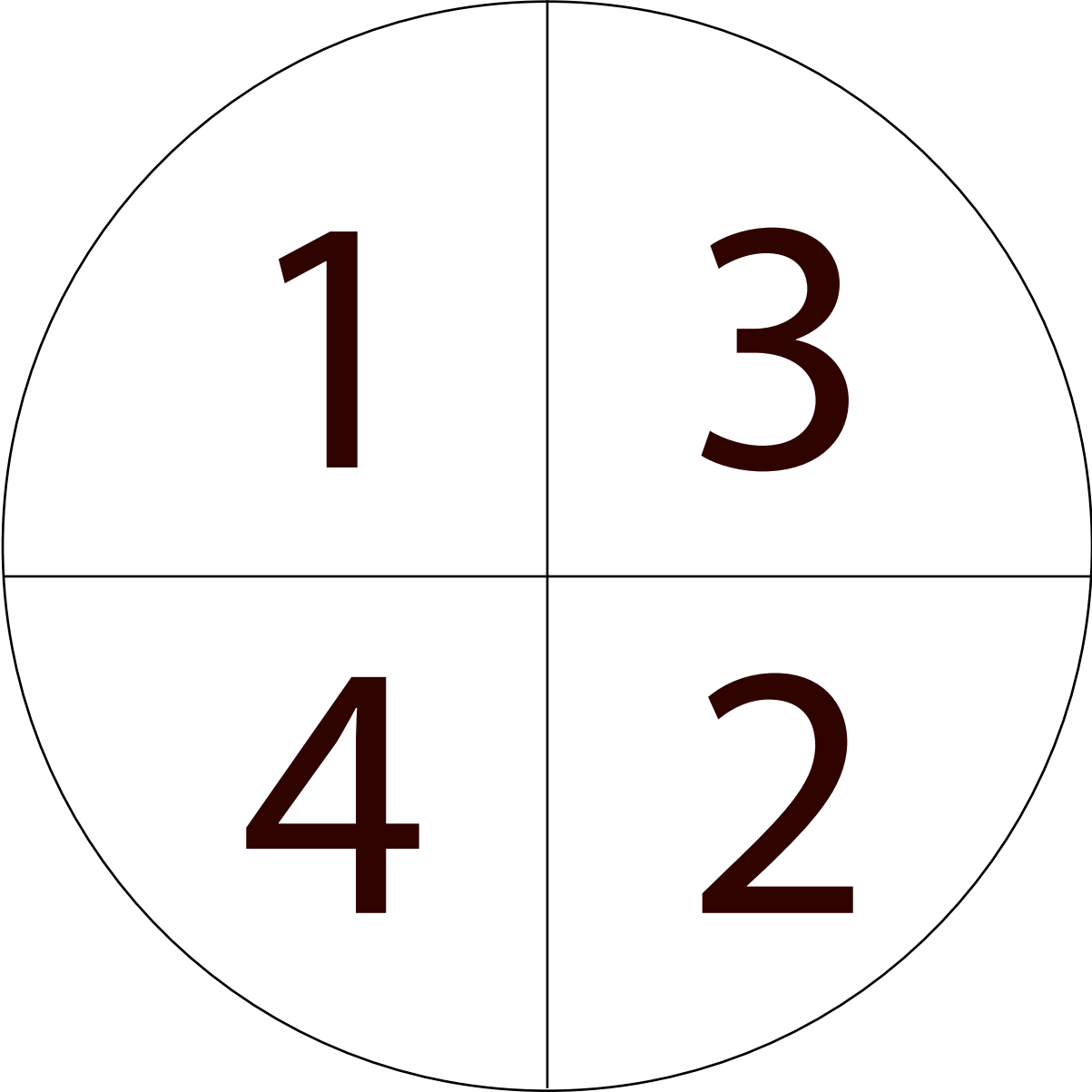
Most Americans want you to call before going to their house. How does this differ from the custom where you are from?

When Americans talk to one another, they don't stand as close to each other as do people from some other cultures. With another player, show the distance that people in your country stand from one another when they talk to one another, and then show the distance that Americans stand from one another.

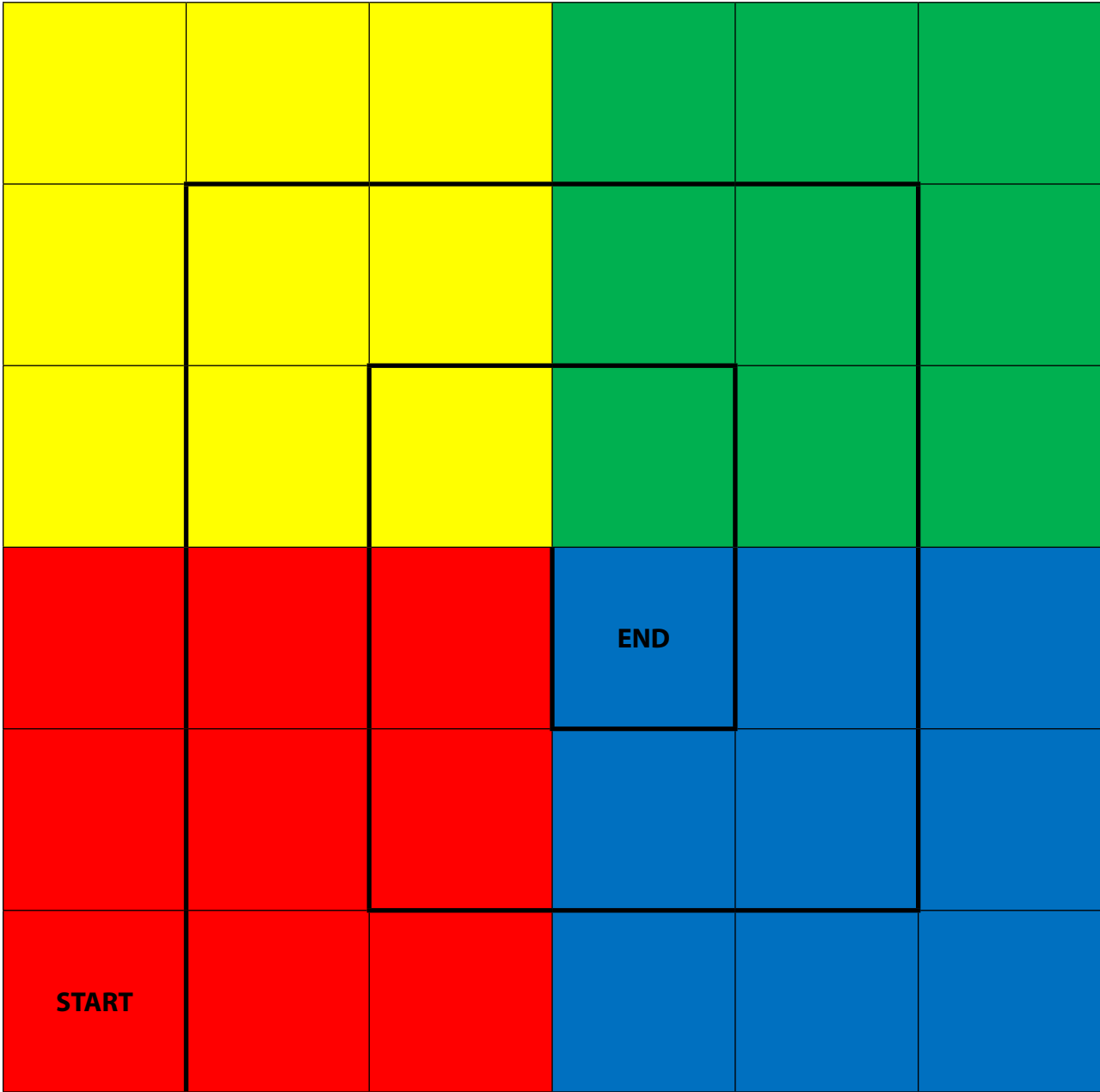
When talking with someone in the United States, a man or a woman, you should make eye contact. Practice this with another player.

Why do you think it will be important for you to learn English greetings as soon as you can?

Managing Adjustment Spinner Mat



Managing Adjustment Color Game Board



Reviewing Adjustment Cards

Family Role Cards

<p><i>Elderly refugees often have trouble learning English and getting involved in the community. How could you help elderly people in your family or community?</i></p>	<p><i>If you are feeling uncomfortable with some of the role changes in your family, what would you do?</i></p>
<p><i>Most U.S. schools teach children that it is good to ask questions. What would you do if your children started asking you many questions about what you think or why you do something in a certain way?</i></p>	<p><i>Often children learn English faster than adults. How would you feel about this if it happened in your family, and how would you handle it?</i></p>
<p><i>One way parents in the United States punish their children is by taking away privileges, such as seeing friends or watching TV. What will your family do if your children do something wrong?</i></p>	<p><i>Sometimes in the United States the wife in the family is the primary breadwinner. How would you feel if this were the case in your family?</i></p>

First Time Worker Cards

You are offered your first job. How would you feel about being out of the house so often?

You are working many hours and are very tired when you get home. You feel you need help with some of the household chores, but in the past you were the one who did all the chores. What do you do about this situation?

You have your first job interview. Your case worker/manager suggests you wear clothing that is different from what you usually wear. How would this make you feel?

You were able to find a job faster than other members of your family, and now you are financially supporting your family. How do you feel about this?

Your family decides that you need to work to support the family, but you have never held a job before. How would this make you feel?

Your new job requires you to wear a uniform. How would you feel about this?

New Job Cards

Americans value a strong work ethic. How would you describe someone with a strong ethic?

If you are offered a job and turn it down, you could lose your public assistance. How does this make you feel?

Many families in the United States find that both the husband and the wife need to work. How would you feel about this?

Refugees who had professional jobs in their own countries (for example, doctors, nurses, and office workers) usually can't work in their professions in the United States right away. Many have to take low-skilled or unskilled jobs (such as a housekeeper or factory worker) when they first arrive in the United States. How would you feel about working at this kind of job?

Which would be better: A low-paying job with health benefits or a higher paying job without health benefits?

Your supervisor could be a man or a woman. How would this make you feel?

Time Management Cards

Children are expected to attend school every day and arrive on time. How will you make sure that your children go to school every day on time?

If you are taking public transportation to work, how will you make sure that you are on time?

If you are very late or do not attend a doctor's appointment, you may be charged for the appointment anyway and the doctor may not be willing to see you again. How can you make sure this does not happen?

If you know you are going to be late for work or a meeting, what should you do?

Many families find their days very full and busy. How will your family manage this?

You are expected to arrive on time or a few minutes early for meetings. How will you handle this?

Working With Your Resettlement Agency Cards

<p><i>The resettlement agency and other service providers offer different types of orientation classes. Why are they important? How do you feel about attending these?</i></p>	<p><i>The resettlement agency has a limited amount of money to help you resettle in your new community. What can you do to work with them during your first weeks and months in the United States?</i></p>
<p><i>The staff at your resettlement agency asks you for personal information about you and your family. How do you feel about this?</i></p>	<p><i>While many people may be telling you things about life in the United States, the most accurate information will come from resettlement agency staff. What do you think about this statement?</i></p>
<p><i>Working closely with your case worker/manager will help ease your resettlement process. How do you feel about this?</i></p>	<p><i>Your case worker/manager and other staff at the resettlement agency are not always available to help you. How does this make you feel?</i></p>

Cultural Adjustment Unit Vocabulary Worksheet 1

Directions: Look at the pictures in the word bank. Then read the sentences below. Decide which word matches the sentence and write it in the space.

Word Bank



family



early



relationship



friend



late



roles

1. Everyone in the Kallayoun family has different _____: Fatimah cleans, Karim cooks, and the children take out the garbage.
2. Sandra had to run to her meeting because she was _____.
3. The Cho family invites their neighbor to dinner. They have a good _____.
4. Prince came to the United States with his _____: his wife and his daughter.
5. Alexi arrives seven minutes _____ for his doctor's appointment so he waits.
6. Amina helps her _____ apply for a job.

Cultural Adjustment Unit Vocabulary Worksheet 2

Directions: Read the paragraph below. Use the word bank to complete the sentences.

Word Bank			
adjust	change	culture	culture shock

Jessica and Prince moved to a new community with their family. At first, they had

c_____ sh_____ because the customs were so different from their own culture. They thought they would have to ch_____ how they dress and what they eat.

Now they know they have to ad_____, but they can still pass on their

c_____ to their daughter.

