

# Suggestions for Coping with Re-Entry

1. Expect things to be different.
2. Continue to write in your journal.
3. Talk with others who have been overseas and have gone, or are going, through reentry shock.
4. Cook a typical meal of your host culture for family and friends.
5. Recognize and get to know people at OU who are newcomers from overseas. Help them in their adjustment to the U.S.
6. Find ways to keep the “international” aspect in your life by:
  - Participate in orientations or information sessions for students going to your country. Just complete the enclosed interest form to get involved in these sessions.
  - Get involved with international students and faculty on campus. Contact the International Student Faculty Services on-campus for more information.
  - Take internationally focused courses at Ohio University
  - Become a conversation partner for students in the English as a Second Language Program.
  - Join an internationally focused student organization on campus. A listing of organizations is available at <http://www.ohiou.edu/isfs/events/intOrgs.htm>.
  - Subscribe to a newspaper from your host country or visit Alden Library to peruse their international newspaper and magazine collection.
  - Visit the following two websites for upcoming international events on campus:  
OU Calendar of Events - <http://ohio.edu/calendar/nations.htm>  
International Student Faculty Services Office - <http://www.ohiou.edu/isfs/>

\* Let the Office of Education Abroad know if you are having problems with re-entry or finding an international focus on campus. We are here to serve you even AFTER you return from overseas.