



## Welcome Back!

Welcome and welcome back to all of our new and returning international students! We are thrilled to get the Fall Semester rolling and look forward to getting to know you all more. We hope that you used your free time to relax, spend time with family and friends, and frolic in the sunshine! Enjoy the last few days of summer and come back ready to "GET ROWDY"!!!

## Colorado Day

August 1st, 1876 is the day Colorado became the 38th state to join the Union. The celebration of the "Centennial State" can be done in any way but, the best way is to appreciate the vast beauty of Colorado by exploring all the nature it has to offer!

[Colorado Day](#)



## Your Thoughts

We value your thoughts and opinions and would love to hear from you! Reach out to us through teams or by email at [globalambassadors@msudenver.edu](mailto:globalambassadors@msudenver.edu) to let us know what topics you want us to discuss or things that you feel are relevant to the International Student community to be featured in future newsletters.

## Monthly Motivation

**"If your actions inspire others to dream more, learn more, do more, and become more, then you are a leader."**

**-John Quincy Adams**

## Dates & Deadlines

- **Tuition payment deadline- 18th**
- **Back to School Hike- 20th**
- **Fall classes begin- 21st**
- **Last Day to Self-Register for Fall classes- 28th**
- **100% Refund Deadline for Fall Semester- 28th**



## Discussion- Culture Shock

Culture shock can be defined as feelings of anxiety, confusion or uncertainty associated with being unfamiliar with a new environment. It is something that many international students understand all too well, especially if they are coming to the U.S for the first time. It is not uncommon to have these feelings. For some people, adjusting to a new environment can be easy but for others, it may take a bit of time to take it all in.

Things that may be considered taboo in many other countries/cultures are fairly normalized in America. Human rights, freedom of speech, laws, gender roles etc. may come as a shock to some students.

Encountering culture shock should not ruin your experience as an international student. Instead of avoiding the new, try to be open-minded. Socialize with people who are familiar with the culture or do some research to be prepared for all possible shocks!

Dealing with culture shock does not have to be a negative experience. Being in a new environment gives you the opportunity to immerse yourself into a new culture and learn to adapt to different situations. If you are finding it difficult to adjust, don't worry. All good things take time! Remember to stay grounded, be open-minded but most importantly, do not feel pressured to change your values or beliefs to overcome the shock.



### **Designated Therapy/Support Groups**

The Counseling Center offers multiple support groups that explore a variety of different topics and identities. These groups offer a safe and confidential space for students to connect with peers, receive encouragement, feedback and be exposed to diverse perspectives. Join a group today to connect with like-minded individuals!