

Reaching out to international students

*A strategic approach in collaboration
among campus partners*

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Think and Do.



Objectives

- To have creative and courageous conversations that promotes strategies to support international students.
- To demonstrate unique challenges and needs of international students.
- To identify possible interventions to address international students' challenges and needs and how college counseling centers can collaborate with campus partners.



Content

- Int'l students on college campuses: statistics and implications
- Int'l students' challenges and needs
- Interventions and collaborations on campus – Examples of NC State Univ.
- What is working, what is needed on your campus?

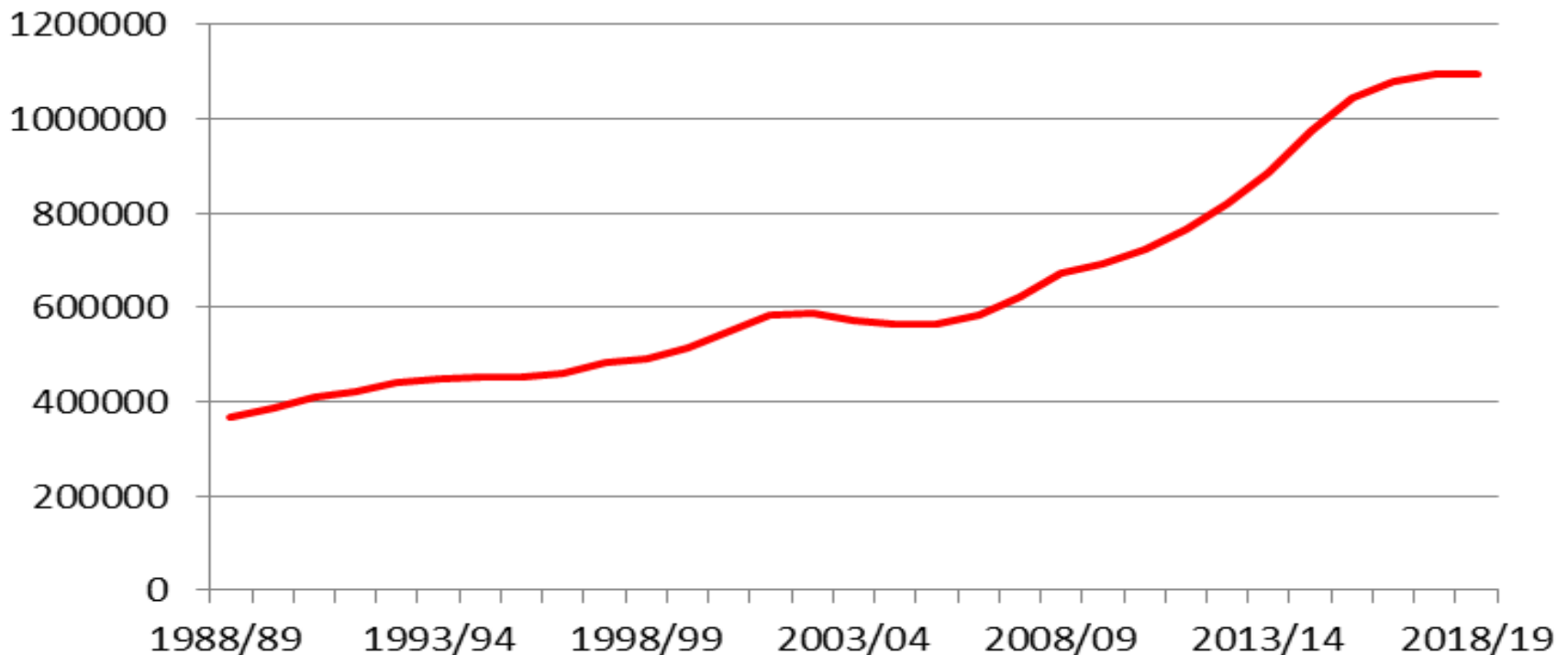


Int'l Students on College Campuses

National Statistics

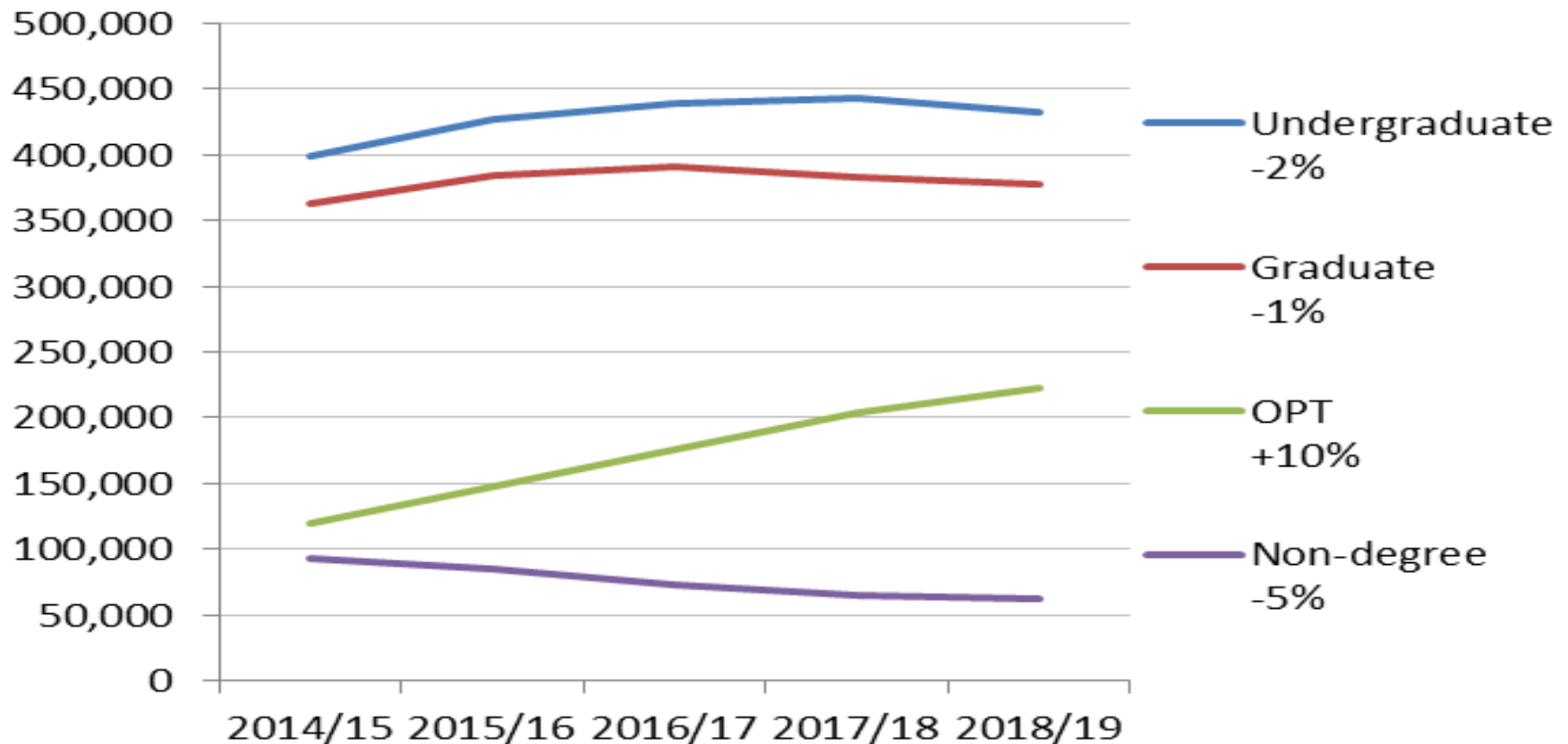
- 1,095,299 int'l students studied at US colleges & universities in 2018/19. (Open Doors 2019)

Total Int'l Students



Int'l Students on College Campuses National Statistics

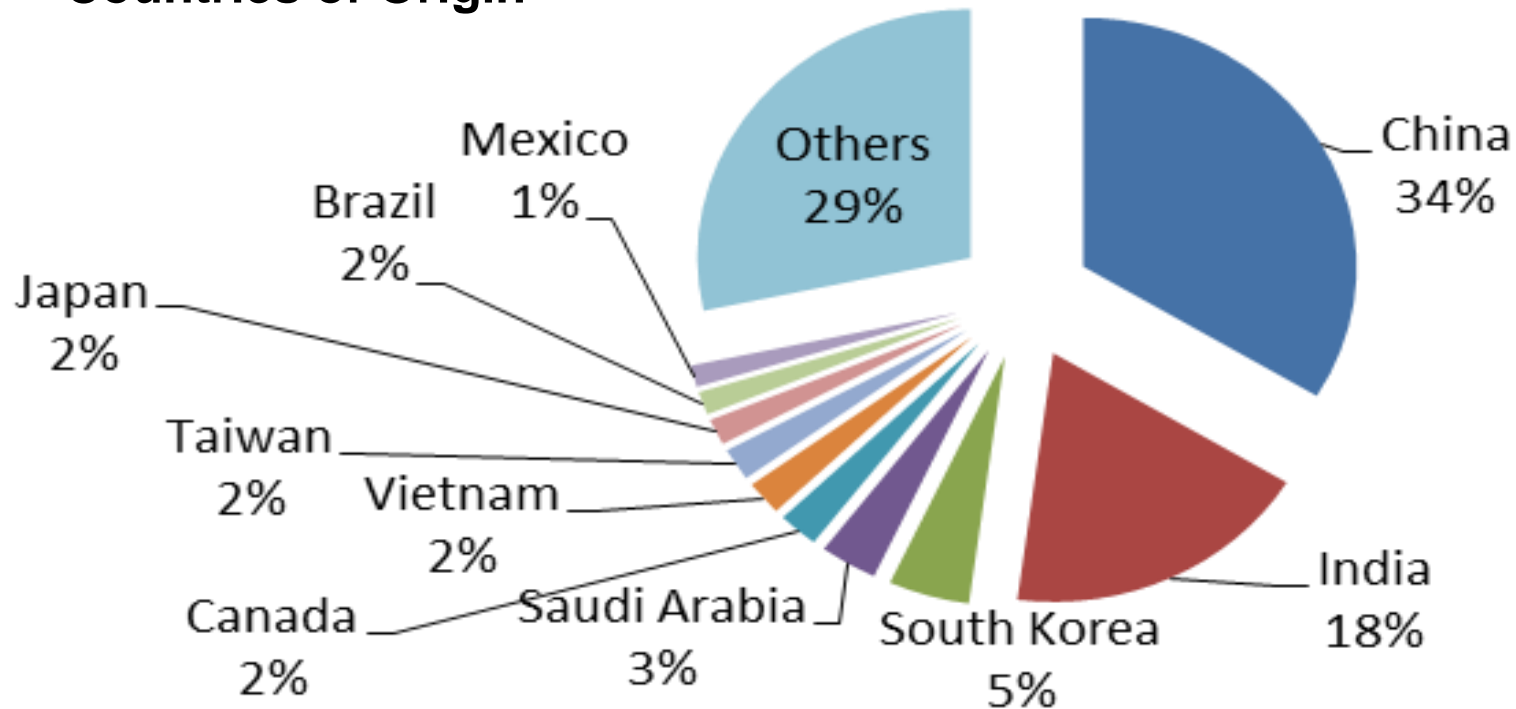
- Students on campus decreased by 2%.
(Open Doors 2019)



Int'l Students on College Campuses

National Statistics

Countries of Origin



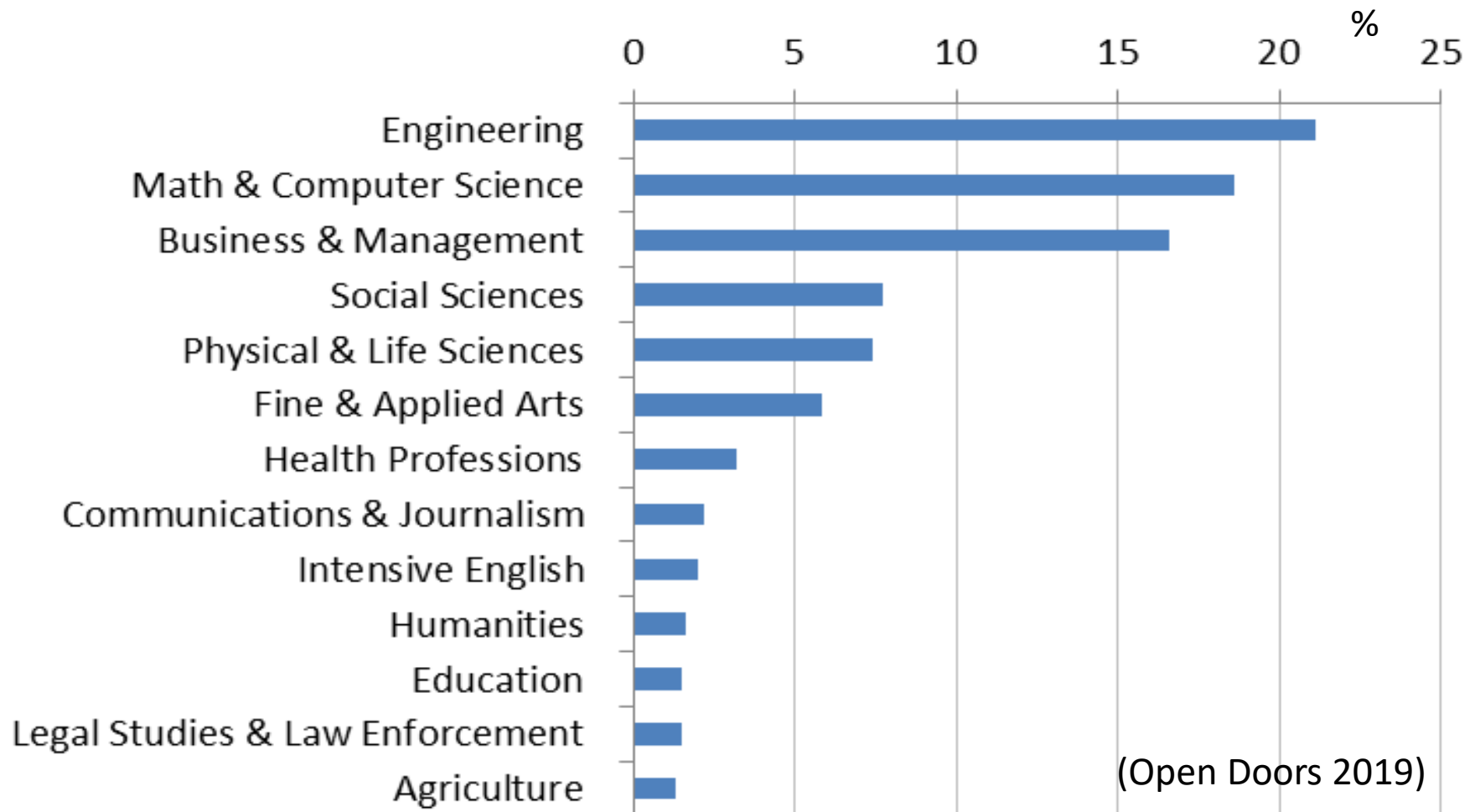
52% of students come from China and India. (Open Doors 2019)



Int'l Students on College Campuses

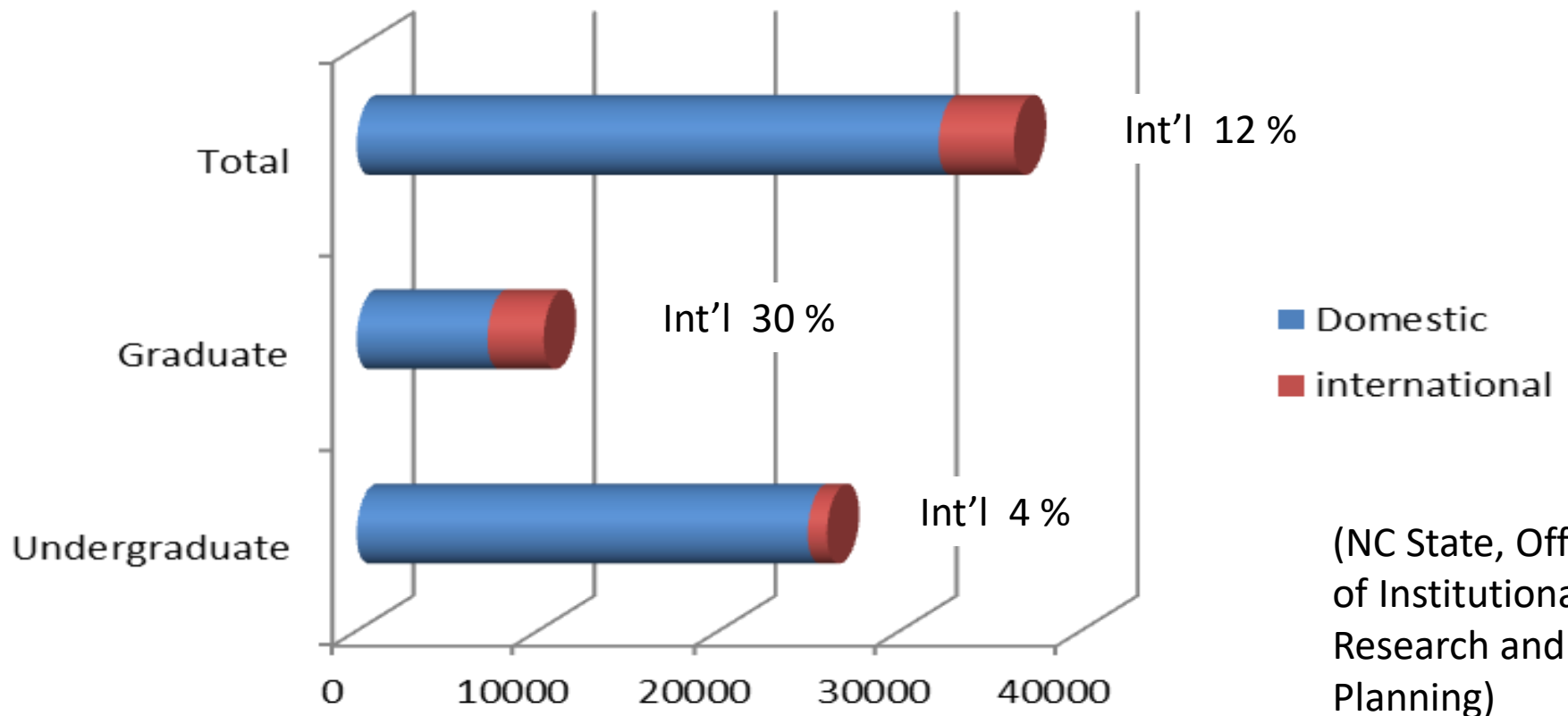
National Statistics

Selected Fields of Study



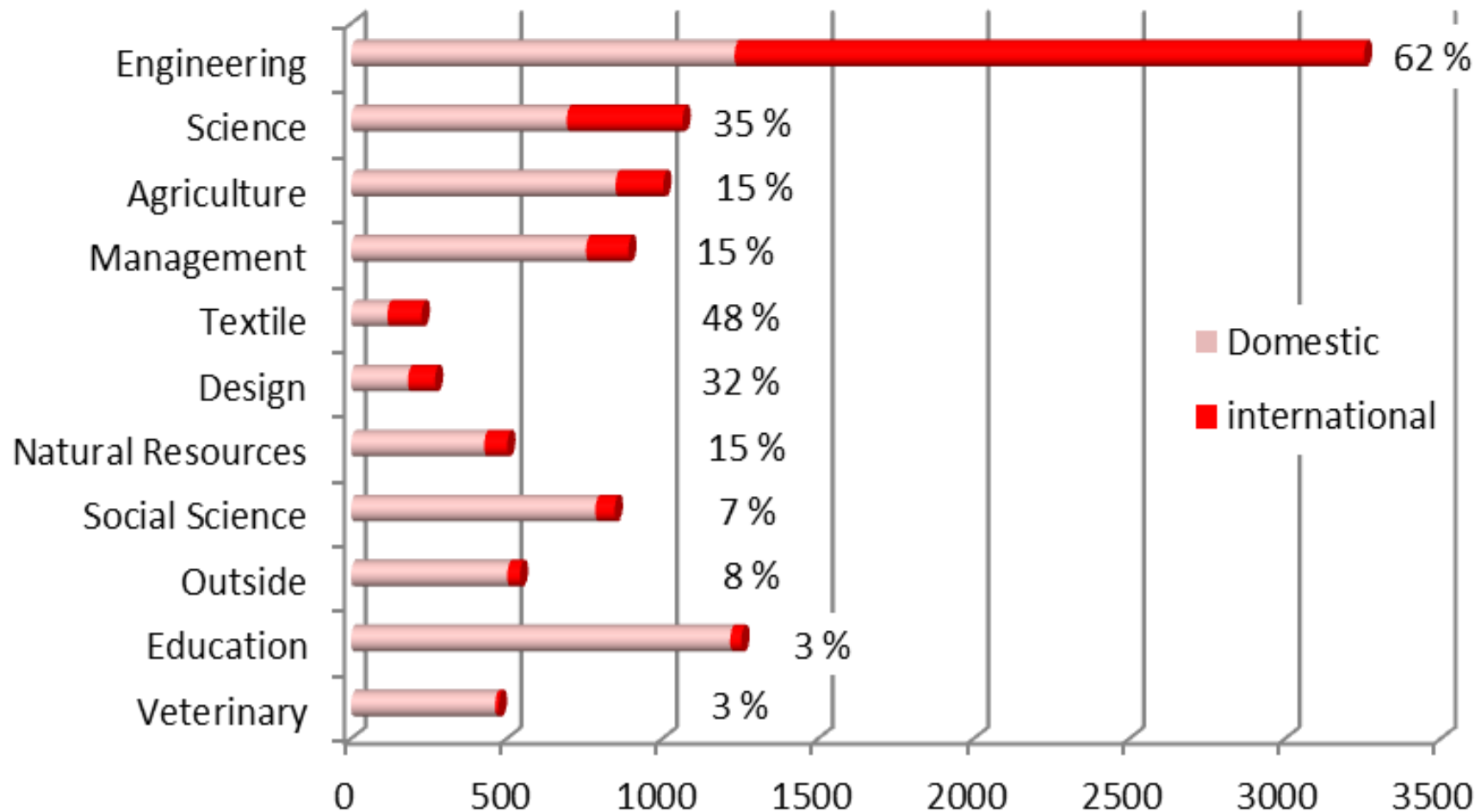
Int'l Students on NC State Campus

- **Among 4,163 int'l students, 75% are graduate students** Fall 2019



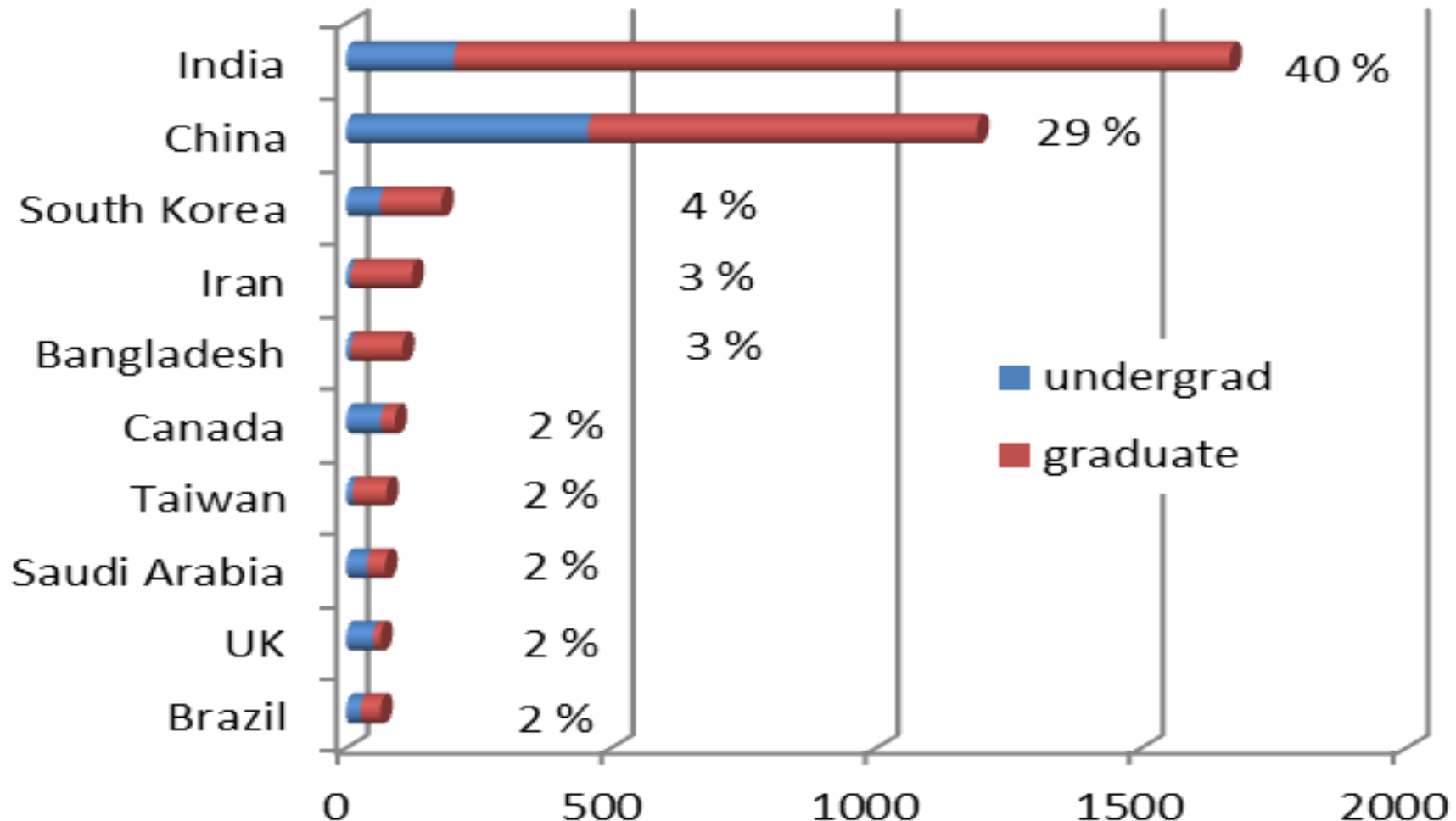
Int'l Students on NC State Campus

Ratios of Grad Int'l Students in Colleges Fall 2019



Int'l Students on NC State Campus

139 Countries of Origin Fall 2019



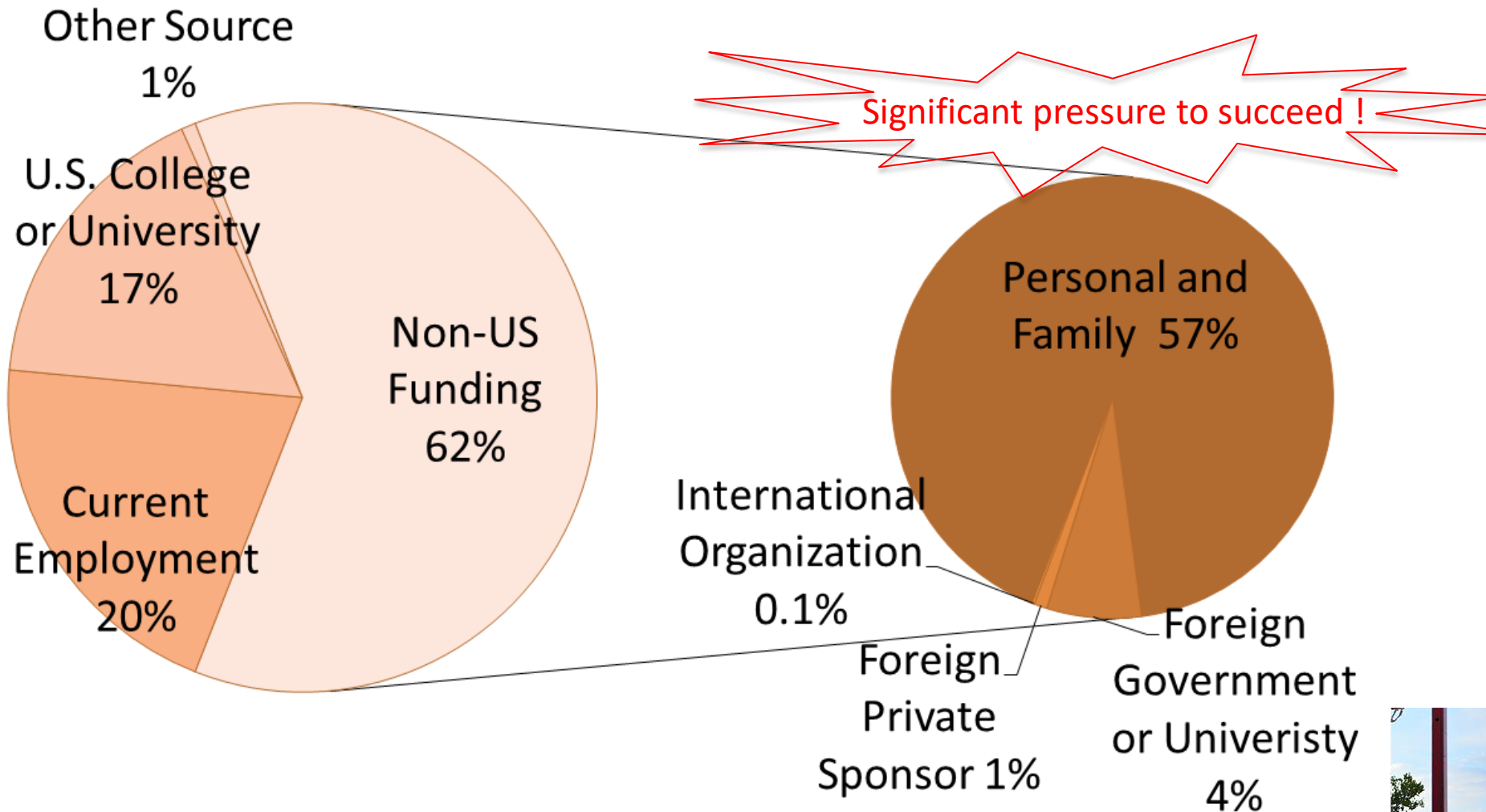
Int'l Students' Economical Contribution

- Int'l students at US colleges & universities contributed \$41 billions to US economy in 2018-2019 (NAFSA, 2019).
- Int'l students contributed \$722 million to North Carolina in 2018-2019 (NAFSA, 2019).
- Estimated expenses for full-time out-of-state graduate students: \$47,473/year + fee of department (NC State, Student Service Center)



Int'l Students' Economical Contribution

Primary Source of Funding 2018-2019 (Open Doors 2019)



Implications for Universities

- Int'l students enhance academic learning.
- Int'l students boost cultural learning.
- Int'l students bring in money to universities & areas.
- STEM graduate programs & STEM industries rely on int'l students and int'l graduates.

For success of all above:

- Universities need to meet int'l students' unique needs.
- Faculty and staff need to make adjustments in their actions and perspectives.



What kind of challenges and needs do you see international students have on your campus?



International Students'...

Challenges

- **Academic adjustment** is a main predictor of academic performance especially for int'l students. (Rienties et al., 2011)

Needs

- Int'l students receive information and utilize on-campus resources that help their academic adjustment.



International Students'...

Challenges

- Int'l students, especially non-Western int'l students reported higher difficulty in **social adjustment**. (Maffini & Wong, 2014)

Needs

- Int'l students receive information and utilize on-campus resources that help their social adjustment.



International Students'...

Challenges

- Int'l students are less likely to **seek professional support** they need, especially **counseling** services.
(Poyrazli, 2015)
- When int'l students **reach counseling**, they are more likely to use crisis services, endorse suicidal ideation, be hospitalized.
(Mitchell, Greenwood, & Guglielmi, 2007)

Needs

- Int'l students understand own condition and needs.
- Int'l students reach support and counseling when they need.
- International students reach counseling sooner, rather than later or never.



Barriers for Seeking Counseling Services

- Unfamiliarity of on-campus resources
- Unfamiliarity of counseling
- Stigma of mental health & counseling
- Different relationships with the system
- Seeking help as weakness, shame
- Own history of encounters with unwelcomed attitudes
- Lack of awareness of emotional distress

As a result, students tend to never seek or delay to seek counseling until issues get worse. When seek, still may not be feeling positive about seeking.



International Students'...

Challenges

- When int'l students reach counseling, they are more likely to **terminate treatment** prematurely, use crisis services, endorse suicidal ideation, be hospitalized.

(Mitchell, Greenwood, & Guglielmi, 2007)

Needs

- Int'l students understand own condition and needs.
- They receive effective and empowering treatment that meet their needs.



Interventions and Collaborations

Examples at NC State Univ.

New Student Orientations

Needs to Address:

- Information for academic adjustment
- Information for social adjustment
- Psychoeducation on mental health
- Information on counseling

Collaboration with:

- Int'l students/scholars service office
- Intensive English program
- Off-campus agency for int'l students



Interventions and Collaborations

Examples at NC State Univ.

International Tea Time

Needs to Address:

- Information for academic adjustment
- Social adjustment; Socialization and peer support
- On-campus, off-campus resources
- Psychoeducation on wellness & mental health
- Information on counseling; Exposure and access to counselors
- Outreach at Satellite Campus



Interventions and Collaborations

Examples at NC State Univ.

International Tea Time

Collaboration with:

- Int'l students/scholars service office
- Graduate school
- Housing
- Academic departments



Interventions and Collaborations

Examples at NC State Univ.

Brochures on Counseling in 6~7 Languages

Needs to Address:

- Psychoeducation on mental health
- Information on counseling
- Seek counseling when they need



Counseling Center



THINK AND DO
THE EXTRAORDINARY

Support Student Success →

Services ▾

Resources ▾

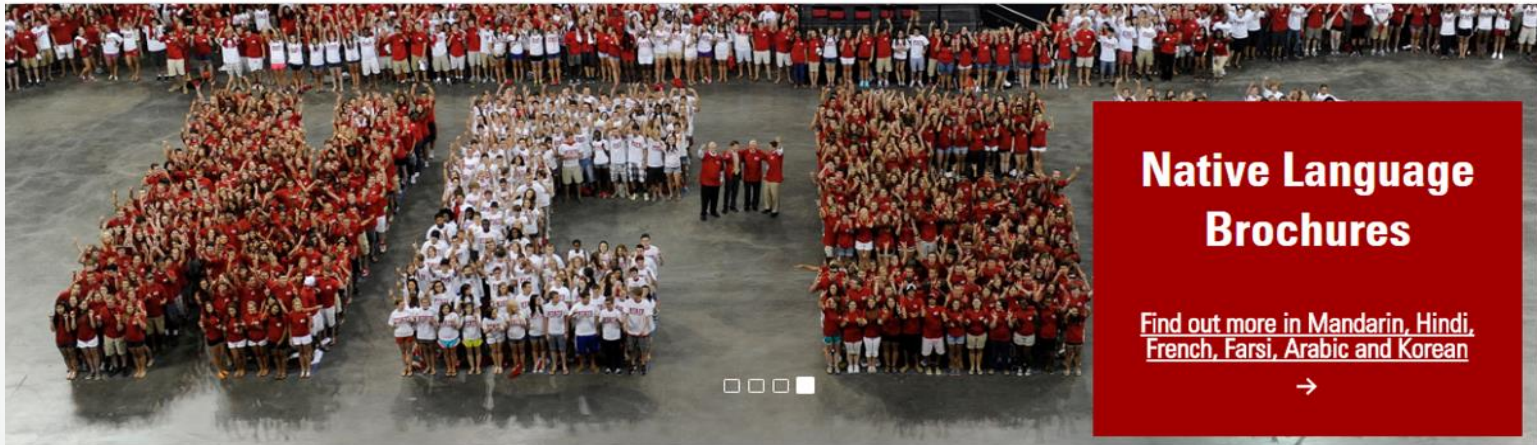
Workshops and Programs ▾

People ▾

Graduate Training ▾

Forms

About the Counseling Center ▾



- ❑ Reasons to Visit
- ❑ What to Expect
- ❑ Common Questions

Arabic

English

Farsi

French

Hindi

Korean

Mandarin

前往咨询服务中心

如果你是第一次去咨询服务中心，可能有些忐忑不安。别担心，我们一步一步来。咨询服务中心位于学生健康中心 (Student Health Center) 大楼的二楼 (地址：2815 Cates Avenue)。大楼后面的停车场停车位有限 (Dan Allen 旁边最近的一排是专门留给学生的停车位)，因此，你可能需要考虑乘坐 Wolfline 巴士前往。如果你能在大楼后面找到停车位，下车后直接步入大楼即可。你可以向坐在大楼门口桌子后面的学生领取一张停车证。他们可能要求你提供预约的证明。领到停车证后，你便可以返回停车的地方，将停车证挂在汽车后视镜上，以防被贴罚单。



NC STATE

去咨询服务中心
寻求帮助的流程
简介：

NC STATE

选择咨询服务中心的原因



关于咨询服务的一些
常见问题

NC STATE

NC STATE

여러분이
Counseling Center
를 방문할 때
기대하는 것:

الأسئلة الشائعة حول الإرشاد

NC STATE

Interventions and Collaborations

Examples at NC State Univ.

Events Int'l Students attend

International Festival

Annual International Tea and Coffee

Satellite campus festival

Needs to Address:

- Psychoeducation on mental health
- Information on counseling

Collaboration with:

- Int'l students/scholars service office
- On and off campus departments



Interventions and Collaborations

Examples at NC State Univ.

Drop-in Space

Needs to Address:

- Psychoeducation on mental health
- Reaching counselor sooner

Collaboration with:

- Intensive English Program



Interventions and Collaborations

Examples at NC State Univ.

Supporting Spaces

When events happening for a particular group of int'l students

Needs to Address:

- Psychoeducation on mental health
- Information on counseling

Collaboration with:

- Int'l students/scholars service office
- Academic departments
- On and off campus departments



Interventions and Collaborations

Examples at NC State Univ.

Outreach Faculty/Staff

Needs to Address:

- Academic and social adjustment
- Awareness of own condition and needs.
- Reach counseling sooner, rather than later or never

Collaboration with:

- Int'l students/scholars service office
- Intensive English Program
- Student Health *(Asian, South Americans, some Africans) (Maffini & Wong, 2014, Aragona, Rovetta, Pucci, Spoto & Villa, 2012)
- Academic advisers
- Student ombuds



Interventions and Collaborations

Examples at NC State Univ.

International Students Video Project

“Project INSPIRE”

(International Student Perspectives Inspiring Resiliency)

- Creating a short film by using Diversity Mini-Grant
- A panel discussion as a part of International Education Month events



Interventions and Collaborations

Examples at NC State Univ.

International Students Video Project

“Project INSPIRE”

(International Student Perspectives Inspiring Resiliency)

Needs to Address:

- Through Int'l student peers sharing, encourage and normalize...
- Awareness of stress/distress
- Seeking support
- Seeking counseling



Interventions and Collaborations

Examples at NC State Univ.

International Students Video Project

“Project INSPIRE”

(International Student Perspectives Inspiring Resiliency)

Collaboration with:

- Int’l students/scholars service office
- Global Engagement (on-campus department)
- On and off campus departments

<https://counseling.dasa.ncsu.edu/resources/inspire-international-student-perspectives/>



- *What works on your campus?*
- *What needs are not met on your campus?*
- *What are challenges in providing support, as a whole campus, as counseling center, as clinicians?*
- *A dedicated team at your counseling center?*



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