Reaching out to international students

A strategic approach in collaboration among campus partners

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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)
Int'l Students on College Campuses
National Statistics

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

- China: 34%
- India: 18%
- Others: 29%
- South Korea: 5%
- Saudi Arabia: 3%
- Vietnam: 2%
- Canada: 2%
- Taiwan: 2%
- Brazil: 1%
- Japan: 2%

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

- Engineering
- Math & Computer Science
- Business & Management
- Social Sciences
- Physical & Life Sciences
- Fine & Applied Arts
- Health Professions
- Communications & Journalism
- Intensive English
- Humanities
- Education
- Legal Studies & Law Enforcement
- Agriculture

(Open Doors 2019)
Int’l Students on NC State Campus

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

(NC State, Office of Institutional Research and Planning)
Int'l Students on NC State Campus

Ratios of Grad Int’l Students in Colleges  Fall 2019

- Engineering: 35% international, 62% domestic
- Science: 15% international, 15% domestic
- Agriculture: 48% international, 32% domestic
- Management: 32% international, 15% domestic
- Textile: 8% international, 7% domestic
- Design: 3% international, 8% domestic
- Natural Resources: 3% international, 15% domestic
- Social Science: 7% international, 8% domestic
- Outside: 3% international, 3% domestic
- Education: 3% international, 3% domestic
- Veterinary: 3% international, 3% domestic

Overall, 62% of students are international.
Int’l Students on NC State Campus

139 Countries of Origin Fall 2019

- India: 40%
- China: 29%
- South Korea: 4%
- Iran: 3%
- Bangladesh: 3%
- Canada: 2%
- Taiwan: 2%
- Saudi Arabia: 2%
- UK: 2%
- Brazil: 2%
Int’l Students’ Economical Contribution

• Int’l students at US colleges & universities contributed $41 billions to US economy 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)

- Non-US Funding: 62%
- Current Employment: 20%
- U.S. College or University: 17%
- Other Source: 1%

Significant pressure to succeed!

- Personal and Family: 57%
- Foreign Government or University: 4%
- Foreign Private Sponsor: 1%
- International Organization: 0.1%
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'

<table>
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<tr>
<th>Challenges</th>
<th>Needs</th>
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<tr>
<td>• Int’l students, especially non-Western int’l students reported higher difficulty in social adjustment. (Maffini &amp; Wong, 2014)</td>
<td>• Int’l students receive information and utilize on-campus resources that help their social adjustment.</td>
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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)

International Students' 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
Reasons to Visit

What to Expect

Common Questions

Arabic
Farsi
Hindi
Mandarin

English
French
Korean
去咨询服务处寻求帮助的流程简介：

关于咨询服务的一些常见问题

여러분이 Counseling Center를 방문할 때 기대하는 것:

- お客様의 정보를 입력하는 것
- お客様의 요구를 충족시키는 것
- お客様의 문제를 해결하는 것
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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?**


References


North Carolina State University, Student Services Center (2020). *Tuition and fees*. Retrieved from https://studentservices.ncsu.edu/your-money/tuition-and-fees/graduate-students/
