

Health-related Websites

Abortion

<http://www.prochoice.org>

Alcohol

<http://www.alcoholics-anonymous.org>

<http://www.stayingcyber.org>

Contraception

<http://www.plannedparenthood.org/index.html>

Emergency Contraception

<http://www.ec.princeton.edu>

General Health

www.coolnurse.com

www.youngwomenshealth.org/healthinfo.html

www.menshealth.org

www.goaskalice.columbia.edu

Gay, Lesbian, Bisexual, Transgender

<http://www.defrank.org>

<http://www.pflagsanjose.org>

HIV/AIDS

<http://www.thebody.com>

Mental Health

<http://www.mentalhelp.net/>

<http://www.psychsite.org>

Nutrition

<http://www.shapeup.org>

<http://www.5aday.org>

Raves

<http://www.dancesafe.org>

Sexual Health

www.itsyoursexlife.com

www.ashastd.org/

www.iwannaknow.org

Stop Smoking

www.quitnet.com

www.trytostop.org

Testicular Cancer

<http://tcrc.acor.org>

Hotlines

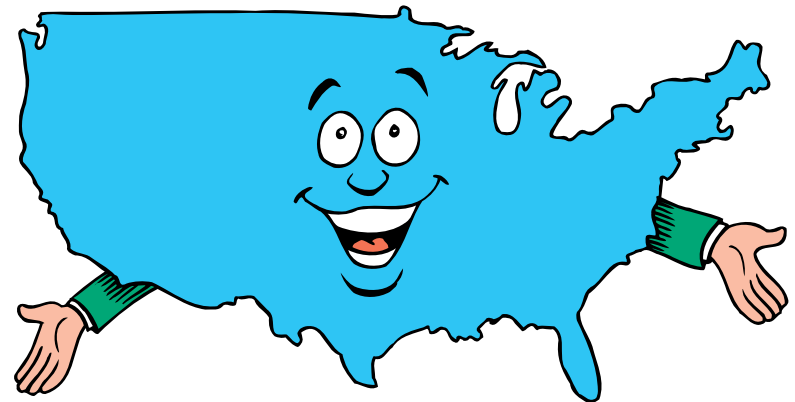
National AIDS Hotline at 800-342-2437, (24/7)

National Sexually Transmitted Infection Hotline 800-227-8922(24/7)

Herpes Hotline – 919-361-8488 (M-F, 9am-7pm Eastern Time)

Genital Warts Hotline – (919) 361-4848 (2pm – 7pm, M-F Eastern Time)

MAKING THE MOST OF YOUR AMERICAN EXPERIENCE



A Guide for De Anza College
International Students to
Being Safe and Staying out of Trouble

Culture Shock: What is it?

Culture shock is not quite as shocking or as sudden as most people expect. It is part of the process of adapting to a new environment. Everyone experiences some discomfort before he or she is able to function well in a new setting. The main thing to remember is that this is a very normal process.



Just as you will bring with you to the United States clothes and other personal items, you will also carry invisible “cultural baggage” when you travel. That baggage is not as obvious as the items in your suitcases, but it will play a major role in your adaptation abroad. Cultural baggage contains the values that are important to you and the patterns of behavior that are customary in your culture. The more you know about your personal values and how they are derived from your culture, the better prepared you will be to see and understand the cultural differences you will encounter abroad.

Know What to Expect

Studying abroad means making big changes in your daily life. Generations of students have found that they go through a predictable series of stages as they adjust to living abroad.

At first, although the new situation is a bit confusing, most students also find it to be exhilarating, a time of new experiences, sights, sounds, and activities. With so much to learn and absorb in the new culture, the initial period of settling in often seems like an adventure. During this time, you will tend to look for and identify similarities between your home culture and your host culture. You will find that people really are friendly and helpful. The procedures are different, but there are patterns, things that you can learn and depend on. You may classify other aspects of the culture that seem unusual or even unattractive as curious, interesting, or “quaint.” There will be many opportunities to meet people off campus; such opportunities can be rewarding, but they also present an expanded array of cultural puzzles.

Gradually, as you become more involved in activities and get to know the people around you, differences—rather than similarities—will become increasingly apparent to you. Those differences may begin to seem more irritating than interesting or quaint. Small incidents and difficulties may make you anxious and concerned about how best to carry on with academic and social life. As these differences emerge, they can be troubling and sometimes shocking. But culture shock does not happen all at once. It grows little by little as you interact with other students, faculty, and people

De Anza Student Health Services



Who we are:

Doris Agee, RN, Evening Nurse
Lisa Bowie, MD, Physician
Jeanette Fedasz, FNP-C, Nurse Practitioner
Mary-Jo Lomax, MPH, Health Educator
Kris MacCubbin, Evening Health Services Assistant
Lisa Sanford, Health Services Assistant
Sandra Sokabe, RN, Nurse
Mary Sullivan, RN, Coordinator

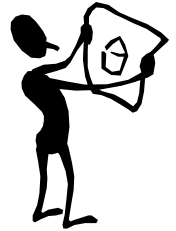
Where we are:

Health Services is located in the lower level of the Hinson Campus Center

Hours: 8:00 a.m. to 8:30 p.m. Monday through Thursday
8:00 a.m. to 4:30 p.m. Friday

Telephone: 408-864-8732

Web Address: www.deanza.edu/healthservices



What we do:

Your quarterly health fee enables you to enjoy many free services and other important services at reduced rates.



Free services

Minor first aid
TB tests
Blood pressure checks
Condoms and lubricants
Pregnancy testing
Over-the-counter medicines
Health education material
Information about services in our community
Flu shots (seasonal)

Services at reduced cost

Well-woman exams
Birth control
Emergency contraception
Immunizations
Physical exams

Sexual Harassment

Sexual harassment is a particularly American concept and a very hot topic on campus and in the workplace. Sexual harassment consists of unwelcome sexual advances, requests for sexual favors, or other physical or verbal behavior of a sexual nature. At De Anza College, sexual harassment is defined as “unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature when: (1) submission to such conduct is made a term or condition of employment or participating in educational programs; or (2) submission to or rejection of such conduct is used as a basis for employment or academic decisions affecting the individual; or (3) such conduct has the purpose or effect of unreasonably interfering with an employee’s work performance or a student’s academic performance, and creates an intimidating, hostile or offensive working or learning environment.” Certain sexual materials (written or visual) or behaviors (verbal or physical) that may be appropriate in your personal life are not acceptable on campus, and having or doing these things can be seen as creating an offensive working or learning environment. Examples include:

- Written suggestive or obscene letters, notes, invitations and e-mails
- Making comments or telling jokes that have a sexual overtone (“dirty joke”)
- Assault
- Unwelcome touching
- Displaying sexually offensive objects, pictures, cartoons or posters.

If you feel you have been sexually harassed by a De Anza student, faculty member or staff member, it is important that you tell someone. You can contact someone in the International Student office or the Dean of Student Development at 408-864-8218.

Domestic Violence

Domestic violence, or spouse abuse is a crime in the United States.

You may feel that all domestic matters, especially those that occur within your home, are private matters, but in the United States they cease to be private once one party uses physical violence. In most states, if a couple is fighting and the police come to the scene and find evidence of assault, they are required to arrest the attacker and put him or her in jail. In some cases, both participants may be arrested. If a woman feels her husband or boyfriend is victimizing her, she should seek help immediately.

The National Domestic Violence Toll-free Hotline is 1-800-799-7233
The Santa Clara County Support Network for Battered Women is 1-800-572-2782.



in the community. For many, this gradual process culminates in an emotional state known as “culture shock,” although it is seldom as dramatic as the term implies. The common symptoms of culture shock are:

- Extreme homesickness
- Desire to avoid social settings that seem threatening or unpleasant
- Physical complaints and sleep disturbances
- Depression and feelings of helplessness
- Difficulty with coursework and concentration
- Loss of your sense of humor
- Boredom or fatigue
- Hostility towards the host culture

Students are sometimes unaware of the fact that they are experiencing culture shock when these symptoms occur. There are ways to deal with this period of culture shock, so it helps to recognize that culture shock may lie behind physical symptoms and irritability.

Coping with Culture Shock

The most effective way to combat culture shock is to step back from a given event that has bothered you, assess it, and search for an appropriate explanation and response.

Try the following:

- Observe how others are acting in the same situation.
- Describe the situation, what it means to you, and your response to it.
- Ask a local resident or someone with extensive experience how they would have handled the situation and what it means in the host culture
- Plan how you might act in the future
- Test the new behavior and evaluate how well it works
- Decide how you can apply what you have learned the next time you find yourself in a similar situation

Throughout the period of cultural adaptation, take good care of yourself. Read a book or rent a video in your home language, take a short trip if possible, exercise, get plenty of rest, write a letter or telephone home, eat good food, and do things you enjoy with friends. Take special notice of things you enjoy about living in the host culture.

Although it can be disconcerting and a little scary, the “shock” gradually eases as you begin to understand the new culture. It is useful to realize that often the reactions and perceptions of others toward you—and you toward them—are not personal evaluations but are



based on a clash of cultural values. The more skilled you become in recognizing how and when cultural values and behaviors are likely to come in conflict, the easier it becomes to make adjustments that can help you avoid serious difficulties. As you increase your abilities to manage and understand the new social system, practices that recently seemed so strange will become less puzzling. Eventually you will adapt sufficiently to do your best in your studies and social life and to relax and fully enjoy the experience. And you will recover your sense of humor!

Will I Lose My Own Culture?

Sometimes students worry about “losing their culture” if they become too well adapted to the host culture. Don’t worry: it is virtually impossible to lose the culture in which you were raised. In fact, learning about the new culture often increases your appreciation for and understanding of your own culture. Don’t resist the opportunity to become bicultural, able to function competently in two cultural environments.

Staying Safe and Avoiding Trouble

International students and their families sometimes perceive campus life in the United States, especially in urban areas, as dangerous. This perception is heightened by international media coverage of violent incidents, which, fortunately, occur very infrequently. Universities and colleges in the United States want to provide you with a safe and secure environment in which to pursue your academic and social goals. The most common crime on U.S. campuses is theft of property left unattended or in an unlocked room, car or apartment. More serious crime such as drug dealing, assault, and rape also occur.

Protect yourself by exercising good sense and caution.

- Keep your room or apartment locked whenever you are away.
- Do not leave your books, backpack, or purse unattended anywhere.
- Buy and use a good lock for your bicycle.
- Learn what parts of town you should avoid at night.
- Use caution with strangers who are overly friendly, who offer you gifts, or who ask you to accompany them to an unknown place.
- The primary duty of the police is to serve and protect you, and you should not hesitate to seek their help at any time.
- Ask a reliable friend or your international student advisor if you are in doubt about a person or an activity.



How safe is De Anza College? Fortunately, it is relatively safe but crimes do occur. The most common crime that occurs at De Anza is burglary (25 incidents), but vehicle theft, nonforceable sex offences, and drug-related arrests all occurred in 2006.

Calling 911 in an emergency

- 911 is an emergency number that you can call at any time from any landline telephone in the United States for help in an emergency.
- If you are using a campus telephone to report an emergency on campus, dial 911.
- If you use your cell phone to call 911 to report an emergency, here are a few things you should know:
 - Know your location. All cellular 911 calls are routed to the California Highway Patrol (CHP) Communications Centers. Unlike landline 911, the dispatcher cannot identify the cellular phone number or the location of the cellular phone. If you don’t know your location, an emergency response team will most likely be delayed.
 - Be prepared to tell the dispatcher **who** is involved, **what** happened **where** the incident occurred and **when** the incident occurred.
 - Know your cell number in the event you are disconnected or if the dispatcher needs to call to get additional information about the incident.

