



RESOURCES:

ON CAMPUS:

- International Student and Study Abroad Centre (ISSAC)
Tel: 306-966-4925
- International Student Associations
see ISSAC for details
- University of Saskatchewan Language Centre
Tel: 306-966-4351
learnenglish.usask.ca
- Student Learning Services
Tel: 306-966-2886
usask.ca/ulc
- Student Counselling Services:
Tel: 306-966-4920
students.usask.ca
- Student Health Services:
Tel: 306-966-5768
students.usask.ca

COMMUNITY RESOURCES:

- Global Gathering Place
Tel: 306-665-0268
globalgatheringplace.com
- Saskatoon Open Door Society
Tel: 306-653-4464
sods.sk.ca
- Saskatchewan Intercultural Association
Tel: 306-978-1818
- International Women of Saskatoon
Tel: 306-978-6611
- Tourism Saskatoon
Tel: 306-242-1206
tourismsaskatoon.com
- Newcomer Information Centre
Tel: 306-343-8303

Assessing for Culture Shock

1. *Do you feel strain from the effort to adapt to a new culture?*

Most of the time (2) Occasionally (1) Not at all (0)

2. *Do you feel anxious or awkward when meeting local people?*

Most of the time (2) Occasionally (1) Not at all (0)

3. *How often do you miss your family and friends back home?*

Most of the time (2) Occasionally (1) Not at all (0)

4. *When talking to people, can you make sense of their gestures or facial expressions?*

Not at all (2) Occasionally (1) Most of the time (0)

5. *Do you feel generally accepted by the local people in the new culture?*

No (2) Not sure (1) Yes (0)

6. *Do you feel uncomfortable if people stare at you when you go out?*

Very uncomfortable (2) Slightly uncomfortable (1) Not at all (0)

7. *Do you feel like you want to escape from your new environment altogether?*

Most of the time (2) Occasionally (1) Not at all (0)

8. *When you go shopping do you feel that people may be trying to cheat you?*

Most of the time (2) Occasionally (1) Not at all (0)

9. *Do you ever feel confused about your role or identity in the new culture?*

Most of the time (2) Occasionally (1) Not at all (0)

10. *Are you finding it an effort to be polite to your hosts?*

Most of the time (2) Occasionally (1) Not at all (0)

11. *Have you found things in your new environment shocking or disgusting?*

Many things (2) A few things (1) None (0)

12. *Do you ever feel helpless or powerless when trying to cope with the new culture?*

Most of the time (2) Occasionally (1) Not at all (0)

TOTAL Higher shock: 11-14 Moderate shock: 6-10 Lower shock: 0-5

Adapted from Mumford, D.B. (1998). The Measurement of culture shock. Social Psychiatry and Epidemiology (1998) 33: 149-154.