

Identify Some Negative Emotions And How To Deal With Them

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INTRODUCTION

With the development of the times, the opening of policies, and the improvement of people's living standards. In East Asia, especially China, the growth of the number of students enrolled in U.S. universities has been remarkable. However, for the students themselves, it is not easy to live alone for the first time. In "East Asian International Students and Psychological Well-being: A Systematic Review", Li and his team (2014) report that: "depression was the most frequent psychological disease among Asian students. This poster will tell students (parents) what are other mental illnesses also may happen and how to deal with them.

ANXIETY

What is anxiety?

Anxiety is an emotion that makes people feel worried and stressed. A certain amount of anxiety can help us achieve success, but it will be extremely harmful when we have too much anxiety. For Asian students, anxiety mainly comes from three aspects: Academic, Social, and life.

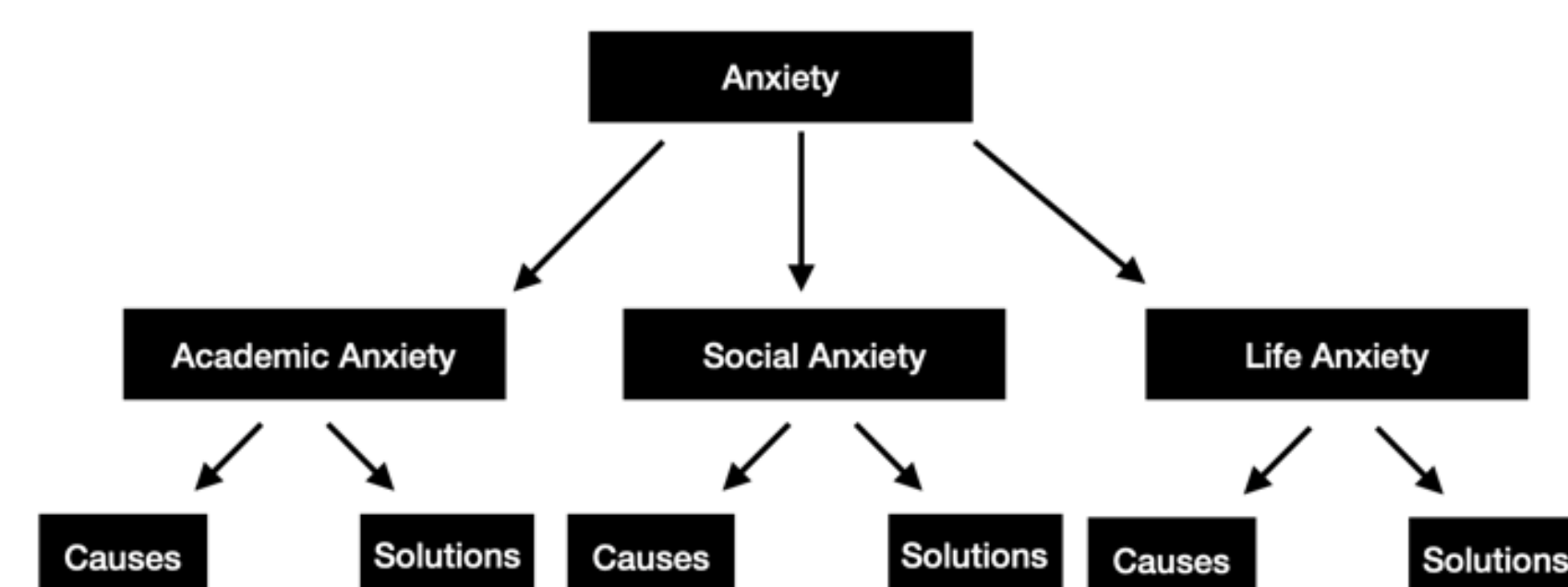


Figure 1. subdivision of anxiety. Drawn by Kexuan Liu

Academic:

Causes:

1. Expectation from family and self.
2. Language and culture barrier.
3. Time difference.

Solutions:

Adjust our attitude: To be specific, we need to live in the moment and stop over-expectation. Only when we stop blame ourselves and try to look forward, we could calm down and taking regulation.

Asking help from others: When we have difficulties in class, we could talk with others to exchange ideas, therefore both culture and language barriers will dismiss. When come to students with time differences, keep contact with others could ensure the quality of their education become especially important.

Social:

Causes:

1. Language and culture barrier.
2. Information gap.
3. Current pandemic situation made people hard to socialize face to face.

4. Students consciously think social life is one of the most important components in college life.

Solutions:

Follow the trend: By receiving recent news and hot spots, Asian students would have more common topics with native students. Start from easy one: we could start just start with talking to a classmate. That would gradually help us adapt American way of social life.

Efficiently use college resources: From the ice breaker to various student clubs, those college resources could add force to your social life once you efficiently using them.

Life:

Causes:

1. Feeling homesick
2. Change in life behavior and culture shock.
3. Home quarantine experience and economic shut down bring a lot of inconvenience in life.

Solutions:

Communicate with home regularly: One effective approach to get along with homesick emotions is to communicate with family members and old friends regularly using our phones or social media. By doing so, our homesick will be eased.

Asking help: Asking help from others- which include senior students, university services, or the internet- could be a reasonable choice for them.

Try to practice independent ability: Learning how to do things by ourselves is no more a difficult thing, especially in this internet era. Moreover, those skills like cooking or fixing could bring us more benefits in the future.

DEPRESSION

"I am always sad, but I don't know why", "I can't enjoy the activities which I liked before." If you agree with these statements above, you may be suffering from depression. (UIUC, 2015) Depression is another common negative emotion that haunts international students, especially under the influences of COVID-19.

What causes depression?

Culture shock during online courses: International students could meet culture shock in different situations, including when they study online. Some local students may tap "lol" to express their pleasure and say "TY" instead of "thank you" in the chatbox (Dexatel, 2019). The online English writing style, such as those abbreviations, can make international students extremely confused.

Bad life rhythm: Some international students have no choice except to study in a different time zone. They need to stay up all night and pay their entire attention to the lectures; on the other hand, they still need the usual society in the daytime. More seriously, some students need to make their sleep time flexible to meet activities and courses work. These unusual, even unfixed, daily arrangements will produce depression (Eric Suni, 2020).

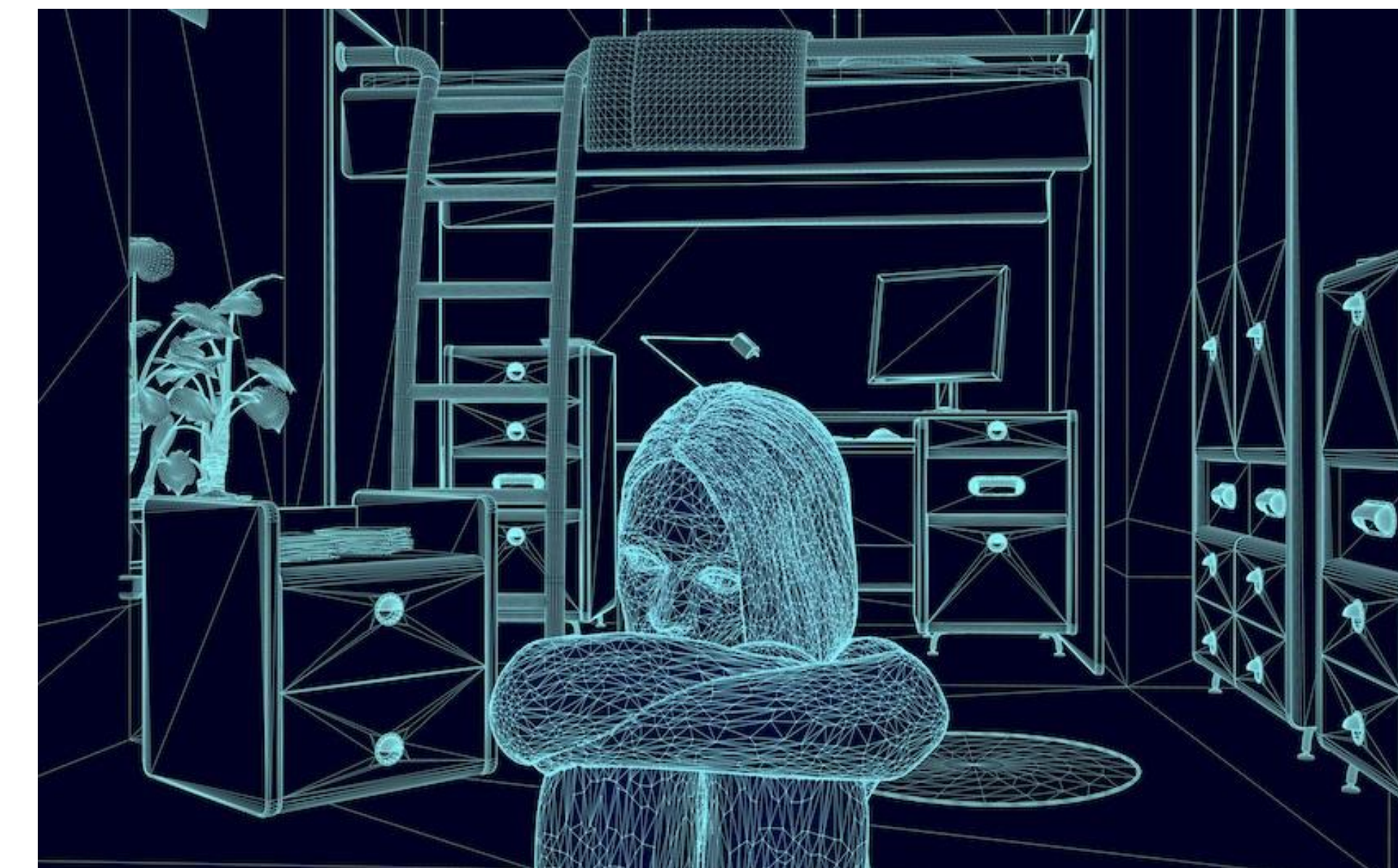


Figure 2. Depression of international student under COVID-19
Sources link: <https://www.brandeis.edu/now/2020/april/college-stress-covid-study.html>

How to cope with it?

Communicate with local students: Registering an account in common social network apps, such as GroupMe or Facebook, and getting used to using them is a useful way to integrate with the local culture. Those apps provide huge amounts of opportunities to make friends with local students and understand their chatting language style.

Fixed the life rhythm: Try to set up a personal 24-hour cycled schedule and arrange activities according to it (Do not adjust the schedule due to activities). Although this schedule will be unusual, if you need to work at night, going to sleep at a fixed time every day can avoid your internal clock disordering and subsequently, prevent depression (Eric Suni, 2020).

Ask for help: Ask experts for help when it is necessary. If you encounter a technical problem, just dial the number of IT services. It can not only help you solve the problem, but also make you feel there are some people who are willing to help you.

DISAPPOINTMENT

The expectation of a study abroad experience might be wonderful and colorful, however, when it comes to you, it might not very satisfying, or even disappointed. Disappointment may cause by various reasons from mental to physical. Here are some reasons for disappointment and possible solutions that may be helpful.

Cause: It's hard to make friends, even local friends.

Solution: Keep digging

Join more activities

Try to communicate with your classmates first

Cause: You have to study

Solution: Find an advisor to talk

Learning new study approaches

Cause: Feel lost all the time

Solution: Try to find something that reminds you of home
Talking with your best friends

CONCLUSIONS

Under the trend of globalization, there will be more and more international students come to study abroad. With the increase in international students, the psychological health of international student got more attention. After a large amount of reference searching, our group finds out 3 major negative emotions target on Asian students, including their causes and solutions to solve them. Overall, the major causes of those negative emotions are culture and language barriers, which affect almost every aspects-from academic to life experience-in college life. Besides, the current pandemic situation also contributes force to the formation of negative emotions by bringing people a lot of inconvenience and disorder. Knowing that a lot of Asian students do not like to proactively seek help, we highly encourage students to come to talk with other people whether they are advisors, senior students, or advisors- when they have difficulties. While asking for help is the most useful and common approach, other solutions are highly dependent on individuals, even so, one thing that doesn't change is we should always have faith in ourselves.

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