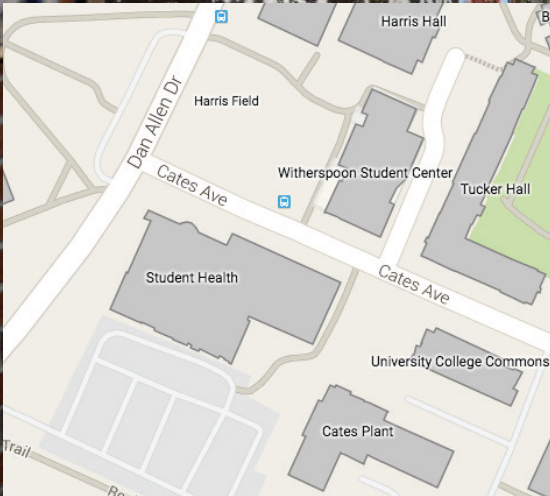
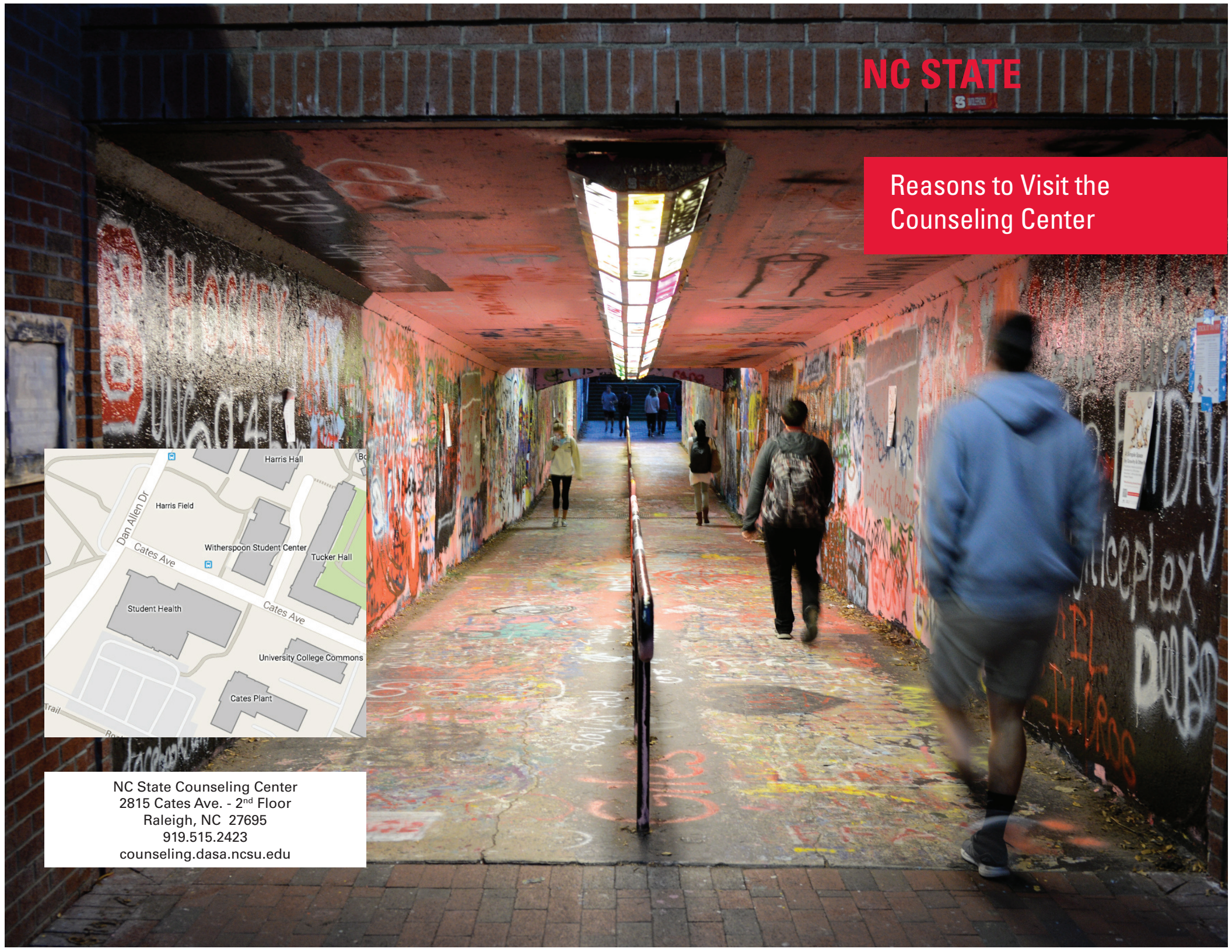


NC STATE

**Reasons to Visit the
Counseling Center**



NC State Counseling Center
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counseling.dasa.ncsu.edu



A counselor can be a guide for international students as they are navigating academic, social, and cultural experiences in the United States. Being an international student can present unique challenges.

Counselors are trained and experienced in providing support around many issues. Counselors commonly work with international students who may be having difficulties with depression, anxiety, and relationships. In addition, a counselor will provide you with confidential feedback and guidance that a friend or family member cannot.

In addition to the multiple, general reasons you would access the counseling center, these are each unique reasons international students visit NC State's Counseling Center:

Language Barriers: Having to use a second language on a daily basis can be stressful as well as being physically and emotionally exhausting (e.g., following conversations, developing relationships with students and faculty, studying and learning in a second language, etc.).

Cultural Confusion: This is the uncertainty that comes with not knowing whether you are doing something that is socially acceptable. Am I being understood? Do I fully understand what other people are doing?

Homesickness: Living away from home may be a significant source of stress for international students. There are a variety of ways a student may experience homesickness, such as:

- Missing friends, family, and significant others
- Experiencing difficulty accessing family for help or support due to the difference in time and distance from home
- Missing foods, holidays, birthdays, and other things that are comfortable and familiar
- Being independent and living on your own for the first time



Unique Academic Pressures: The Counseling Center frequently supports international students with academic pressures, for example:

- the desire to not disappoint family, including meeting your own and family's expectations for academic success
- transitioning to a new and different academic culture with different expectations
- family and friends back home might not understand the complicated nature of your new university environment
- U.S.-born classmates and instructors may not understand some of the difficulties of studying internationally

Job Seeking: International students may experience stress related to career uncertainty and job-seeking. This uncertainty may include concerns about acquiring a work visa, understanding job seeking culture in the U.S., identifying resources for job seeking, decision making about going home or staying in the U.S., and more.

It is helpful to think of going to counseling as an investment in your health and in skill building to better manage professional and personal situations in the future. The benefits you gain and skills you learn will actually save you time and energy in the long term.