

Adjustment Calendar

In addition to the ups and downs of the new international student's cultural adjustment, the academic year brings its own challenges and stress. These are not unique to international students, but they add to the challenge of becoming integrated into the college community. This "calendar" chronicles the academic year from the view of a student.

Fall Semester

August and September

- Homesickness.
- Roommate adjustment caused by personality differences, miscommunication, or the experience of having to live with someone for the first time.
- Adjustment to a new and perhaps different academic environment.
- Adjustment to a new social life; the need to balance social activities and establishing a peer group with academic responsibilities.
- Becoming familiar with the policies and practices of Berklee.

October

- Midterm anxiety.
- Less frequent contact with distant friends and family.
- Financial strain.
- Disenchantment with Berklee, Boston, and the United States.

November

- Growing stress about finals.
- Time-management conflicts.
- Increase in academic pressure because of procrastination and difficulty of the work assigned.
- Adjustment to winter weather conditions, including fewer daylight hours.
- Health problems developing from poor diet or change in eating habits, fall illnesses, stress, or lack of sleep.
- Registration concerns as it comes time to choose spring semester courses.

December

- As final exams approach, increase in pressures such as fear, anxiety, and guilt.
- Increasing financial worries.
- Emerging pre-holiday blues, especially for students who will not spend the vacation period with their families.
- Weight gain caused by holiday foods and inactivity.

SPRING SEMESTER

January

- Anxiety about class performance, especially for students who did not do as well as expected in the fall.
- Greater concern over financial situation.
- Post-vacation depression, especially for students who were home over the holidays.

February

- Worries about summer plans.
- Depression caused by cold weather that keeps students indoors.

March

- Increased academic pressure in anticipation of midterm exams.
- For graduating students, questions about future plans.
- Increased stress over work opportunities for students who are dealing with immigration regulations and employment limitations.
- Anxiety about chosen program and major for second- and third-year students.
- Frustration and stress in roommate relationships as on-campus room selection approaches and plans are made for off-campus housing for the summer and fall.
- Stress caused by uncertain spring break plans and limited finances.

April

- Increase in academic pressures with the end of the semester.
- Spring fever and academic apathy.
- Uncertain summer plans—staying in the United States vs. returning home.
- Common colds and illnesses caused by the changes in the weather.

May

- Anxiety as the end of the year approaches.
- Pressures at critical level caused by finals, papers, projects, recitals, and deadlines.
- For graduating students, the realization that college life is coming to an end.
- Separation anxiety for graduating students who will miss friends made at Berklee.

If you need assistance, the staff at the Counseling and Advising Center (CAC) can help you locate on- and off-campus resources and offer academic advising, personal counseling and immigration advising. The CAC is located at 939 Boylston Street (accessed from 921 Boylston Street, third floor). The CAC is open Monday–Friday, 9 a.m.–5 p.m. International and academic advisors have posted walk-in hours, and personal counselors are available by appointment or, in an emergency, on a walk-in basis.