

Translations of Common
International Student
Adjustment Concerns

- *Arabic-English*
- *Chinese-English*
- *French-English*
- *German-English*
- *Japanese-English*
- *Korean-English*
- *Spanish-English*

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Translations of Common International Student Adjustment Concerns

Introduction and Rationale

This booklet contains translations of adjustment and mental health concerns commonly experienced by international students in the United States. It is intended for use by University staff and faculty who have contact with international students.

Research data indicate that international students in the United States experience a significant amount of stress as they pursue their education. They face most of the same stressors as their American counterparts with additional challenges of living in a foreign country and speaking English as a second language. It can be more difficult for international students to communicate effectively in English:

1. During times of peak stress, and
2. When trying to discuss concerns which fall outside their academic area (i.e., attempting to discuss emotional or mental concerns).

Instructions for Use

University staff and faculty who find themselves interacting with international students who seem distressed may use the translated materials herein to help clarify the nature of the students' concerns. We recommend the following steps:

Do not begin with the assumption that the student has mental health or adjustment problems. Cultural differences can have a profound effect on how mental health concerns are expressed. What seems on the surface like an adjustment problem may actually be at heart a cultural difference in what is considered "normal" behavior.

If the student seems distressed, express your concern for him/her as a person. Do not focus on his/her language abilities or difficulties.

Let him/her know that you use a list of common international student concerns that may help you to better understand his/her situation and to make suggestions.

Verify the student's native language. If the language he/she speaks most freely is not among those translated in this booklet, you can still use the English list on page three. Just be aware that the student may not comprehend all of the English terms.

Allow the student time to read over the entire list by him or herself. Do not scrutinize the student as they read the list the first time.

Ask the student if they understood the terms on the list. This is to double-check potential differences in dialect (i.e., Colombian Spanish versus Spanish as spoken in Spain) that may make the translations irrelevant for that student.

Ask the student to point to items (if any) which are of concern to him or her. If the student indicates that none of the items are of concern to him/her, you might double check this but do not push the student to acknowledge problems that are not there.

Discuss campus resources available to help the student with his or her concerns.

Encourage the student to make use of campus resources, but do not pressure him/her to do so UNLESS THE STUDENT IS INDICATING THOUGHTS OF HURTING HIMSELF/HERSELF OR SOMEONE ELSE. Because suicidal/homicidal thoughts may indicate a critical situation, it is important to get the student to a mental health professional for a screening immediately. See information below for referring distressed students.

Caution Against Inappropriate Use

The sole purpose of the material in this booklet is to assist communication between University faculty/staff and international students who may be experiencing distress, and to facilitate referrals to appropriate campus resources. *These materials do not constitute a professional mental health assessment or a psychological evaluation/test, and should not be used for diagnostic purposes. They are not intended for, nor should they be used in, decision-making about students' grades, academic standing, or conduct.* Such decision-making must go through appropriate departmental, divisional and University procedures.

English-Only Version of International Student Adjustment Concerns

1. Academic problems
2. Adjustment to the University
3. Adjustment to U.S. culture
4. Alcohol/drugs
5. Anxiety, fear, worries, nervousness
6. Assertiveness
7. Breakup/loss of a relationship
8. Communicating with professors/authorities
9. Concentration
10. Confusion about beliefs/values
11. Coping with stress
12. Dating concerns
13. Death or impending death of significant person
14. Decision about career/major
15. Depression
16. Eating Problems
17. English language ability
18. Ethnic/racial discrimination
19. Finances
20. Getting or using transportation
21. Homesickness
22. Irritability/anger/hostility
23. Making friends
24. Physical health problems
25. Procrastination/getting motivated
26. Rape/sexual assault/unwanted sex
27. Re-entry to home country
28. Relationship with family/parents/siblings
29. Relationship with friends/roommates/peers
30. Relationship with romantic partner/spouse
31. Self-esteem/self-confidence
32. Sexual concerns
33. Sexually transmitted disease(s)
34. Shyness, social discomfort
35. Sleeping problems
36. Study habits/study skill problems
37. Suicidal feelings/thoughts
38. Time management
39. Uncertain about future
40. Weight problems/body image

Arabic-English

Academic problems	مشكلات أكاديمية
Adjustment to the University	التكيف مع الجامعة
Adjustment to U.S. culture	التكيف مع الثقافة الأمريكية
Alcohol/drugs	الكحول والمخدرات
Anxiety, fear, worries, nervousness	القلق والخوف والمخاوف والعصبية
Assertiveness	توكيد الذات
Breakup/loss of a relationship	الانفصال عن شخص حميم أو فقدان علاقة عاطفية
Communicating with professors/authorities	التواصل مع الأساتذة والمسؤولين
Concentration	التركيز
Confusion about beliefs/values	الحييرة حول المعتقدات والقيم
Coping with stress	مواجهة الضغوط النفسية
Dating concerns	هموم تتعلق بالارتباط بعلاقة عاطفية مع الجنس الآخر
Death or impending death of significant person	موت شخص عزيز
Decision about career/major	اتخاذ قرار بشأن المهنة أو التخصص
Depression	الاكتئاب
Eating Problems	مشكلات في الشهية للأكل
English language ability	قدرات اللغة الإنجليزية
Ethnic/racial discrimination	التمييز العنصري
Finances	الحالة الاقتصادية أو التمويل المادي
Getting or using transportation	استخدام المواصلات أو الحصول عليها
Homesickness	الحنين المستمر للبلد والأهل
Irritability/anger/hostility	التوتر والغضب والعدوانية
Making friends	تكوين صداقات
Physical health problems	مشكلات في الصحة الجسمية
Procrastination/getting motivated	التقاعس عن أداء العمل والدافعية
Rape/sexual assault/unwanted sex	الاغتصاب/التحرش الجنسي
Re-entry to home country	العودة إلى الوطن بعد التخرج
Relationship with family/parents/siblings	العلاقة مع الأسرة/الوالدين/والأخوة والأخوات
Relationship with friends/roommates/peers	العلاقة مع الأصدقاء/زملاء الغرفة بالسكن/الزملاء
Relationship with romantic partner/spouse	العلاقة مع الزوج أو شخص تربطك به علاقة عاطفية
Self-esteem/self-confidence	تقدير الذات والثقة بالذات
Sexual concerns	مشكلات جنسية
Sexually transmitted disease(s)	الأمراض المنقولة جنسيا
Shyness, social discomfort	الخجل, وعدم الراحة في المواقف الاجتماعية
Sleeping problems	مشكلات في النوم
Study habits/study skill problems	عادات المذاكرة/مشكلات في المهارات الدراسية
Suicidal feelings/thoughts	مشاعر وأفكار انتحارية
Time management	إدارة وتنظيم الوقت
Uncertain about future	عدم التأكد من المستقبل
Weight problems/body image	مشكلات في الوزن/ وصورة الجسم

Chinese-English

Academic problems	学术问题
Adjustment to the University	对学校的适应
Adjustment to U.S. culture	对美国文化的适应
Alcohol/drugs	滥用酒精或药物
Anxiety, fear, worries, nervousness	恐惧, 害怕, 焦虑, 紧张
Assertiveness	自我肯定
Breakup/loss of a relationship	失恋/失去一段关系
Communicating with professors/authorities	与教授或权威人士沟通
Concentration	注意力集中
Confusion about beliefs/values	信仰/价值观混淆
Coping with stress	精神压力的处理
Dating concerns	约会问题
Death or impending death of significant person	对你重要的人去世或将要面临死亡
Decision about career/major	决定事业方向/主修科目
Depression	憂鬱
Eating Problems	厌食或 暴食倾向
English language ability	英语表达能力
Ethnic/racial discrimination	種族歧视
Finances	经济问题
Getting or using transportation	使用交通工具
Homesickness	想家
Irritability/anger/hostility	易怒, 愤怒, 敌对情绪
Making friends	交友
Physical health problems	健康问题
Procrastination/getting motivated	拖延/缺乏动力
Rape/sexual assault/unwanted sex	被强姦/性侵犯/強迫性行為
Re-entry to home country	回国所面对的问题
Relationship with family/parents/siblings	与家人/父母/兄弟姊妹的关系
Relationship with friends/roommates/peers	与朋友/室友/同辈的关系
Relationship with romantic partner/spouse	与恋人/配偶的关系
Self-esteem/self-confidence	自尊/自信
Sexual concerns	性方面的关注
Sexually transmitted disease(s)	性病
Shyness, social discomfort	害羞, 社交不安
Sleeping problems	睡眠问题
Study habits/study skill problems	学习模式/学习技巧问题
Suicidal feelings/thoughts	自杀情绪/思想
Time management	时间管理
Uncertain about future	對未來不肯定
Weight problems/body image	体重/仪容/身形问题

French-English

Academic problems	Problèmes de compétence scolaire
Adjustment to the University	Adaptation à l'université
Adjustment to U.S. culture	Adaptation a la culture américaine
Alcohol/drugs	Alcool/drogues
Anxiety, fear, worries, nervousness	Anxiété, peur, inquiétudes, nervosité
Assertiveness	Affirmation de soi
Breakup/loss of a relationship	Fin ou perte d'une relation
Communicating with professors/authorities	Communication avec les membres de la faculté ou figures d'autorité
Concentration	Concentration
Confusion about beliefs/values	Confusion à propos des croyance ou des valeurs
Coping with stress	Venir à bout du stress ou de l'agitation
Dating concerns	Inquiétudes concernant les rendez-vous romantiques
Death or impending death of significant person	Mort ou mort imminente d'une personne proche
Decision about career/major	Décision à propos de la carrière ou des études
Depression	Dépression
Eating Problems	Problèmes nutritionnels
English language ability	Problèmes avec la langue anglaise
Ethnic/racial discrimination	Discrimination raciale ou ethnique
Finances	Finances
Getting or using transportation	Se procurer ou utiliser des moyens de transportation
Homesickness	Mal du pays
Irritability/anger/hostility	Irritabilité, colère, hostilité
Making friends	Se faire des amis
Physical health problems	Problèmes de santé physique
Procrastination/getting motivated	Difficultés d'achever se qui est entrepris/se motiver
Rape/sexual assault/unwanted sex	Viol/agression sexuelle/relation sexuelle non désirée
Re-entry to home country	Retour au pays d'origine
Relationship with family/parents/siblings	Relations avec les familles, les parents, les frères et sœurs
Relationship with friends/roommates/peers	Relations avec les amis, les colocataires
Relationship with romantic partner/spouse	Relations avec le conjoint ou le (la) petit(e) ami(e)
Self-esteem/self-confidence	Confiance en soi, estime de soi
Sexual concerns	Questions concernant la sexualité
Sexually transmitted disease(s)	Maladies transmises sexuellement
Shyness, social discomfort	Timidité, inconfort social
Sleeping problems	Problèmes de sommeil
Study habits/study skill problems	Habitudes d'etude/problèmes de méthode d'étude
Suicidal feelings/thoughts	Se sentir suicidaire/penser au suicide
Time management	Organisation du temps
Uncertain about future	Incertitudes à propos de l'avenir
Weight problems/body image	Problèmes de poids/image du corps/de soi

German-English

Academic problems	Leistungsprobleme
Adjustment to the University	Anpassung an das Universitätsleben
Adjustment to U.S. culture	Anpassung an die amerikanische Kultur
Alcohol/drugs	Alkohol/Drogen
Anxiety, fear, worries, nervousness	Unsicherheit, Angst, Sorgen, Nervosität
Assertiveness	Selbstbewußtes Handeln
Breakup/loss of a relationship	Ende einer Beziehung
Communicating with professors/authorities	Verständigung und Kommunikation mit ProfessorInnen/Authoritätspersonen
Concentration	Konzentration
Confusion about beliefs/values	Fragen zu Wertvorstellungen
Coping with stress	Umgehen mit Stress
Dating concerns	Fragen zum Ausgehen oder Anfang einer Beziehung
Death or impending death of significant person	Tod oder bevorstehender Tod einer nahestehenden Person
Decision about career/major	Berufsentscheidung/Studienfach
Depression	Depressionen
Eating Problems	Eßstörungen
English language ability	Englische Sprachfähigkeit
Ethnic/racial discrimination	Ethnische/rassistische Diskriminierung
Finances	Finanzielle Probleme
Getting or using transportation	Gewöhnung an oder Benutzung der Transportmittel
Homesickness	Heimweh
Irritability/anger/hostility	Reizbarkeit, Zorn, Feindseligkeit
Making friends	Freundschaften schließen
Physical health problems	Gesundheitliche Probleme
Procrastination/getting motivated	Eigenmotivation
Rape/sexual assault/unwanted sex	Vergewaltigung/sexuelle Belästigung
Re-entry to home country	Wieder-Einreise nach Deutschland
Relationship with family/parents/siblings	Beziehung zu Familie, Eltern, Geschwistern
Relationship with friends/roommates/peers	Beziehung zu Freunden, Mitbewohnern, Gleichaltrigen
Relationship with romantic partner/spouse	Beziehung zu Freund/Freundin, Ehegatten
Self-esteem/self-confidence	Selbstsicherheit/Selbstbewußtsein
Sexual concerns	Fragen zur Sexualität
Sexually transmitted disease(s)	Geschlechtskrankheiten
Shyness, social discomfort	Schüchternheit
Sleeping problems	Schlafstörungen
Study habits/study skill problems	Lerngewohnheiten/Lernprobleme
Suicidal feelings/thoughts	Selbstmordgedanken
Time management	Zeiteinteilung
Uncertain about future	Unsicherheit, was die Zukunft betrifft
Weight problems/body image	Gewichtsprobleme, Körperbewußtsein

Japanese-English

Academic problems	学業面の問題
Adjustment to the University	大学生活への適応
Adjustment to U.S. culture	アメリカ文化への適応
Alcohol/drugs	酒類・薬物などへの依存
Anxiety, fear, worries, nervousness	不安・恐怖感・心配・神経質
Assertiveness	自己主張の不足
Breakup/loss of a relationship	恋人との別れ
Communicating with professors/authorities	教授・目上の人とのコミュニケーション
Concentration	集中力の欠如
Confusion about beliefs/values	信念・価値観の揺らぎ
Coping with stress	ストレス管理
Dating concerns	デートに関する悩み
Death or impending death of significant person	自分にとって大切な人の死あるいは生命の危機
Decision about career/major	就職・専攻の選択に関する悩み
Depression	うつ病
Eating Problems	拒食・過食
English language ability	英語力の悩み
Ethnic/racial discrimination	人種差別の体験
Finances	金銭に関する問題
Getting or using transportation	交通手段の有無または利用法
Homesickness	ホームシック
Irritability/anger/hostility	短気・怒り・敵意
Making friends	友人作りに関する悩み
Physical health problems	健康に関する悩み
Procrastination/getting motivated	怠け癖・やる気の欠如
Rape/sexual assault/unwanted sex	レイプ・性暴力・性行為強要による被害の経験
Re-entry to home country	帰国後の心配
Relationship with family/parents/siblings	家族・両親・兄弟姉妹との関係
Relationship with friends/roommates/peers	友人・ルームメイト・仲間同士との関係
Relationship with romantic partner/spouse	配偶者・恋人との関係
Self-esteem/self-confidence	自尊心・自信
Sexual concerns	性に関する悩み
Sexually transmitted disease(s)	性病
Shyness, social discomfort	社交性の欠如
Sleeping problems	睡眠障害
Study habits/study skill problems	学習習慣・学習能力に関する悩み
Suicidal feelings/thoughts	自殺願望
Time management	自分の計画通りに行動する自己管理能力
Uncertain about future	将来に対する不安
Weight problems/body image	体重・体型に関する悩み

Korean-English

Academic problems	학업 문제
Adjustment to the University	대학교 적응문제
Adjustment to U.S. culture	미국문화 적응문제
Alcohol/drugs	술/마약 남용 문제
Anxiety, fear, worries, nervousness	불안, 공포, 걱정, 조바심
Assertiveness	자기주장성 부족 문제
Breakup/loss of a relationship	실연
Communicating with professors/authorities	교수나 학교관계자와의 의사소통 문제
Concentration	집중력의 문제
Confusion about beliefs/values	가치관/믿음 상의 혼란
Coping with stress	스트레스 대처(대응)
Dating concerns	애정관계의 문제
Death or impending death of significant person	가까운 이의 사망 혹은 임박한 죽음
Decision about career/major	직업 전공의 대한 결정 문제
Depression	우울증
Eating Problems	섭식장애(거식증, 비만 문제)
English language ability	언어(영어) 문제
Ethnic/racial discrimination	외국인/인종 차별
Finances	재정 문제
Getting or using transportation	교통 수단을 이용하는 문제
Homesickness	향수병(고국의 대한)
Irritability/anger/hostility	과민성, 화(노여움), 적개심
Making friends	사교성 문제
Physical health problems	신체 건강 문제
Procrastination/getting motivated	꾸물거리는 버릇 및 동기 부족
Rape/sexual assault/unwanted sex	강간/성폭행/성강요
Re-entry to home country	귀국문제
Relationship with family/parents/siblings	부모, 형제, 자매와의 관계
Relationship with friends/roommates/peers	친구, 동료와의 관계
Relationship with romantic partner/spouse	애인, 배우자와의 관계
Self-esteem/self-confidence	자부심/자신감 문제
Sexual concerns	성관련문제
Sexually transmitted disease(s)	성병
Shyness, social discomfort	소심, 사회성 결함
Sleeping problems	수면 문제
Study habits/study skill problems	공부 습관 및 공부 방법 상의 문제
Suicidal feelings/thoughts	자살 충동 및 생각
Time management	시간관리
Uncertain about future	미래에 대한 불확실성
Weight problems/body image	체중문제/체형이미지

Spanish-English

Academic problems	Los problemas académicos
Adjustment to the University	La adaptación a la vida universitaria
Adjustment to U.S. culture	La adaptación a la cultura de los Estados Unidos
Alcohol/drugs	El alcohol o las drogas
Anxiety, fear, worries, nervousness	La ansiedad, los miedos (temores), las preocupaciones, la nerviosidad
Assertiveness	La confianza en sí mismo
Breakup/loss of a relationship	El fin de una relación personal
Communicating with professors/authorities	El comunicar con profesores/autoridades
Concentration	La concentración
Confusion about beliefs/values	La confusión en cuanto a creencias y valores
Coping with stress	El Manejo del estrés
Dating concerns	Las preocupaciones relativas a la pareja
Death or impending death of significant person	La muerte o muerte posible de un ser querido
Decision about career/major	Las decisiones relativas a la carrera o la especialización
Depression	La depresión
Eating Problems	Los problemas alimentarios
English language ability	La habilidad en ingles
Ethnic/racial discrimination	La discriminación racial o étnica
Finances	Los problemas económicos
Getting or using transportation	El conseguir o usar transporte
Homesickness	El extrañar la casa y la familia
Irritability/anger/hostility	La irritabilidad/ la ira/ la hostilidad
Making friends	El establecer amistades
Physical health problems	Los problemas relativos a la salud física
Procrastination/getting motivated	La postergación de obligaciones/ la falta de motivación
Rape/sexual assault/unwanted sex	La violación/ el asalto sexual/ las relaciones sexuales forzadas
Re-entry to home country	El reingreso a la patria
Relationship with family/parents/siblings	Las relaciones con la familia/ los padres/ los hermanos/as
Relationship with friends/roommates/peers	Las relaciones con amigos/ compañeros de cuarto/ pares
Relationship with romantic partner/spouse	Las relaciones con la pareja o el esposo/a
Self-esteem/self-confidence	La auto-estimación/ la confianza en sí mismo
Sexual concerns	Los problemas de índole sexual
Sexually transmitted disease(s)	Las enfermedades de transmisión sexual (venéreas)
Shyness, social discomfort	La timidez, los problemas en la interacción social
Sleeping problems	La falta del sueño, del insomnio
Study habits/study skill problems	Los hábitos de estudio
Suicidal feelings/thoughts	Los Pensamientos de suicidio
Time management	El manejo del tiempo
Uncertain about future	La incertidumbre con respecto al futuro
Weight problems/body image	Los problemas con el peso y la auto-imagen

Appendix: Development of Translation Materials in this Booklet

List of Adjustment Concerns

The most common adjustment concerns presented by American students at our own counseling center were integrated with items from the Presenting Problems Form developed and used by the Research Consortium of Counseling and Psychological Services in Higher Education. The integrated list consisted of 38 items from seven categories:

1. *school-related* (i.e., academic problems, adjustment to university life)
2. *emotional distress* (anxiety, depression, self-esteem, etc.)
3. *interpersonal/relationship concerns* (assertiveness, dating, making friends, etc.)
4. *developmental issues* (values, career, spiritual concerns, sexual identity/orientation, etc.)
5. *behavioral problems* (eating, procrastination, study habits, substance abuse, etc.)
6. *environmental stressors* (discrimination, sexual assault)
7. *physical health problems* (illness, pregnancy, sexually transmitted disease, sleep, weight).

International students representing 7 major language groups reviewed the list in a focus group format or individually with the researchers. These students' suggestions were used to revise the list, deleting several items which were deemed irrelevant or consistently confusing. Several items specifically relevant to international students' experience were added:

1. Adjustment to U.S. culture
2. Communicating with professors/authorities
3. English language ability
4. Getting or using transportation
5. Re-entry to home country

The final list was 40 items in length.

Translation Procedures

The highest proportions of students come to the U.S. from Asia, Europe, Latin America and the Middle East, respectively (Institute of International Education, 2000). We chose seven of the more common languages from each of these four world regions: Arabic, Chinese, French, German, Japanese, Korean, and Spanish. Each language was translated by three separate groups:

1. *International scholars* -- native speakers of the languages residing temporarily in the United States for research at the University of Arkansas during 2001-2002. These scholars translated the list of presenting problems into their own native languages using the corresponding alphabetic characters.
2. *Professional linguists* -- also native speakers, who possessed advanced educational degrees and had experience teaching courses in the languages we requested them to translate. These translators worked at the University of Arkansas. They reviewed the interpretations of the international scholars, evaluated the accuracy of the initial translations and made alternate suggestions as needed.
3. *Bilingual, bicultural mental health professionals* -- also native speakers who were fluent in their native language and in English, who had lived a significant amount of time in both the U.S. and their culture-of-origin, and who possessed graduate training in the provision of mental health services. They lived in various U.S. locations and abroad. All possessed graduate degrees in a mental health-related profession; most possessed doctoral degrees. These professionals reviewed the translations of the first two groups to evaluate whether the translations accurately reflected the mental health concepts being assessed. They provided suggestions and corrections as needed, as well as translating an introduction to the materials.

