Translations of Common International Student Adjustment Concerns

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

Pornthip Chalungsooth, Ed.D.
Gregory R. Schneller, Ph.D.

University of Arkansas
Counseling and Psychological Services
www.uark.edu/depts/healinfo/CAPS

© 2003, University of Arkansas
Table of Contents

Page

Introduction and Rationale................................................................. 1
Instructions for Use................................................................. 1
Caution Against Inappropriate Use................................................ 2
Adjustment concerns list (English version)........................................ 3

Translated lists:

Arabic-English................................................................. 4
Chinese-English............................................................... 5
French-English................................................................. 6
German-English................................................................. 7
Japanese-English................................................................. 8
Korean-English................................................................. 9
Spanish-English................................................................. 10

Appendix: Development of these materials........................................ 11

Acknowledgments

We extend our thanks to the NAFSA Co-op Mini-Grant program and to the University of Arkansas for funding the development of these translation materials. We express our appreciation to Mary Alice Serafini, University Health Center Director, and Dr. Jonathan Perry, CAPS Director, for their encouragement and support. We also wish to thank the following individuals for their expertise and invaluable assistance in the development of this translation tool: Hue Sun Ahn, Dr. Fatima Al-Darmaki, Fahed Al-Rawaf, Eva-Maria Gortner, Beatrice Haase-Dubuis, Juhee Cho, Dr. Keum-Hyeong Choi, Dr. Junko Kozu, Dr. Donna Ho Lee, Mengmeng Gu, Dr. Selia Servin-Guerrero Lopez, Nathan Lord, Pam Matthews, Aikiko Motomura, José Ricardo, Dr. Luis Rivas, Dr. Roger Saint-Laurent, Sabine Schmidt, Shizu Takami, Dr. Paulette Tang, and Ling Ting.

© 2003, University of Arkansas
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
Academic problems
Adjustment to the University
Adjustment to U.S. culture
Alcohol/drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/loss of a relationship
Communicating with professors/authorities
Concentration
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of a significant person
Decision about career/major
Depression
Eating Problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse
Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/study skill problems
Suicidal feelings/thoughts
Time management
Uncertain about future
Weight problems/body image

\( \text{Arabic-English} \)

مشكلات أكاديمية
التكيف مع الجامعة
التكيف مع الثقافة الأمريكية
الكحول والمخدرات
القلق والخوف والخافر والغضب
توحيد الذات
الانفصال عن شخص حيام أو فقدان علاقة عاطفية
ال التواصل مع الأساتذة والمسؤولين
التركيز
الحرية حول المعتقدات والقيم
مواجهة الضغوط النفسية
الوبة تنطلق بالارتباط بثقافة عاطفية مع الجنس الآخر
موت شخص عزيز
اتخاذ قرار بشأن المهنة أو الشخص
الانقباض
مشكلات في الشهية للأكل
قدرات اللغة الإنجليزية
التميز العنصري
الحالة الاقتصادية أو التمويل المادي
استخدام المواصلات أو الحصول عليها
الحينين المستمر للبلد والأهل
التوتر والغضب والدوائية
تكوين صداقات
مشكلات في الصحة الجسمية
التقاعس عن أداء العمل والدافعية
الاختصاص/التحرش الجنسي
العودة إلى الوطن بعد التخرج
العلاقة مع الأسرة والوالدين/الأخوة والأخوات
العلاقة مع الأصدقاء/زملاء المدرسة بالسكن/الزملاء
العلاقة مع الزوج أو شخص ترتبط به علاقة عاطفية
تقييم الذات والثقة بالذات
مشكلات جنسية
الأمراض المُتقلبة جنسيًا
الخجل، وعدم الراحة في المواقف الاجتماعية
مشكلات في الت בעליات
مشكلات في الذكور
مشكلات في التفكير
مشكلات في النفس
مشكلات في الوقت
مشكلات في الوزن/صورة الجسم

\( 4 \)
Chinese-English

Academic problems
Adjustment to the University
Adjustment to U.S. culture
Alcohol/drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/loss of a relationship
Communicating with professors/authorities
Concentration
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major
Depression
Eating Problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse
Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/study skill problems
Suicidal feelings/thoughts
Time management
Uncertain about future
Weight problems/body image
Academic problems
Adjustment to the University
Adjustment to U.S. culture
Alcohol/drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/loss of a relationship
Communicating with professors/authorities
Concentration
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major
Depression
Eating Problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse
Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/study skill problems
Suicidal feelings/thoughts
Time management
Uncertain about future
Weight problems/body image

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

Academic problems
Adjustment to the University
Adjustment to U.S. culture
Alcohol/drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/loss of a relationship
Communicating with professors/authorities
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major
Depression
Eating Problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse
Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/study skill problems
Suicidal feelings/thoughts
Time management
Uncertain about future
Weight problems/body image

학업 문제
대학교 적응 문제
미국문화 적응 문제
술/마약 남용 문제
불안, 공포, 걱정, 조바심
자기주장성 부족 문제
실연
교수나 학교관계자와 의사소통 문제
집중력의 문제
가치관/믿음 상의 혼란
스트레스 대처(대응)
예정관계의 문제
가까운 이의 사망 혹은 임박한 죽음
직업 전공의 대한 결정 문제
우울증
섭식장애(거식증, 비만 문제)
언어(영어) 문제
외국인/인종 차별
재정 문제
교통 수단을 이용하는 문제
항우병(고국의 대한)
과민성, 화(노여움), 적개심
사교성 문제
신체 건강 문제
꾸물거리는 빠듯 및 동기 부족
강간/성폭행/성강요
귀국 문제
부모, 형제, 자매와의 관계
친구, 동료와의 관계
애인, 배우자와의 관계
자부심/자신감 문제
성관련 문제
성병
소심, 사회성 결함
수면 문제
공부 습관 및 공부 방법상의 문제
자살 충동 및 생각
시간관리
미래에 대한 불확실성
체중문제/체형이미지
### Spanish-English

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