Navigating UC San Diego's Culture

What Is It? & What Should You Expect?

Martha Stacklin (mstacklin@ucsd.edu)
English Language Program for International Instructors (ELP-ii)
Introductions: Let’s Meet

Martha Stacklin
ELP-ii coordinator
& instructor
Here to offer some tips & advice:

Alena Martsul, 2nd year PhD, Biological Sciences (Belarus)

Marco Man-Ho Tang, 2nd year PhD, Physics (Hong Kong)

Shivam Chopra, 2nd year MS, Engineering (India)
Culture is the widening of the mind and of the spirit—Jawaharlal Nehru

“It would be like a culture shock. It’s not something we’re used to.”

“Strength lies in differences, not in similarities.”

“It’s a weird feeling. I’m still in shock.”

“Education is the most powerful weapon which you can use to change the world.”

—Nelson Mandela
Culture is like an iceberg…

What is seen on the surface hides the depth of what’s below.

The Cultural Iceberg

10%

- customs
- mores
- courtesies

90%

- values
- priorities
- assumptions
THE CULTURAL ICEBERG

Communications Styles and Rules:
- Facial Expressions
- Gestures
- Eye Contact
- Personal Space
- Touching
- Body Language
- Conversational Patterns in Different Social Situations
- Handling and Displaying of Emotion
- Tone of Voice

Notions of:
- Courtesy and Manners
- Friendship
- Leadership
- Cleanliness
- Modesty
- Beauty

Concepts of:
- Self
- Time
- Past and Future
- Fairness and Justice
- Roles related to Age, Sex, Class, Family, etc.

Attitudes toward:
- Elders
- Adolescents
- Dependents
- Rule Expectations
- Work Authority
- Cooperation vs. Competition
- Relationships with Animals
- Age
- Sin
- Death

Approaches to:
- Religion
- Courtship
- Marriage
- Raising Children
- Decision-Making
- Problem Solving

Food
- Flags
- Festivals
- Fashion
- Holidays
- Music
- Performances
- Dances
- Games
- Arts & Crafts
- Literature
- Language

commons.ucsd.edu
What’s on UC San Diego’s surface?
UC San Diego is…

A research institution ranked 42\textsuperscript{nd} nationally (US News & World Report 2016)

A busy, competitive university of 36,000 total students (8,000 Graduate/Professional school students!) (Mean high school GPA of undergraduates: 4.08 out of 4.0)

A quarter-system school

\textbf{UC Socially Dead??!!}
What’s below the surface?

- Who do you go to for answers to your questions?
- How do you address your professors?
- How do you manage your time well in a quarter system?
- How do you succeed on so little sleep?
- How do you make UC San Diego feel like home?
Typical Fall questions:

• How do I find a place to live?
• How do I get to school?
• How do I get around campus?
• What do all these letters mean? (APM, Rimac, PID, CPMC, ELP-ii)
• Where can I find good food to eat? I can’t cook!
• Why are books so expensive?
• Why are classes so early? I can’t get up for an 8am class!!!
FAQ’s from international graduate students

- How do I get a social security number?
- How do I find funding, a fellowship, a grant?
- How can I rent an apartment if I don’t have a social security number?
- How do I move my new bed from Ikea to my bedroom without a car?!!
• How do I pay my fees?
• How do I qualify to TA?
• What if I don’t understand my professor?
• What if my professor doesn’t understand me?
• What if no one understands me?
• What if I don’t understand anyone?
• What if I don’t meet new friends?
What if I’m homesick?
What if I get sick?
What if I get behind in my work?
What if I miss my family, best friend, boyfriend, girlfriend, husband, wife, dog, the sounds, sights and smells of my hometown?
WHAT IF…
Some tips and resources

- MVP in your department: Your Graduate Coordinator!!!
- Faculty not replying to your email: go to office hours
- English woes? Extension class + voucher
- Want to TA: Check out the ELP-ii website
- Your students need writing & math help: Send to Teaching + Learning Commons
If you’re feeling like this…

Do Ho Suh’s Fallen Star: explores themes of home cultural displacement, the perception of our surroundings, and how one constructs a memory of a space. His own feelings of displacement when he arrived in the U.S. from Seoul, Korea in 1991 to study led him to measure spaces in order to establish relationships with his new surroundings. He had to physically and mentally readjust.
Try this:
<table>
<thead>
<tr>
<th>MONDAYS</th>
<th>TUESDAYS</th>
<th>WEDNESDAYS</th>
<th>THURSDAYS</th>
<th>FRIDAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ACT ON LIFE</strong></td>
<td><strong>KEEP CALM &amp; BE HERE NOW</strong></td>
<td><strong>DE-STRESS WITH BIOFEEDBACK @ THE ZONE</strong></td>
<td><strong>MINDFULNESS FOR DAILY LIVING</strong></td>
<td><strong>KEEP CALM &amp; BE HERE NOW</strong></td>
</tr>
<tr>
<td>Time: 3:00-4:00pm Weeks 2-10</td>
<td>Time: 3:00-4:00pm Weeks 1-10</td>
<td>Time: 2:30-3:30pm Weeks 2-3-6</td>
<td>Time: 3:00-4:00pm Weeks 2-10</td>
<td>Time: 3:00-4:00pm Weeks 1-10</td>
</tr>
<tr>
<td>Location: Pepper Canyon Hall 223</td>
<td>Location: Murray’s Place (2nd Floor)</td>
<td>Location: The Zone, Price Center</td>
<td>Location: CAPS Central Office, Galbraith Hall 190</td>
<td>Location: Murray’s Place (2nd Floor)</td>
</tr>
<tr>
<td>ACT on LIFE involves experiential exercises to move you towards ACCEPTANCE, OPENNESS, and FLEXIBLE THINKING. You will be provided tools and strategies to accept what is out of your control, and commit to actions that are in line with your values. The goal is not to take away painful experiences, but to find beauty with the ups and downs of life. Facilitator: Dianna Quach, PhD.</td>
<td>Dr. Ginger Villarel Armas will share practices for increasing mental focus, which could also help you reduce unnecessary suffering, recover more quickly from difficulties, and increase daily productivity. Develop a consistent mindfulness and self-compassion practice so that you can increase your mental focus. Mindfulness and self-compassion could also help you reduce unnecessary suffering, recover more quickly from difficulties, and increase daily productivity. Facilitator: Dr. Patrick Savaiano &amp; Wellness Peer Educators</td>
<td>Get a free one-on-one biofeedback demonstration by a Wellness Peer Educator! Learn about biofeedback, deep breathing and progressive muscle relaxation techniques that all help to reduce stress. Check out The Zone calendar for info on his and other free wellness programs. Facilitator: Sochanvimean Vannavuth and a CAPS Wellness Peer Educator, will provide an introduction to relaxation and mindfulness, knowledge for increasing your understanding of flourishing via social connections and self-compassion, and guidance for how you could improve self-care. Facilitator: Sochanvimean Vannavuth, Ph.D.</td>
<td>Dr. Sochanvimean Vannavuth and a CAPS Wellness Peer Educator, will provide an introduction to relaxation and mindfulness, knowledge for increasing your understanding of flourishing via social connections and self-compassion, and guidance for how you could improve self-care. Facilitator: Sochanvimean Vannavuth, Ph.D.</td>
<td>Develop a consistent mindfulness and self-compassion practice so that you can increase your mental focus. Mindfulness and self-compassion could also help you reduce unnecessary suffering, recover more quickly from difficulties, and increase daily productivity. Facilitator: Ginger Villarel Armas, PhD</td>
</tr>
<tr>
<td>MINDFULNESS FOR DAILY LIVING</td>
<td>MINDFULNESS FOR DAILY LIVING</td>
<td>MINDFULNESS FOR DAILY LIVING</td>
<td>MINDFULNESS FOR DAILY LIVING</td>
<td>MINDFULNESS FOR DAILY LIVING</td>
</tr>
<tr>
<td>Mindfulness meditation has been shown to be effective for reducing stress, anxiety, depression and increasing a sense of inner peace and contentment. Facilitator: Elise Curry, Psy.D.</td>
<td>Mindfulness meditation has been shown to be effective for reducing stress, anxiety, depression and increasing a sense of inner peace and contentment. Facilitator: Elise Curry, Psy.D.</td>
<td>Mindfulness meditation has been shown to be effective for reducing stress, anxiety, depression and increasing a sense of inner peace and contentment. Facilitator: Elise Curry, Psy.D.</td>
<td>Mindfulness meditation has been shown to be effective for reducing stress, anxiety, depression and increasing a sense of inner peace and contentment. Facilitator: Elise Curry, Psy.D.</td>
<td>Mindfulness meditation has been shown to be effective for reducing stress, anxiety, depression and increasing a sense of inner peace and contentment. Facilitator: Elise Curry, Psy.D.</td>
</tr>
</tbody>
</table>
Final thoughts:

Setbacks happen.

BUT

A setback means there will be a COME BACK.

NEVER GIVE UP.