2015 Opening Session
Student/Guardian Orientation

Welcome!
Willkommen!
欢迎!
Bienvenue!
What is today all about?

- Orientation considered 1st day of your IUHPFL experience!
- Check-in:
  - Orientation packet
  - Nametag & T-shirt
  - Student/Guardian Handbook (2 copies)
- Opening Session:
  - About our program and staff
  - Who are our instructors?
  - Program Sites and Instructor Teams
  - Honor Code
Our Team – Contact info on page 3 of Handbook

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Managing Director

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Program Coordinator

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History of IUHPFL

The IUHPFL began in 1962 when Mr. Munford, a former official of the Ford Foundation, approached Professor Merle Simmons, of the IU Department of Spanish and Portuguese, about using Ford Foundation funds to create immersion programs for high school students.

The goal, as described by Professor Simmons, was: **Total language and culture immersion of talented high school students.**

Initially, three program sites were chosen: **St. Brieuc in France**, Trier in Germany and Oaxaca in Mexico.

Over time, the program expanded, increasing its numbers and moving into Spain, Chile, and China.

**In 2015, the first IUHPFL program in Graz, Austria will be launched!**
INDIANA UNIVERSITY, IUHPFL, AND A BIGGER INTERNATIONAL PICTURE

Indiana University

- Over 80 languages offered
- Prioritizing international programs and partnerships, diversity, and study abroad
- Programs in International Business, Global Studies, College of Arts and Sciences and many more
- Gateway Offices in China and India
- China Flagship Program
- Global Village and Foster International Living and Learning Centers
- Overseas Study program in the US Top 10
Would you like to be part of a unique community of U.S. and international students at IU?

Would you like to experience cultures from all around the world?

Apply to live in our diverse community!

FOSTER INTERNATIONAL
LIVING-LEARNING CENTER @ IU
www.fin.indiana.edu

ABOUT US
32 YEARS OLD
NORTHWEST NEIGHBOURHOOD
WORLD CULTURES
LEADERSHIP OPPORTUNITIES

DIVERSE MAJORS
GLOBAL CITIZENSHIP
ANNUAL TRIPS
INTERNATIONAL VISITORS

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IU FIN 2015-2016
INDIANA UNIVERSITY, IUHPFL, AND A BIGGER INTERNATIONAL PICTURE

IU Overseas Study

- 250 programs in 17 languages (including English) in 52 countries!
- Academic Year, Semester, Summer, and Shorter Programs

Part of our identity: We work in collaboration with IU Overseas Study.
IUHPFL Alums at IU

- 58% of IUHPFL alums who come to IU for college study abroad
- This is more than double the participation rate of 25% campus-wide
- IUHPFL alums tend to study abroad for longer
  - 21% academic year
  - 43% semester
  - 31% summer
  - 9% short term
21st Century Education
(American Council on the Teaching of Foreign Languages - www.actfl.org)

Themes:
- **Global Awareness** – by learning other languages, students develop respect and openness to those whose culture, religion, and views on the world might be different.
- **Financial, Economic, Business and Entrepreneurial Literacy** – Those who are able to communicate with others in their native language will naturally feel more empowered to negotiate with those around the world in entrepreneurial activities.
- **Civic Literacy** – Language learners are able to compare and contrast judicial, legislative, and government structures between countries and can better participate in such activities on a global scale.
- **Health Literacy** – they can engage in and impact global discussions on health, the environment, and public safety.
21st Century Education
(American Council on the Teaching of Foreign Languages - www.actfl.org)

Skills:
- Communication – understand and present information and ideas across cultures
- Collaboration – work together across cultures with global team members
- Critical Thinking and Problem Solving – frame, analyze, synthesize information to negotiate meaning and explore problems and issues
- Creativity and Innovation – respond to diverse perspectives and make useful contributions
- Information Literacy – effectively and ethically use various authentic sources
- Technology Literacy – interacting with others around the world
- Flexibility and Adaptability – open-mindedness, risk taking, and exploration of diverse perspectives
- Initiative and Self-Direction – lifelong learning and focus on goals
- Social and Cross-Cultural Skills – developing meaningful friendships and partnerships
- Productivity and Accountability – taking responsibility and actively seeking to develop and grow
- Leadership and Responsibility – inspiring others to be fair, open, and understanding of each other
Desired Outcomes for our Students

- Language proficiency and communication skills
- College readiness and advancement in language courses
- Knowledge of and appreciation for the culture, its history and customs
- Ability to identify, understand, and show respect for a society’s values
- Ability to find and build upon commonalities with diverse people
- Building lifelong friendships and international networks
- Opening doors for future experiences
- Teambuilding skills and group awareness
- Personal and team goal setting
- Experience with international travel and living
- Internalizing the 8 Core Values and striving for excellence
- Learning self-confidence, adaptability, flexibility, self-discipline, accountability, big-picture thinking
- Seeing themselves as part of the host culture and as Global Citizens!
I Love Lucy

https://www.youtube.com/watch?v=Xtbbo_lHqAs
Those talented students – YOU!

- We are a unique one-chance experience – they don’t get another semester to try again.
- We are NOT a language classroom.
- Our participants have already been recognized as Honors Students by their academic performance and character.
- There’s no reason why they shouldn’t have **success** in our program, unless THEY CHOOSE not to.
- Diploma and Award of Excellence should be received by every student who meets basic requirements, because our basic requirements are already VERY CHALLENGING!
- You are educator, mentor, protector, and coach.
- We want them to “fall in love” w/ the culture and identify themselves as part of it.
- You will transform these students into Global Citizens – they MUST be poised for success and believe in themselves when they return to the US!
IUHPFL 8 Core Values - Leading by example

Appreciation: Acknowledging the qualities and kind acts of others
Diligence: Focusing with enthusiasm on goals to improve and grow
Discovery: Being open to new ways of looking at the world and oneself
Empathy: Choosing words and actions that express compassion and create connection
Encouragement: Helping others to reach their goals and see their unique talents
Honor: Acting with integrity in following all aspects of the IUHPFL Honor Code
Respect: Treating others with dignity at all times
Unity: Fostering an All-for-One-and-One-for-All spirit within the team
IUHPFL a Piece of Cake?
IUHPFL a Piece of Cake?

- Average life expectancy ~85 years
- 85 years x 52 weeks = 4420 weeks
- 6 weeks / 4420 weeks = .001
- 1/10 of 1%
- 1 piece of cake!
IUHPFL a Piece of Cake?

Let’s take a closer look!
We are a unique immersion program!

The 3 Pillars of IUHPFL:

- **Academic Focus**: Daily classes, Activities, Excursions
- **Host Family Experience**: Become part of a family and the culture!
- **Language Commitment**: *Live Your Language*!
Award of Excellence

- B+ or higher in all classes
  - Taking into account attitude, effort, improvement
- Afternoon Activities
  - Participation to the best of their ability
  - Attitude
- Following Honor Code
  - 8 Core Values
  - Host Family
  - Language Commitment
  - No Incident Reports
Working with Host Families
Pgs. 51-59 Instructor Handbook

Minimum expectations Students should have for their host family experience:

- Privacy and safety
- If sharing a bedroom, same gender and close to same age
- Breakfast and dinner, snacks
- Cleanliness
- Companionship
- Feeling welcome and included
- Accuracy on Host Family Info Form
- What else?
One of our primary goals is international friendships. We are a bridge between cultures and people.
Site-specific Handbooks

- Be sure to explain quick currency exchange
  - Example: 100 RMB = $15.99 ($16).
  - So, something that cost 50 RMB, equals $8 (.50 x $16).
  - Something that cost 1500 RMB, equals $240 (15.00 x $16).
- Share what typical meal, cup of tea, etc. might cost
- Also address cultural differences: Smoking, meal times, curfews, hand gestures, conversation topics, etiquette, etc.
- Some of you have given explicit detail on excursions – excellent!
What to cover at Student/Guardian Orientation:

• Instructor names and Coordinator Roles
• Photo of OSC and basic info on his/her role
• Unique team identity and vision
• Icebreaker and teambuilding activities
• Facebook page and Blog site
• Circumlocution exercises and fun phrases and activities in the target language
• Overview of Site-Specific Handbooks
• Exchanging, handling, and calculating currency
• How much money they should have available and in what form
• What the climate will probably be like
• What to pack and bring on the airplane
• Overview of courses and afternoon activities
• Typical weekday schedule, including lunch arrangements and evening curfews
• Typical weekend activities with Host Families
• Info regarding Included and Optional Excursions
• The Farewell Show and preparation
• The Host Family Experience – Minimum Expectations, Honor Code, Tips for Success
• How to best prepare themselves for immersion
• Cultural differences and unique aspects of the region
• Support and Success Groups and setting personal and team goals
• Ideas for coping with homesickness, culture shock and host family living
Student Packing Lists in Site-Specific Handbooks

**All Students**
- Passport and 2 copies
- Student ID and Driver’s License and 2 copies of each
- Vitamins and prescription medication
- Travel size sunscreen (more can be purchased)
- Travel size alarm clock
- Batteries/charger for digital camera
- Water bottle
- Backpack for classes and excursions
- Safe place to carry passport and money
- Slippers to wear inside host family home
- Flip flops for public pools/beaches
- Travel size hand-sanitizer to carry at all times
- Small pack flushable baby wipes to carry at all times
- Travel size toiletry articles as needed (more can be purchased)
COMMUNICATION WITH US FAMILY & FRIENDS

- Introduce Guardians to Blog and Facebook page at Orientation in April – their lifelines! 😊
- Upon arrival at program site, PRC emails or calls Office/Loni
- Office/Loni will contact US families
- Students to call home 3rd to 7th day – 10 to 15 minutes only
- 1 hour per week on the Internet after that
- Skyping can happen during the 4th-7th weeks and only during their one hour per week
- Host Families and US Families might want a chance to meet each other
- No smart devices allowed
- Host Families have been asked not to give WiFi password in the home
Medical Insurance for Students and Instructors

Austria, China, France, and Spain:
- HTH Worldwide Insurance
- Optional for Instructors

Chile and Mexico (Coordinated by IFSA-Butler)
- CISI (Cultural Insurance Services International)
- Instructors are automatically and mandatorily covered, as well

- See Medical Reimbursement Form
- Students/US Families must pay for care upfront, file a claim, and be reimbursed
- NO ONE else should pay or offer to pay for medical expenses – consult with the Office, if Student or US Family cannot pay (pg 70 Instructor Handbook)
Emergency Procedures / Crisis Management Review

- Pages 60-62 Instructor Handbook
- Oncourse: Crisis Management Folder

- Review information on your teams
- Summarize main points
- Group discussion / questions
Viña del Mar
China
Hangzhou
France

Austria
Saumur

St. Brieuc

Brest
Graz
Mexico
Mérida
Ciudad Real

León

Oviedo
The Three Pillars of the IUHPFL:

- The Honor Code
  - Key to ‘living the Code:’ understanding the rationale behind it
  - Motivation behind Honor Code twofold:
    - Preserve student health and safety
    - Maximize IUHPFL experience
Highlights of the Honor Code (pgs. 7-15)

- Language Commitment
- Prohibition of the Use of Alcoholic Beverages, Drugs and Tobacco
- Weeknight and Weekend Activities
- Pledge to Adhere to Host Family Norms
- Travel
- Honors Program Pledge to Excellence
IUHPFL Honor Code

> Language Commitment: what does it mean to you?
IUHPFL Honor Code

- Language Commitment: what does it mean to the IUHPFL?
  - All foreign language *all* the time
  - Limited communication with home (one phone call within first week; one hour of internet access a week)
  - No electronic devices, personal cell phones, laptops or tablets
  - Reading and music: in foreign language
  - Writing and journaling: in foreign language
  - IUHPFL cell phone
IUHPFL Honor Code

- Language Commitment: one phone call
  - Within a week of arrival—after three or four days
  - Plan ahead of time as best as possible; be flexible
  - Keep class and activity schedule, time change in mind
  - How do I make this call?
  - What if my parents aren’t home when I call?
  - What if my parents are divorced?
  - Any other calls home?
  - What might this call look (and sound) like?
IUHPFL Honor Code

- Language Commitment: one phone call, after 3-4 days
- But…how will my U.S. family know I made it to my host city?
IUHPFL Honor Code

- Language Commitment:
  - What about Skype or Face Time?
IUHPFL Honor Code

Language Commitment:

What about Internet access?

Once a week for one consecutive hour

Advised for students to use e-mail distribution lists/blog; parents advised to write/respond once a week

One hour of access can be in English, though many prefer to write home in foreign language
IUHPFL Honor Code

- Language Commitment:
  - What about cell phones on departure and arrival day?
  - Two recommendations for both students and guardians, just in case:
    - Enable international plan on U.S. student/guardian cell phones
    - Learn how to make an international call
IUHPFL Honor Code

- Language Commitment:
  - What about the IUHPFL cell phone?
  - Let’s read from the Pre-Departure Handbook, page 12
IUHPFL Honor Code

- Language Commitment:
  - What if there are extenuating circumstances?
  - Student and instructor will know when it is appropriate to resort to English/native language or when a phone call to the U.S. is necessary—examples to follow
Communication Scenarios

- Inevitably, situations will arise in which students and guardians may need to be in contact for more than the Language Commitment allows.
- What follows are scenarios that have arisen in the past and how the IUHPFL requests to handle them (pg. 33).
Financial Issues, Banking Problems

➢ Students may experience problems accessing funds. This may be due to various reasons, including finicky ATM machines, wrong PIN numbers, trying to withdraw more money than the bank limit allows, etc.

➢ In this case, the following communication is required:
Financial Issues, Banking Problems

- IUHPFL student will contact →
- Instructor team, who will investigate the problem with the student. If unresolved, the instructor team will contact →
- Guardian, copying the IUHPFL Office

*Note:* It may be necessary for the guardian to call the bank on the student’s behalf.
Financial Issues, Banking Problems

- Most student meals and all lodging is covered by Program fees, thus students immediate needs (food and lodging) will already be met. While the IUHPFL recognizes that students will want to have money on hand for souvenirs and snacks, a student’s inability to withdraw money for such purposes is not considered an emergency, thus should not be handled as such.

- The IUHPFL does recommend students carry a credit card in case any extenuating financial circumstances arise.
Health or Safety Issue Abroad

- In case the student has a health or safety issue abroad, the following communication is required:
- Onsite instructor team will phone or e-mail
- Guardian, copying the IUHPFL Office
Health or Safety Issue in the U.S.

- In the event the student’s U.S. family experiences a health or safety issue that needs to be communicated to the student abroad, the following communication is required:
  - Guardian/family will phone or e-mail →
  - IUHPFL Office who will contact →
  - Instructor team who will contact →
  - Student
Infractions of the Honor Code

- The Honor Code is an integral part of the Program and students are expected to follow all norms. If a student fails to follow the Honor Code and an incident report is written up, the U.S. family/guardian will be contacted as follows:
  - Instructor team will e-mail
  - Guardian/Family, copying the IUHPFL Office
What About a Warning?

- If the student receives a warning for a breach in the Code, no communication with the U.S. guardian will take place. Part of the Program’s goal is to teach students to take responsibility and be accountable for their own actions. Warnings are dealt with onsite between the student, onsite instructors and the host family, if applicable.

- *It is important to note that for certain infractions of the Honor Code, no warning will be issued, rather an incident report will be written up immediately.*

- What kind of activity does/does not constitute a warning?
Guardian Communication

- Guardians should *always* communicate through the IUHPFL office if they wish to get in touch with the onsite instructor or their son/daughter outside their students’ hour of Internet. They should communicate as follows:
  - Guardian/U.S. Family will contact ➔
  - IUHPFL Office, who will contact ➔
  - Instructor team, who will contact ➔
  - Student
  - Guardians should include Stephanie Goetz *and* Jillian De Haan in all e-mail correspondence

*See pg. 3!*
Guardian Communication

- Why the preference for guardian communication to go through IUHPFL office?
Because instructors have their hands full!

- Inside of classroom: teachers, classroom managers
- Afternoon activities: theater and choir directors, extracurricular coordinators
- Outside of classroom: mentors, guidance counselors, big brothers/sisters, chaperones, nurses, event planners
- Administrators: public relations coordinators, financial coordinators, student coordinators, logistics coordinators
- With respect to host families: cultural brokers, mediators
- On excursions: tour guides, organizers, sheepherders
- See more on page 53
Guardian Communication

- But…how will I know my son/daughter is okay?
  - His/her communication to you once a week
  - Instructor blogs
  - When in doubt…contact IUHPFL Office
  - *Remember…no news is good news!*
IUHPFL Honor Code

- Language Commitment: the motivation behind everything we do!

  - Why such restrictions?
    - All language all the time = results. It works!
    - Limited contact: avoid tendency to homesickness
    - Personal accountability
  - And... you signed up for it, remember?
IUHPFL Honor Code

- Prohibition of the Use of Alcoholic Beverages, Drugs and Tobacco
  - Motivation behind this? Simple: it impairs your judgment.
  - What are the two main causes of tragedy abroad?
  - You can do this when you go abroad in college—but not now.
IUHPFL Honor Code

- Weekend and weeknight activities
  - Motivation behind this?
- Do we have free time?
  - Onsite: yes, after classes and before curfew, as long as:
    - Your host family has been informed of your whereabouts and
    - You are in a group of three people
  - On excursions: ‘supervised free time’
IUHPFL Honor Code

➢ Pledge to Adhere to Host Family Norms:
  ➢ Live as ‘one of the family,’ but don’t forget…
  ➢ …to observe carefully!
  ➢ …to pick up after yourself!
  ➢ …to ask before taking from the fridge!
  ➢ …to keep showers to a minimum!
  ➢ …to ask before picking up the phone!
  ➢ …to conserve energy!
IUHPFL Honor Code

➢ The Host Family Experience
  ➢ But…what if
    …we have a major misunderstanding?
    …they talk too fast?
    …we don’t get along?
  ➢ The solution to any and all problems is…communication!
IUHPFL Honor Code

- The Host Family Experience (pgs. 15-19)
- In the event that a student experiences difficulties with the host family, the following course of action is recommended:

1. Consider filling out and submitting to the instructor team a **Host Family Inventory Form**. This form will be available in hard copy to the student by the onsite instructor team and is meant to guide the student’s thoughts regarding the issue(s) he/she may be having with his/her host family, what measures have already been taken to improve the situation and what course of action should be taken next.

2. Discuss the issue with the host family. The host family will appreciate the student’s honesty and attempt to communicate openly with them.

3. If talking with the host family directly does not resolve the issue, or if a student needs assistance with how to address the issue with the host family, these concerns should be raised with the instructor team. Students should seek the help of the student coordinator, or any staff member with whom they feel comfortable. If necessary, an onsite instructor can visit with the student and host family to help mediate the situation.
IUHPFL Honor Code

- The Host Family Experience (pgs. 15-19)
- A student who has difficulties with a host family, should be mindful of communicating these difficulties to the U.S. family and friends before addressing the issue with the host family and/or the instructor team. The host family and instructor team should be aware of any difficulties before the U.S. family and friends hear about them. The host family and instructor team, with the help of the onsite coordinator, will aim to resolve the issue quickly

- Why?
• Host family changes are rare. Should a student face difficulties with their host family, they are asked to follow the previously outlined protocol. If after talking with their host family directly and after seeking out the help (and possible mediation) of the instructor team and/or onsite coordinator, incompatibilities and miscommunications persist, then the option of changing host families can be explored. A host family change should happen only as a last resort, and ideally should be agreed upon by all parties (the student, onsite team and host family).

• Students and guardians should expect that students will take anywhere from a few days to a few weeks to feel fully comfortable in a host family home. Therefore, the IUHPFL strongly encourages students to spend at least a week (i.e., enough time to follow the previously outlined protocol) with their host family before making the request to explore a host family change.
IUHPFL Honor Code

IUHPFL Policy Regarding Host Family Changes (p. 18)

Grounds for host family changes can include:

- Student’s physical health or well-being is in jeopardy
- Severe incompatibility of personalities (between student and host family)
- Severe incompatibility of personalities (between two IUHPFL roommates)
- Severe lack of communication between the student and family
- Host family’s lack of time to accommodate student (i.e., student spends most of his/her free time, meals, etc. alone)
- Host family’s failure to abide by Host Family Guidelines and/or honor the norms of the Honor Code
- Inappropriate behavior of host family members towards student or vice versa
IUHPFL Honor Code

➢ Travel

➢ Unaccompanied travel prohibited
➢ Should not be going anywhere alone…period!
  ➢ IUHPFL’s ‘Rule of 3’ (also part of the Honor Code!) whenever possible
➢ Able to travel with host family provided instructor team has been informed and you do not miss classes, *but do not expect it*
➢ No need for travel…IUHPFL excursions
➢ Students not permitted to host U. S. or international family or friends while onsite
➢ Program’s ‘end’=the day of the return to the U.S.
IUHPFL Honor Code

- Pledge to Excellence
  - Positive attitude
  - Maximize experience within the structure of the Program
- A *successful* IUHPFL experience calls for going *above and beyond* expectations and *stretching* you *beyond* your comfort zone
IUHPFL Honor Code

In the IUHPFL model, the strength of the Program as a whole is only as strong as its individual constituents—and vice versa. This means that the pledge to adhere to the Honor Code is as much a group pledge as it is an individual pledge. Consequently, in making the pledge, the IUHPFL student not only agrees to fulfill the pledge him or herself, but also agrees to hold his or her peers accountable for maintaining the pledge as well.
IUHPFL Honor Code

➢ Since the IUHPFL expects students to hold one another accountable for their actions, students should take action as follows:

➢ Should one student witness another student deviate from the Honor Code, students who witness deviant behavior should first talk with his or her classmate to ask him/her to immediately stop the deviant behavior.

➢ Should the deviant behavior persist over time, the witnessing student is asked to report the behavior to the instructor team, which can be done anonymously to protect his/her identity.

➢ In the IUHPFL model, the student to witness the behavior is considered an accomplice to the deviant behavior if s/he does not take appropriate measures to help put an end to such behavior.
IUHPFL Honor Code

➢ Why is group accountability so important?
➢ How does it affect ME if others do not follow the Code?
➢ Time for a case study!
IUHPFL Honor Code

- It is also important to note that the actions of the majority may sometimes affect the whole group. In the event that the Honors Code is violated by a large number of students collectively, the consequences may apply to the entire group of students. For this reason, students are highly encouraged to hold one another accountable for their actions and for adherence to the Honor Code.

- Time for...another case study!
IUHPFL Honor Code

- Incident Reports:
  - Are recorded in the student’s Final Evaluation
  - Warning: no report filed
  - Some situations may not constitute a warning—and will warrant skipping directly to an Incident Report
  - Egregious offense to the Honor Code result in:
    - One or multiple incident reports (possibly at once!)
    - Possible expulsion from the Program
- Do you remember the refund policy if expelled from the IUHPFL?
  *If you are expelled from the Program, no fees or costs will be refunded. You will also be expected to cover the additional expenses incurred related to the necessary arrangements to change your immediate return flight home.*
- Let’s return to our case study…
IUHPFL Final Evaluation

- Evaluated in terms of:
  - Classroom performance, afternoon activities and excursions
  - Assimilation to host family and culture at large
  - Adherence to the Honor Code
  - Attitude, progress, effort

- All students who successfully complete the Program will earn an IUHPFL Diploma
Student Expectations

- Regarding the Honor Code
  - Language Commitment will likely be hardest part of Honor Code for students
    - Classes
    - Living with a host family
    - What can you do now to prepare?
  - The rest is…common sense!
- Group accountability: build a solid foundation…starting *today*
Student Expectations

Regarding the Academic Focus

- Difficulty of classes
- Varying levels of ability
- Homework load
- Classes will likely be the most familiar and comfortable part of the Program for you
Student Expectations

- Regarding the Host Family Experience
  - ‘A second family’
  - Your ‘ideal’ family
  - The ‘typical’ family; ‘typical family life’
  - A possible roommate? Two possible families?
  - Your PIF
  - When expectations don’t meet reality…
    - Time for another case study!
  - Even if your host family experience isn’t what you expected…
Student Expectations

Regarding the overall experience

- Beware of the ‘F’ word…
- Be careful not to compare experiences
- Be mindful of the alumni you will hear from today – final ‘product’ vs. process
IUHPFL’s expectations

- An ‘Honors’ Program—who are you all?
- This will take you out of your comfort zone…and that’s an understatement.
- This will be one of the toughest things you’ve ever done…and that’s an understatement.
- But…
  - …you have help!
  - …you are not alone!
IUHPFL’s expectations

- Students’ support systems (pgs. 19-24):
  - 1.
  - 2.
  - 3.
Students’ support systems:

1. Peers
2. Onsite instructor team
3. Host Family

Who is missing from this list?

Support Groups

- Once a week
- Willingness to listen and share
- Tolerance for emotion

Why is this ‘hard?’
Student Support System and Communication Flow (pg. 24):
How can guardians support students from afar?

- Show confidence in student pre-departure and throughout Program
- Respond to the one communication per week (and no more!)
- Trust in IUHPFL system
- Two things to avoid:
  - Sending packages
  - Sharing host family contact information with others
Guardians’ support systems:

1. Other IUHPFL guardians
2. Site-specific blogs
3. IUHPFL Office (use us, but don’t abuse us!)
One last word about expectations…

- You can expect:
  - To be homesick.
  - To go through culture shock. Twice!
  - To initially question why you wanted to do this in the first place.
  - To be alternately bored and busy.

Pg. 52
One last word about expectations…

- You can expect:
  - To struggle with the language.
  - To have a rough few first days, maybe even weeks—and if you arrive on the weekend, it may be even tougher!
  - Book, journal, cards, scrapbook, something from home

- To have an experience that will teach you more than you know—especially about yourself!
Our goals for you are…

- To increase your linguistic abilities
- To challenge you academically
- To increase your cultural competence
- To help you strive towards global citizenship
- To help promote in you personal growth, maturity & independence
Before you go, think about:

- Setting some goals for yourself
- How will you go about accomplishing those goals?
- Keep a journal chronicling your goals and how you have worked to accomplish them (in the language, of course!)
- Anticipate (pre-departure) vs. Participate (abroad)
About your personality type:

- The IUHPFL is a Program for all personality types—but different personality types need to be aware of challenges specific to them:
- Challenges for outgoing students
- Challenges for introverted students
- Regardless of personality type, one thing remains clear: you must find a way to communicate and express yourself well to maximize the IUHPFL experience
Let’s renew our Pledge!

- Two parts:
  1. Student and Guardian
  2. Student to Student
Instructor teams—who are you?
Ready, set, go!