

On Campus Resources

For Understanding And Coping With Reintegration And Beyond

The return to Colby can be overwhelming. The demands of classes, career planning, and reconnecting with family and friends can leave you feeling exhausted or stressed. Reverse culture shock can generate feelings of alienation, depression, apathy, or the sense that college has lost its meaning.

Mental Health

If you are having a hard time finding people to listen or you are confused by your own feelings, the staff at the Counseling Center is available to help you reflect on and talk about your experience. The Counseling Center is staffed by counselors who are trained to help you understand and work through your personal concerns. The key to moving past these emotions is understanding their source.

Physical Health

Returning from study abroad is a time of transition and bouts of diarrhea, colds, and other minor discomforts are common. Scheduling a checkup with a family physician or the Health Center is always a good idea and especially encouraged if you returned from a developing country or are experiencing more than the minor discomforts. Don't take any risks with your health!

On-Campus Contacts

The Faculty, Staff, and Students listed on the **On-Campus Contact List For Students Returning From Abroad** have volunteered their openness to talk to students on a variety of personal, academic, or career-related issues. Don't hesitate to reach out to them or others on campus.

See list at http://www.colby.edu/academics_cs/ocs/students/returning-to-campus.cfm

Other Resources

Much has been researched and written about the re-entry phenomenon. You can access these resources for understanding and discussion via the Colby library and OCS website

http://www.colby.edu/academics_cs/ocs/students/re-entry-challenges-and-reverse-culture-shock.cfm

- Videos on re-entry
- Articles and books on re-entry and reverse culture shock
- Websites on cultural understanding

Plan To Go Back!

- Go abroad again for Jan Plan or Summer
- Research international Scholarships and Fellowships
- Consider graduate study abroad
- Work, teach or intern abroad after graduation

(See Off-Campus Study and Career Center for information, databases and lists of opportunities)

Counseling Services:

Location: Garrison-Foster Building, 2nd Floor

Phone number: (207)859-4460

Hours: Monday-Friday 8:30am-4:30 when school is in session.

Make an Appointment:

http://www.colby.edu/administration_cs/counseling/hours.cfm

ON-CAMPUS CONTACT LIST FOR STUDENTS RETURNING FROM ABROAD

The individuals listed below have volunteered their openness to talk to students. Don't hesitate to reach out to them or others on campus.

Hideko Abe (East Asian Studies-Japanese)
Joe Atkins (Dean of Students)
Kim Besio (East Asian Studies)
Todd Borgerding (Music)
Tashia Bradley (Dean of Students)
Audrey Brunetaux (French)
Michael Burke (English)
Gail Carlson (Environmental Studies)
Johanna S. Clift (English Department)
Cathy Collins (Biology)
Ellen Doble (Admissions)
Nancy Downey (Off-Campus Study)
Patrice Franko (Global Studies)
David Freidenreich (Religious Studies)
Arthur Greenspan (French)
Natalie Harris (English)
Walter Hatch (Government)
Eric Johnson (Counseling Center)
Paul Johnston (Dean of Students)
Kristina Katori (Athletics, softball coach)
Kim Kenniston (Campus Life)
Arne Koch (German)

***"I never experienced as much culture shock as when I returned to the US in 1999 after living for three + years in Japan".
Walter Hatch (Government)***

***As an anthropologist, who has built a career around having and understanding such experiences of alienation, I'd be happy to talk to students.
Maple Razsa (Anthropology)***

James Kriesel (Italian)
Maggie Libby (Art, Special Collections)
Laura Meader (Alumni Relations)
Sue McDougal (Dean of Students)
Luis Millones (Spanish & Latin American Studies)
Mary Beth Mills (Anthropology)
Juliette Monet (Off-Campus Study)
Barbara Moore (Dean of Students)
Kurt Nelson (Dean of Students, Religious and Spiritual Life)
Kelsey Park (Colby Class of '14)
Tarja Raag (Psychology)
Maple J. Razsa (Global Studies)
Katie Sawyer (Health Center)
Sandra Sohne-Johnston (Admissions)
Teresa Spezio (Environmental Studies)
Judy Stone (Biology)
Mark Tappan (Education)
Winifred Tate (Anthropology)
Jed Wartman (Campus Life)
Vivian Wood (Modern Languages Department)
Jing Ye (Counseling Center)