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Annotated Bibliography: Results of experiencing or adapting to a new culture

**Berdan, Stacie, Allan Goodman, and Cyril Taylor. *A Student Guide to Study Abroad*. Cork: BookBaby, 2013. Internet resource.**

According to this book, individuals who want to succeed in the modern global economy must study abroad. This aspect will provide them with first-hand experience on how the world thinks. They need to experience culture shock and other re-entry problems. However, it is imperative to understand that studying abroad is not easy as some tend to think. Culture shock is a nightmare to most people who find themselves in foreign nations. As a matter of fact, most international students spend most of their first year to study the culture of the host nations. In the process, they end acquiring new language and cultural values. Additionally, they get the perspectives of different people on various global issues such as trade. With this knowledge in place, they can interact with everyone they come across.

**Brislin, Richard W. *Working with Cultural Differences: Dealing Effectively with Diversity in the Workplace*. Westport, Conn: Praeger, 2008. Print.**

According to this book, adapting to a new culture is usually a tiresome affair. Here, a person has to change the phrases and terms he uses to communicate with others and how to behave in different situations. In most instances, individuals make numerous mistakes while trying to adapt to a new culture. However, the mistakes end up being important learning lessons. This is because they equip individuals with the knowledge and skills they need to interact with people coming from different cultural groups. This implies that the experience of adapting to a new culture provides numerous benefits to individuals. The book goes on to argue that adapting to new culture prepares individuals psychologically to handle the various cultural dilemmas they face at their workplaces. This preparedness allows individuals to have great working relationship with their colleagues.

**Crosby, Cathryn, and Frederick Brockmeier. *Community Engagement Program Implementation and Teacher Preparation for 21st Century Education*. , 2016. Internet resource.**

From this book, we learn that people tend to feel excited about their new surroundings. However, the cultural differences lead to some level of discomfort. The latter is brought about by lack of knowledge on what one is expected to act and behave as outlined by the principles of the new culture. The book goes on to claim that the discomfort facilitated by the new culture is the major reason why people experience culture shock when they enter new societies. For this reason, it is imperative that individuals prepare themselves psychologically to deal with the challenges brought about by culture shock. For instance, they can some features of the new culture, thus diversifying their cultural knowledge.

**Cox, Taylor. *Cultural Diversity in Organizations: Theory, Research, and Practice*. San Francisco, Calif: Berrett-Koehler, 1993. Internet resource.**

According to this book, globalization is the driving force behind the increased diversity in the modern workplace. Besides organizations, the world is also becoming extremely diverse along various dimensions such as nationality, gender, sexual orientation, and nationality. The book proves this notion by highlighting the diverse nature of the United States society. The emergence of gay communities across the world is the other thing that is having a significant impact on diversity. Today, some societies like the U.S. have accepted these communities while others are yet to do so. When an individual whose society is yet to embrace homosexuality enters the U.S., he or she is likely to be shocked by how gays are treated. However, the experiences will enhance his or her cultural diversity, thus changing perspectives of individuals that have different sexual orientations to his or hers. This aspect will enable the individual to work well with colleagues from different cultural groups, thereby creating harmony at the workplace.

**LeFever, Marlene D. *Creative Teaching Methods*. Colorado Springs, Col: NeXgen, 2004. Print.**

This book provides us with an insight on what missionaries go through when they go into a new culture. One of the things that the missionaries encounter is culture shock. However, experiencing culture shock is not as bad as most people think. As a matter of help, it enables individuals to empathize with the members of the new society. At the same time, culture shock provides individuals with the opportunity to learn about the new culture. This is because individuals become intrigued by their experiences, thus wanting to know more about the norms and ways of life of the new society. At the end of the day, they are able to learn new languages and customs which they use to enrich their own lives.

**Pedersen, Paul, Walter J. Lonner, Juris G. Draguns, Joseph E. Trimble, and Río M. R. Scharrón-del. *Counseling Across Cultures*. , 2015. Internet resource.**

According to this book, adapting to a new culture depends on the nature of social support individuals receive. Here, the host national support provides individuals with instrumental support. For instance, the host national can teach new comers their language and norms, aspects that are very important in adapting a new culture. At the same time, individuals finding themselves in a new society need emotional assistance to overcome the various challenges individuals face when they find themselves in new cultures. They are likely to get emotional support from ethnic social networks. The support from the two groups allows individuals to acquire new cultural aspects while retaining their own values and principles. Perhaps this is the reason why the various ethnic and racial groups in the United States retain their distinct characteristics despite embracing the American culture.

**Stallard, Michael L, Jason Pankau, and Katherine P. Stallard. *Connection Culture*. , 2015. Internet resource.**

According to this book, people need six universal needs to thrive in the world: recognition, respect, autonomy, personal growth, meaning, and belonging. If the above-mentioned aspects are not met, the nervous system usually responds through fear and anger. When individuals move into foreign nations, they usually feel angry and afraid about their well-being. This is because they have no one to interact with, majorly as a result of the language barrier or cultural differences. This experience is so daunting that some individual think about going back home. To deal with the challenges that come with moving to a new culture, individual begin learning the language of the host nation and various norms. In the process, individuals end up learning new languages and cultural values and expectations, aspects that enrich their cultural knowledge. Cultural diversity is a competitive advantage in the modern day society as it enables individuals to interact effectively with others from different cultural groups either on online or physical platforms.

**Thielking, Monica, and Mark D. Terjesen. *Handbook of Australian School Psychology: Integrating International Research, Practice, and Policy*. , 2017. Internet resource.**

According this book, children that are linguistically and culturally diverse find it easy to adapt to the culture of the new country and acquiring a new language. However, they are also likely to experience the various challenges that people face when they find themselves in a new country. The book gives the example of refugee children who are likely to find it extremely difficult to adapt to the acclimating routines and adjusting to the new type of discipline they are required to have, especially when they attend schools of the host nation. The book goes on to claim that children tend to experience when they enter a new society. This is because they do not know the norms of the new society, thus not knowing what to do in different situations. However, assimilation allows them to feel part of the new society and culture, thus learning a new language and various ways of life.

**Tilburg, Miranda A. L, and A J. J. M. Vingerhoets. *Psychological Aspects of Geographical Moves: Homesickness and Acculturation Stress*. Amsterdam: Amsterdam University Press, 2005. Print.**

According to this book, geographical moves have both positive and negative experiences. This is because individuals are far away from home, thus likely feel lonely as he does not have his family and friends. At the same time, individuals tend to struggle with expectations of the new culture. From the book, we see that one of the major challenges that face individuals who are in foreign nations, for instance international students is home sickness. At the same time, people in new cultural experience immense struggles with the new language and in some occasion racial and ethnic discrimination. These experiences equip individuals with the skills they need to survive in the harsh world. For instance, loneliness and homesickness provide individuals with the urge to find new friends, thereby enhancing the growth and development of their interpersonal skills.

**Vande, Berg M, R M. Paige, and Kris H. Lou. *Student Learning Abroad: What Our Students Are Learning, What They're Not, and What We Can Do About It*. Sterling, Virginia: Stylus Publishing, LLC, 2012. Print.**

According to this book, international students benefit immensely from their struggles to adapt to a new culture. Once the students are admitted into their academic institutions in foreign nations, they come across different people. For this reason, they cannot practice their culture completely as they have to accommodate others around them, particularly their classmates and professors. In the beginning, they tend to struggle to adapt to the new cultural expectations and social norms imposed on them. These struggles lead to them developing cultural competence. If international students assimilated into the new society seamlessly, they would be culturally insensitive. This is because they would not understand the struggle which individuals face when they are required to act and behave in a manner they are not used to. Therefore, the struggles provide them with knowledge on how to interact with those that have different cultural values and beliefs.

Works Cited

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