Culture Shock is Good for You

Diagnosing the Symptoms	
	Culture Shock: based on what you have heard/read/experienced, how you would you define it?
	What "symptoms" have you experienced already? What "symptoms" are you expecting to come?
•	Cultural Integration: What is your image of this term? What are your feelings about it?
<u>Pro</u> ■	Name the one thing that bothers you most about Japan:

Name the 2nd and 3rd place contenders:

Understanding Your Comfort Zone

■ What do you miss most about your home country?

•	What was your favorite activity back home?
•	For dealing with stress, what activities did you turn to back home?
<u>Re</u>	covering through Adaptation What were you most looking forward to about living in Japan?
•	What is your favorite activity here in Japan?
•	To deal with stress now, what activities do you turn to in Japan?
<u>Im</u>	munity through Integration What do you like most about Japan?
•	What bothers you most about your home country?