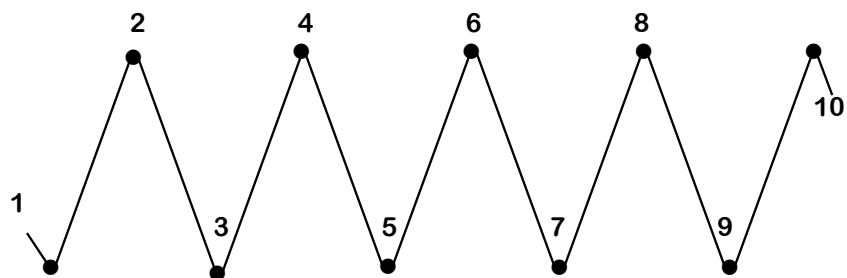


# Rhinesmith's Ten Stages of Adjustment



- |                           |                               |
|---------------------------|-------------------------------|
| 1. initial anxiety        | 6. acceptance of host culture |
| 2. initial elation        | 7. return anxiety             |
| 3. initial culture shock  | 8. return elation             |
| 4. superficial adjustment | 9. re-entry shock             |
| 5. depression-frustration | 10. reintegration             |

This roller coaster ride is a natural pattern of valleys and peaks, where excitement and interest are succeeded by depression, disappointment, and frustration. The intensity of the ups and downs depends upon the individual, as does the length of time an individual spends in each stage. It is important to realize that this process is both natural and inevitable. The final stage is optimum adjustment to the transition from the home culture to the host culture.

TIME	GENERAL ATTITUDES/FEELINGS	SIGNIFICANT EVENTS	EMOTIONAL RESPONSES TO EVENTS	ATTITUDINAL & BEHAVIOURAL RESPONSES TO EVENTS	PHYSICAL RESPONSES TO EVENTS
AT HOME	anticipation	Planning, packing, partying	Excitement, enthusiasm, some fear of unknown, concern about leaving family, home, and friends	Anticipation; loss of interest in current activities	Weariness, normal health
1st MONTH	exhilaration	Welcomes; new housing, school, colleagues, sights, shops; <u>orientation, begin classes</u>	Sense of mission/purpose; tourist enthusiasm	Curiosity about nationals, avoidance of negative stereotypes, enthusiasm for classes/colleagues	Intestinal disturbances; minor insomnia
2nd MONTH	Bewilderment, restlessness; impatience, disenchantment	Beginning of classes; unfamiliar sounds, smells, foods, <u>languages; term papers, quizzes</u>	Qualms, uncertainty, restless, irritable; search for familiar activities; some withdrawal; increase in alcohol consumption; smoking; loudmouthed	Neutral toward environment; skepticism, frustration; question values of others & self; much stress on family members	Colds, headaches, too many sick calls
3rd MONTH	Discouragement, irritability	Cut down or stop language study, look for "secure" recreation; <u>mid-term, grades</u>	Discouragement, bewilderment, concern for sanitation, homesickness	Avoid contact with local people, withdraw, become hostile, antagonistic; fear theft, injury, invoke stereotypes	Minor illness
4th/5th MONTH	Gradual recovery	Acceptable class performance, <u>finals</u>	Interest in new, or culture resignation	Constructive attitudes, accommodation	Normal health
6th MONTH	normal	Normal class performance, new term	equilibrium	equilibrium	