

**Topic:**

Culture Shock

**Reading Resource:**

Cultural Adjustment (PennState) ([Link](https://global.psu.edu/article/cultural-adjustment))

**Discussion Guide:**

1. Did you experience culture shock when you arrived in the United States? How did you deal with it?
2. What were some expectations you had about life in the United States before you arrived?
3. Which expectations were proven false?
4. Which expectations were proven true?
5. What are some of the major differences you've noticed between your home culture and the culture here?
6. What aspects of our culture have you found humorous as you've adapted? Why?
7. What aspects of our culture have you found difficult to adjust to? Why?
8. If you had to explain your culture to an American, what are some of the biggest things you'd want to address? What would be the most important thing for an American to know?
9. Do you have any questions about American culture? (Feel free to use this information to have further conversations!)