

A Support International Students Can Rely On

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Traveling to a foreign country with the intent of staying for an extended period is an anxiety-provoking experience for most people. For you, as parents who are sending their children abroad, the anxiety can be magnified because you are sending your children to a foreign place about which they may know little or nothing. Your worries are likely to range across a variety of concerns such as whether your children will be able to find a place to live, will adjust to their new environment, whether they will make friends, whether they will be able to succeed academically, and so on. Your worries are not unfounded given that starting college is a highly stressful situation in and of itself, and for international students who are also facing the additional stress of living in a new country, the stress they experience can often be overwhelming.

Students seek out many sources of support as they adjust to life in a new country and society. Some of these sources are informal such as student groups or organizations that they can join voluntarily, friendship groups, professors with whom they have rapport etc. However, international students can also seek out formal sources of support such as their academic advisors. The university also offers professional counseling and support through the Counseling and Psychological Services (CAPS). International students can meet with professional counselors who are trained to work with a wide range of psychological and emotional issues such as roommate problems to relatively more serious concerns such as depression and anxiety that may be hampering academic and social success for the student.

Services offered at CAPS are confidential so you and your children can rest assured that whatever is discussed between a counselor and a student will not be discussed outside of the session unless the student chooses to do so or is threatening self harm or harm to someone else. Also, the fact that an international student is seeking counseling will in no way affect his/her visa status or ability to stay in the USA for his/her education.

Although the primary language spoken is English, counseling services are also offered in other languages such as Spanish, Hindi, Bengali, German, Gujarati and Urdu. We also have counselors who have knowledge and expertise in concerns that are unique to and impact international students differently than students from the USA.

For more information about our staff, and the nature and kind of services offered at CAPS, we invite you to look at our website. All of us at CAPS wish you and your children the very best as they embark on this new and exciting phase of their life!

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