# Phases of Adjustment

<table>
<thead>
<tr>
<th>General Attitudes &amp; Feelings</th>
<th>Significant Events</th>
<th>Emotional Responses to Events</th>
<th>Attitudinal and Behavioral Responses to Events</th>
<th>Physical Responses to Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>At Home</td>
<td>anticipation</td>
<td>excitement enthusiasm; some fear of unknown; concern about leaving family home and friends</td>
<td>anticipation; loss of interest in current activities</td>
<td>weariness; normal health</td>
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<tr>
<td>1 month</td>
<td>exhilaration</td>
<td>welcomes new housing, school, colleagues, sights, orientation, beginning classes</td>
<td>sense of mission and purpose; tourist enthusiasm</td>
<td>curiosity about nationals; avoidance of negative stereotypes; enthusiasm for classes</td>
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<tr>
<td>2 months</td>
<td>bewilderment</td>
<td>beginning of classes; unfamiliar sounds, smells, foods, language; term papers, quizzes</td>
<td>qualms; restless, uncertainty; search for familiar activities; some withdrawal; increase in alcohol consumption</td>
<td>neutral toward environment; skepticism; frustration; question values of others and self; much stress on family members</td>
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<tr>
<td>3 months</td>
<td>discouragement</td>
<td>cut back or stop language study; look for &quot;secure&quot; recreation; mid-terms, grades</td>
<td>discouragement; bewilderment; concerns about sanitation; homesickness</td>
<td>avoid contact with local people; withdraw; fear theft and injury; invoke stereotypes</td>
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<tr>
<td>4/5 months</td>
<td>gradual recovery</td>
<td>acceptable class performance, finals</td>
<td>interest in new activities or cultural resignation</td>
<td>constructive attitudes, accommodations</td>
</tr>
</tbody>
</table>

- At Home:
  - Anticipation
  - Planning
  - Packing
  - Partying

- 1 month:
  - Exhilaration
  - Welcomes new housing, school, colleagues, sights, orientation, beginning classes

- 2 months:
  - Bewilderment
  - Restlessness
  - Impatience

- 3 months:
  - Discouragement
  - Irritability

- 4/5 months:
  - Gradual recovery
  - Acceptable class performance, finals

- Physical Responses:
  - Weariness
  - Normal health
  - Intestinal disturbances
  - Minor insomnia
  - Colds
  - Headaches
  - Some have too many sick calls
  - Minor illnesses
| 6 months | normal | normal class performance | equilibrium | equilibrium | normal health |

Source URL: https://internationalcenter.umich.edu/resources/life/phases-adjustment