### Phases of Adjustment

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

**General Attitudes & Feelings**
- **At Home**: anticipation
- **1 month**: exhilaration
- **2 months**: bewilderment; restlessness; impatience; disenchantment
- **3 months**: discouragement; irritability
- **4/5 months**: gradual recovery

**Significant Events**
- **At Home**: planning, packing, partying
- **1 month**: welcomes new housing, school, colleagues, sights, orientation, beginning classes
- **2 months**: beginning of classes; unfamiliar sounds, smells, foods, language; term papers, quizzes
- **3 months**: cut back or stop language study; look for "secure" recreation; mid-terms, grades
- **4/5 months**: acceptable class performance, finals

**Emotional Responses to Events**
- **At Home**: excitement enthusiasm; some fear of unknown; concern about leaving family home and friends
- **1 month**: sense of mission and purpose; tourist enthusiasm
- **2 months**: qualms; restless, uncertainty; search for familiar activities; some withdrawal; increase in alcohol consumption
- **3 months**: discouragement; bewilderment; concerns about sanitation; homesickness
- **4/5 months**: interest in new activities or cultural resignation

**Attitudinal and Behavioral Responses to Events**
- **At Home**: anticipation; loss of interest in current activities
- **1 month**: curiosity about nationals; avoidance of negative stereotypes; enthusiasm for classes
- **2 months**: neutral toward environment; skepticism; frustration; question values of others and self; much stress on family members
- **3 months**: avoid contact with local people; withdraw; fear theft and injury; invoke stereotypes
- **4/5 months**: constructive attitudes, accommodations

**Physical Responses to Events**
- **At Home**: weariness; normal health
- **1 month**: intestinal disturbances; minor insomnia
- **2 months**: colds; headaches; some have too many sick calls
- **3 months**: minor illnesses
- **4/5 months**: normal health
| 6 months | normal | normal class performance | equilibrium | equilibrium | normal health |

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