



Going Home

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Overview

Experience
in Australia

Thoughts
on going
home

What to
expect
when you
go home



Experience of Australia

- What were the highlights?
- What were the worst parts?
- What was it like when you first arrived?



Experience of Australia

- What's changed since you came here?
 - Priorities
 - Values
 - attitudes
- What have you achieved since you came here?
 - Personally
 - Academically





Going home

- What are you thinking?
- What do you have to do before going home?
- How are you feeling?



What are you expecting?

- From family?
- From friends?
- Culture?
- Professionally/ academically?



Reverse Culture Shock

- Idealised view of home
- Expectation of total familiarity – nothing changed while you were gone.





Feelings

- Disengagement
- Initial Euphoria
- Irritability & Hostility
- Readjustment and adaptation



Tips

- Keep Busy
- Social activity
- Maintain relationships
- Shared experience
- Access Support
- Exercise
- Get involved in your community





Self-Care

- Refuel
 - Refuel yourself so you can keep going
 - Reward yourself for trying
- Relaxation/ mindfulness
 - Apps and Online resources
 - <https://uonblogs.newcastle.edu.au/onlinecounselling/reviews/>
 - Mindfulness Groups / Yoga classes
- Healthy living
 - Eating well
 - Exercising
 - Sleep patterns
 - Limiting alcohol intake
- Have Fun
 - A balanced lifestyle often means more effective use of time



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