

TRANSITION GUIDE

FOR SECONDARY STUDENTS

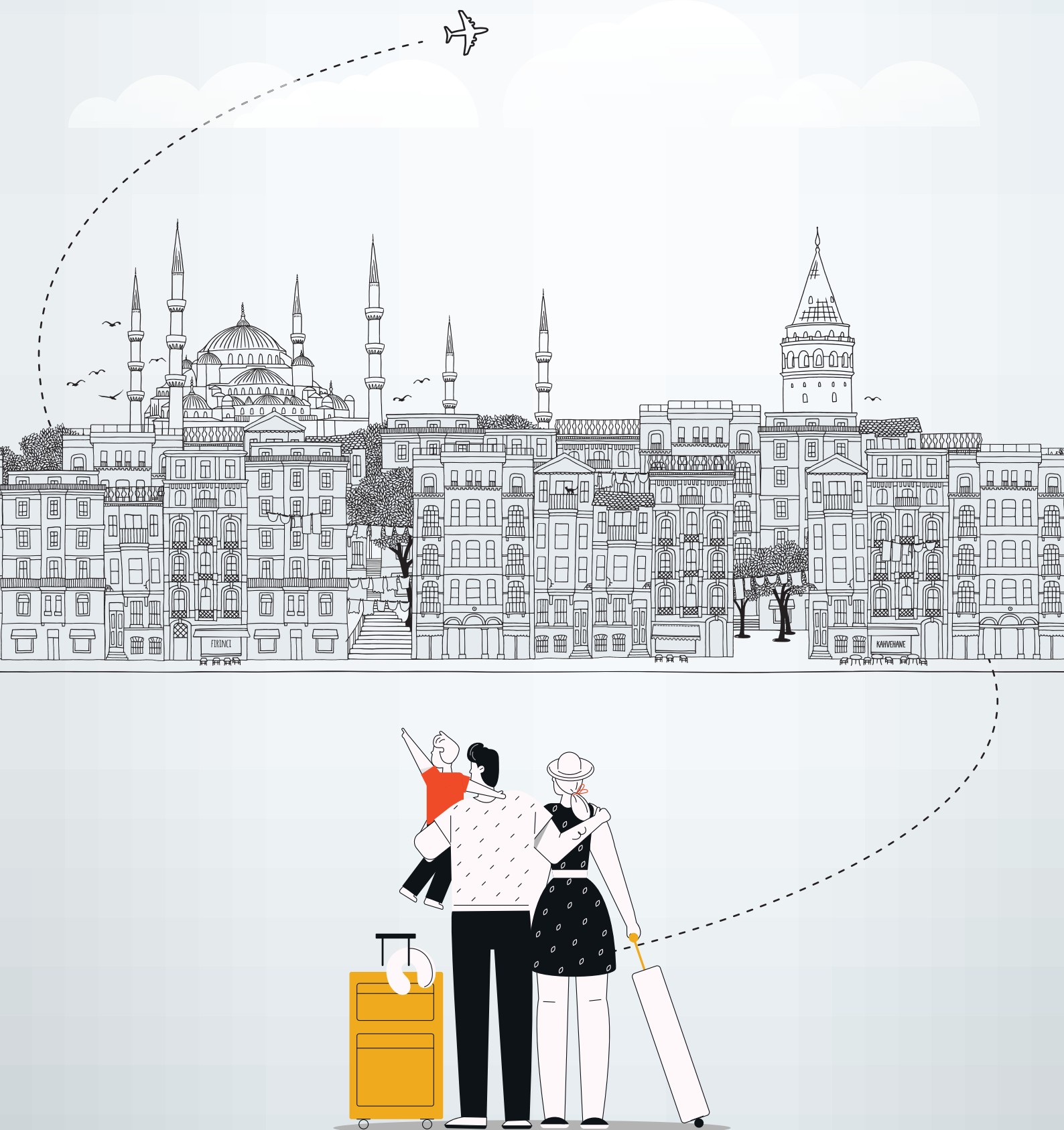


TABLE OF CONTENTS

Moving, A Poem By Barbara F. Schaetti	1
Welcome to IICS and Istanbul	2
Some Tips	3-4
Losses and Gains	4
Timbuktu Will Have To Do, A Poem By Connie Befus	5
The Cultural Iceberg	6
Cultural Differences	7
IICS Support & Guidance Department	8
University Counselling	9
Why Culture Shock Is Good For You	10
What is Culture Shock?	11
Shock To The System?	12
Broadening Horizons	13
Getting Over A Rough Landing	14
Sources	15
Activities	17

MOVING

A POEM BY BARBARA F. SCHAETTI

*We're going to move?
When?
Where?
I don't want to.
Yes...I do?*

*Cleaning,
Rummaging,
Finding,
Remembering,
Packing,
Memories,
Empty boxes,
Full boxes,
Memories,
Last day:
Tired,
Empty,
Memories,
A lump,
In my throat,
Goodbye.*

*When we arrive,
I am curious
And excited
And scared.
Will this place ever be home?
It is so very new.*

*Sometimes homesickness blows in,
Like a summer storm.
But luckily,
With each passing cloud,
It ebbs further and further away.
Until,
Finally,
I am at home again.*

WELCOME TO IICS AND ISTANBUL

I would like to wish you and your family “all the best” for a smooth transition and enjoyable stay in Istanbul. Good Luck!

If you have questions and/or concerns or would just like to talk about your transition, please feel free to contact me at **bstgeorge@iics.k12.tr**.
Brenda St. George, Secondary Counselor



To help with your transition to IICS and Istanbul, the Support and Guidance Department has put together the following information that we hope will be a quick reference for you.

Transitions can be a good time for re-evaluation and change. Moving provides an excellent opportunity to take an honest look at the ‘real’ you. It can be the impetus needed to break old habits and begin anew.

Use your move as an opportunity to get closer to your family. Work on improving your communication skills and make it a shared adventure. You need to be patient as you move through your transition; remember, it is a process not an end point. Hopefully you will soon begin to think of Turkey as home.

Everyone transitions differently. There are a number of variables that influence how easily you will transition:

- Your personality and age
- The number, frequency and timings of moves
- The length of stay in each place
- The similarities and differences between host, home, family and expatriate cultures
- The level of integration with the host culture
- Your language proficiency
- The attitude and involvement of your parents
- The type and profile of the school (i.e. is it the same curriculum?)
- The amount and quality of advance preparation and orientation
- What you left behind

SUPPORT & GUIDANCE DEPARTMENT TEAM

Brenda St. George
bstgeorge@iics.k12.tr



Secondary Guidance Counselor
Head of Support & Guidance

Michelle Mi
mmi@iics.k12.tr



G10-12 Guidance / College Counselor

Valerie Richards
vrichards@iics.k12.tr



Learning Support Specialist

SETTLING IN TIPS

Below are some 'Settling In' tips that may help smooth the way:

- Familiarize yourself with your new neighbourhood – this is important for both comfort and safety.
- Talk to your counselor about the move, where you came from and if it is your first big transition.
- Be aware that your grades could be affected by the move. Often, grades go down (at least temporarily). This can be due to the change in curriculum, change in teaching styles or simply that you need time to adjust to your new surroundings.
- Don't get behind in school. If you are struggling with a subject or activity, let your teacher or counsellor know, as they will be able to help you.
- Keep in mind the transition between moving from the past and accepting the present can take a few months, or longer. Be patient.
- Keep in contact with friends from home.
- Get involved in community activities and join after school sports and/or clubs. This is a good way to meet people with similar interests.
- Expect to have mood swings – it is normal to go through a cycle of emotions - and then to recycle - be patient with the settling in process.
- There will inevitably be good days and bad ones in the early weeks after the move. If, however, you are finding it difficult to settle in and make friends, you are really struggling with work, or you have other concerns, then do make an appointment to talk with your counselor.
- Maintain your sense of humour.
- Try to keep a positive attitude, even when things aren't going quite the way you want.
- Be yourself.
- Take one day at a time.
- Start making new memories.

TEN TIPS TO MANAGE SCHOOL STRESS

Blame My Brain author Nicola Morgan's top tips on how to stop the pressure of a new school year getting to you:

- Sleep Easy
- Eat Well for Brain and Body
- Switch off your Phone and Internet for a while Every Day
- Keep Reading for Pleasure
- Have a Hobby
- Keep Friendships in Perspective
- Have a Laugh
- Ask for Help Early
- Breathe with your Stomach
- Remember: Everything Passes and Everything Changes

SOME TIPS, LOSSES AND GAINS

TIPS TO BREAK THE ICE

- Show an interest in other people. Don't expect people to automatically include you in their lives. Instead, you may have to make the effort to initiate a conversation.
- When you approach someone new, remember that people like to feel as though others are interested in them.
- Begin a conversation by complimenting a classmate on something such as a good class presentation or the great game that they played the past weekend.
- Ask new acquaintances to tell you about themselves.
- Don't overdose new friends with stories about how wonderful your old school or city was, or about the amazing friends you had there.
- Intersperse your conversations with inquiries about your new community.
- Maintain a sense of humour.
- Try to keep a positive attitude, even when things don't go exactly your way.
- Be yourself!
- Be content with one or two solid friendships: they're worth more than you realize.
- Don't expect everyone to like you. (Do you like everyone you meet?)
- Seek activities and groups that form around a common interest.
- Talk to your parents. Problems seem less daunting and more manageable if you share them.
- Be yourself. Friendships work best when they are based on honesty and sincerity.

Source: Footsteps Around the World

LOSSES AND GAINS

LOSSES	GAINS
Friends	<ul style="list-style-type: none">• Chance to make new friends• Chance to expand personally from contact with others
Being seen a certain way	<ul style="list-style-type: none">• Chance to redefine how you are seen• Chance to broaden your self-definition
Understanding how things are done	<ul style="list-style-type: none">• Sense of competency as you master a new system• Gaining perspectives on how things were done before
Familiar family roles and patterns	<ul style="list-style-type: none">• Chance to grow closer as you support each other• Opportunity to explore together
Sense of control over your own destiny	<ul style="list-style-type: none">• Greater understanding of new opportunities and responsibilities
Being connected to hobbies and activities new things	<ul style="list-style-type: none">• Discovery of the same activities somewhere new, a chance to try
Mastery of one's own town/neighborhood	<ul style="list-style-type: none">• Chance to explore and find new favorites
Mastery of one's own or host language	<ul style="list-style-type: none">• Chance to learn a new language

Source: 'Moving On – A Family's Guide to Transition' Berlin Brandenburg International School

TIMBUKTU WILL HAVE TO DO A POEM BY CONNIE BEFUS

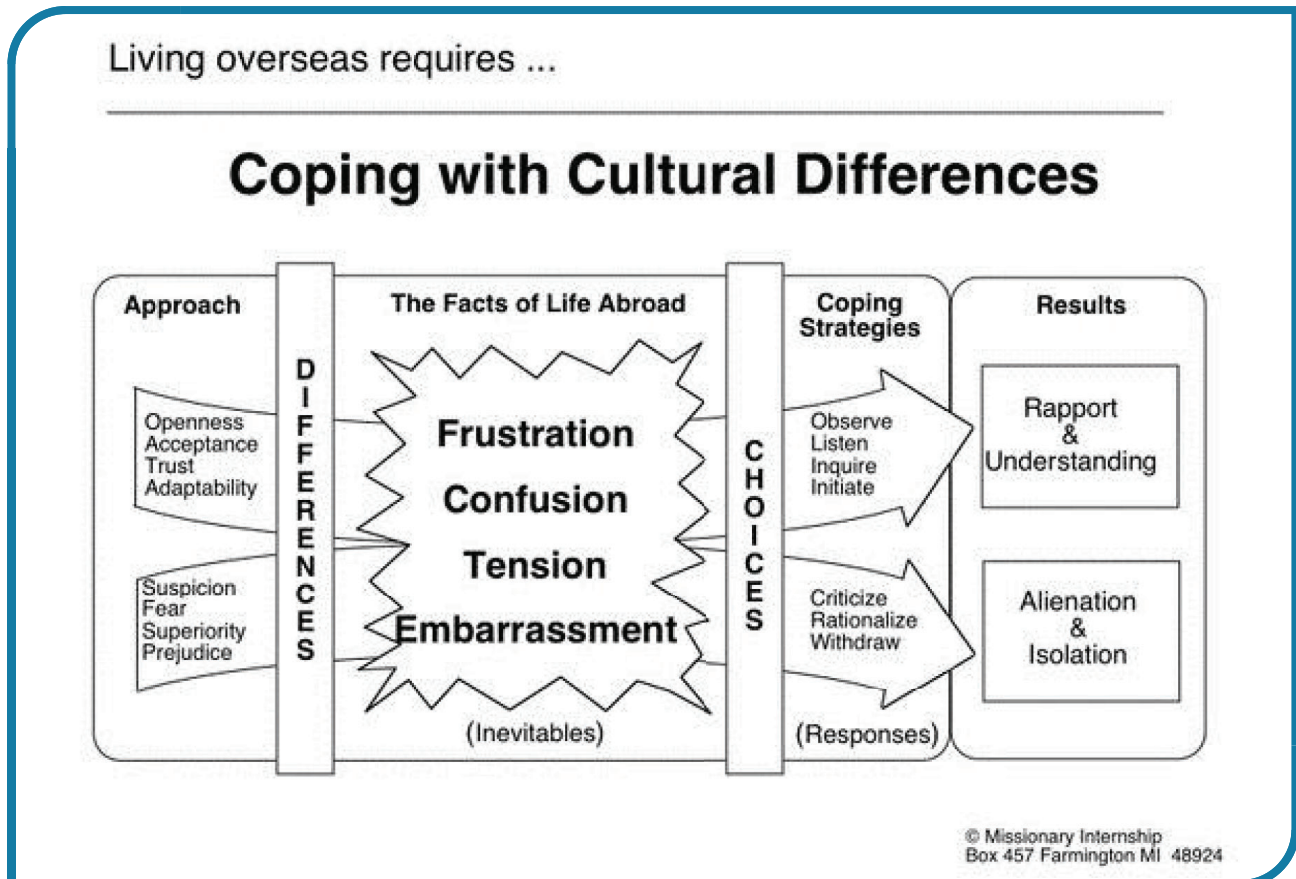
*"Where are you from?" you glibly ask
Where am I from? I slightly frown...
That depends...
On how much you want to know
How long your attention span
On whether you care
Or just need something to say...
It depends
Also
On how I feel today
-Sure of myself or hesitant
-Competent or lonely
-Cynical or wanting to belong
Should I say Your
eyes give me no clue The
last place I lived?
Or where I lived longest?
Or where my parents live now?
Or where I was born?
Should I tell you all the places I've lived?
In order? and how long? and why?
Or shall I pick a name out of the blue
Timbuktu
And see how you respond?
I am from God's earth-just now
A sojourner and wanderer
And you cannot put what I know
Or who I am
Into a box
By thinking you know "where I am from."
The question poses an enormous problem for me
Yet it is understandable that you ask
It is not wrong of you to ask...
People ask it every day...
But you stand there awaiting my answer
Hesitancy forming in your eyes
And I should not be uncivil
After all, you asked...
I think, today, I will say
"Timbuktu"
And see what you do.*

THE CULTURAL ICEBERG



CULTURAL DIFFERENCES

Your attitude will play an important role in how quickly and successfully you settle in. We find the following graphic to be very useful when looking at how to approach the inevitable challenges you will face in the coming months:



Also, keep in mind there are many advantages to being a citizen of the world. In general, those who live in different cultures from their own tend to be:

- internationally-minded and possess intercultural competence
- cultural mediators who tend to view things from multiple perspectives
- comfortable with diversity and thus less disposed to stereotyping & prejudice
- often more tolerant, adaptable, and resilient

They also generally have good observational, listening and language skills and tend to think globally while acting locally.

Please take a look at the following link on why culture shock is good for you:

<http://matadornetwork.com/life/infographic-why-culture-shock-is-good-for-you/>. You can find this information at the end of this booklet.

IICS SUPPORT & GUIDANCE DEPARTMENT

The IICS Support and Guidance Department is made up of Three Service Components: Guidance, Learning Support & University and Careers.

We help to address academic issues, careers exploration and university planning, social/emotional concerns, as well as global perspectives.

School Counselors implement the counseling program by providing:

- School Guidance Curriculum
- Individual Student Planning
- Responsive Services

School Guidance Curriculum

- Academic skills support
- Organizational, study and test-taking skills
- Education in understanding self and others
- Coping strategies
- Peer relationships and effective social skills
- Communication, problem-solving, decision-making and conflict resolution
- Career awareness, exploration and planning
- Substance abuse education
- Refusal skills
- Multicultural/diversity awareness
- Digital Citizenship

Individual Student Planning

- Goal-setting/decision-making
- Academic planning
- Career planning
- Education in understanding of self, including strengths and weaknesses
- Transition planning, including the university application and selection process

Responsive Services

- Individual and small group counseling
- Individual/family/school crisis intervention
- Peer facilitation
- Consultation/collaboration
- Referrals

Counselors Collaborate With Parents:

- Parent information sessions
- Communication/networking
- Academic planning programs
- Parent and family education
- One-on-one parent conferencing
- Assessment results interpretation
- Resource referrals
- University/career exploration

Teachers

- Assistance with students' academic plans
- Classroom guidance activities on study skills, career development, etc.
- Academic support, learning style assessment and education to help students succeed academically
- At-risk student identification and implementation of interventions to enhance success

UNIVERSITY COUNSELLING

UNIVERSITY COUNSELLING

The University and Careers Counselor is available for all students and parents. She works predominantly with students in the 10th – 12th grades as they examine their interests, goals, and future plans. Students in the 10th grade have guidance sessions while students in the 11th and 12th grade meet individually during the day or after school.

Parents of all students are encouraged to set an appointment to learn about the wealth of career exploration strategies and summer programs in addition to postsecondary opportunities.

Mapping out education and extra curricular activities is valuable for all students in grades 7 – 12 and I look forward to working with each of you.

Emails of upcoming events, news about university visits to IICS, and a notice board help keep students and parents aware of services offered.

Please contact Cherie Mobasher by email at mmi@iics.k12.tr to set an appointment or to ask for more information. The office is on the first floor hallway across from the Administration.



Why **CULTURE SHOCK** is good for you



'There is wisdom in turning as often as possible from the familiar to the unfamiliar: it keeps the mind nimble, it kills prejudice, and it fosters humor.'

— George Santayana, 'The Philosophy of Travel'

CULTURE SHOCK

What is culture shock?

Commonly experienced by travelers, expats and exchange students, "**culture shock**" describes the impact of moving from a familiar culture to an unfamiliar one.



Climate



Food



Language



Dress



Values



Etiquette and behavior

...can all contribute to culture shock.

CULTURE SHOCK

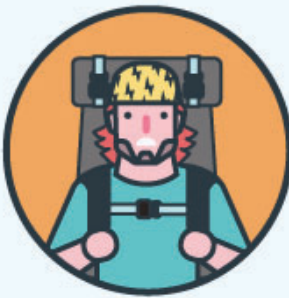
Shock to the system

It's important to remember that culture shock is entirely normal, usually unavoidable, and is nothing to feel embarrassed about.



Preliminary stage

Learning about the host culture, preparation for the journey and farewell activities.



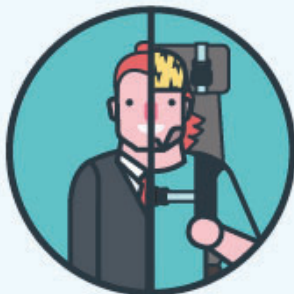
Initial euphoria

Begins on arrival and ends when the novelty wears off.



Irritability

Coping with simple aspects of everyday life suddenly seems foreign.



Re-entry phase

After returning home, you realize that you've been changed – your old set of values remain, and another has been acquired from your experiences.



Adaptation

You've learned how to function in the new culture, and perhaps even feel part of it.



Gradual adjustment

The culture becomes familiar, and you understand how to orient yourself in relation to it.

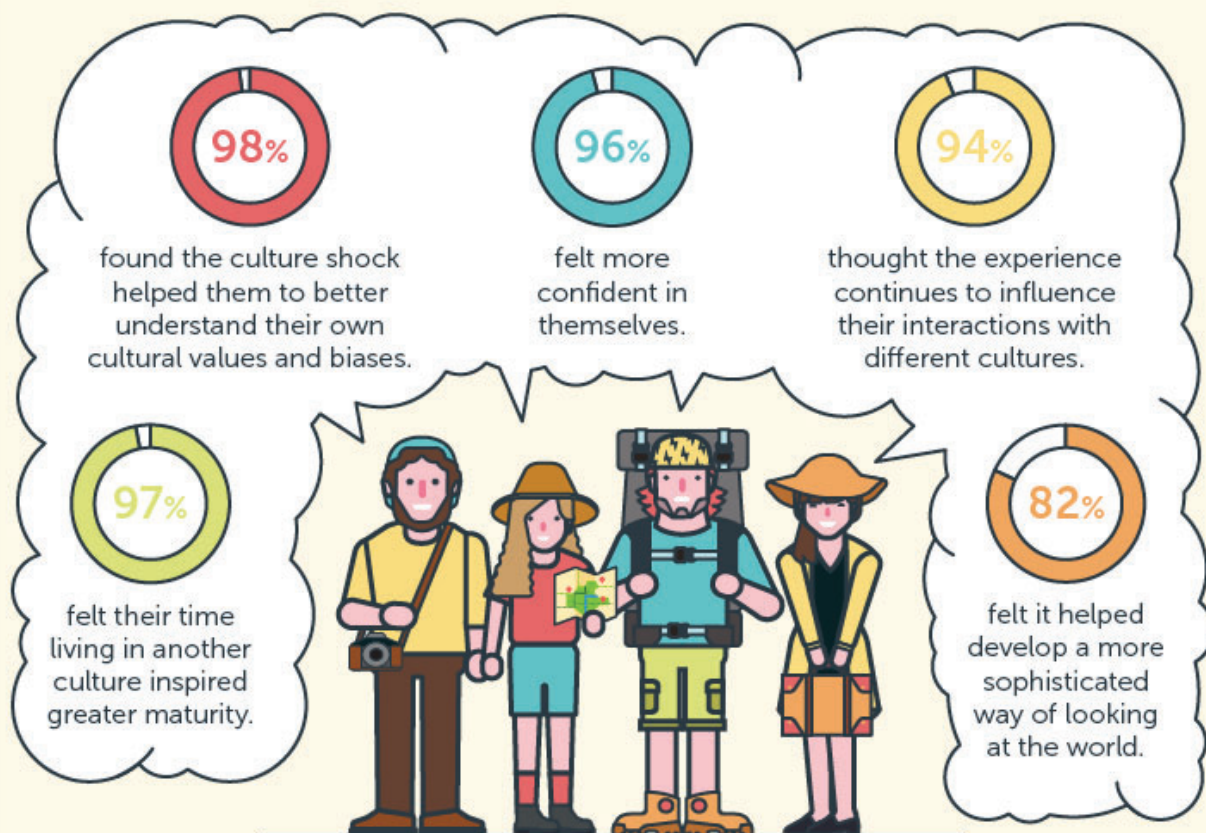


A typical reaction is to only associate with other expats from your home country – existing in a cocoon, separate from all but chance encounters with the locals.

Broadening horizons

Despite those initial feelings of bewilderment, culture shock is a vital part of intellectual growth.

A survey of 3,400 exchange students over 50 years found that:

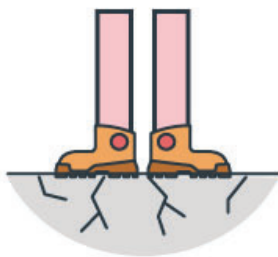


CULTURE SHOCK

Getting over a rough landing

The early stages of culture shock can be tough to get through, but fortunately they're temporary and manageable. Here are some tips on how to stop it affecting your life abroad.

Stay grounded



What you're feeling is normal, and most people experience it at one time or another.

Cook home comforts



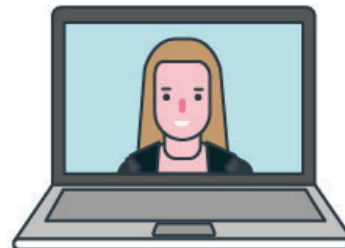
If it's possible, cook some of your favorite meals from home to share with your new friends.

Get active



Exercise lifts your mood, and joining local activity groups can establish connections with your host culture.

Stay connected



Family and friends will want to keep in touch, so make time for regular webcam chats and calls.

Challenge yourself



Set yourself a goal each day of interacting with at least one new person, whether that's a shop assistant or a bartender.

Find a guide



Before you travel, use a language exchange or similar site to find someone who will help you learn the language and culture.

CULTURE SHOCK

While it's tempting to stay within your comfort zone, exposing yourself to new cultures and ways of seeing the world is vital for personal growth.

Ideals of reason tell us how the world should be; experience tells us that it rarely is. Growing up requires confronting the gap between the two – without giving up on either one.

Susan Neiman



SOURCES

Dwyer, M.M. and Courtney, K.P. (1999). The benefits of study abroad. iesabroad.org
Neiman, S. (2014). Why Grow Up? London: Penguin.
Queens University Belfast. (2015). Culture shock and living in Northern Ireland. qub.ac.uk
Santayana, G. (1995). 'The Philosophy of Travel', in The Birth of Reason and Other Essays. New York: Columbia University Press.
UC Irvine. (2011). Phases of cultural adjustment. cie.uci.edu
UKCISA. (2015). Culture shock. ukcisa.org.uk
University of Exeter. (2012). Homesickness factsheet. exeter.ac.uk

"Any transition is easier if you believe in yourself and your talent."

Priyanka Chopra



ACTIVITIES

ACTIVITY #1 – MOVING ON

Before you leave your current country, it is important to emotionally prepare for your move. Thinking about and answering the following questions should help you with your preparations.

1. Overall, my experience here has been.....
2. When I think about leaving here, I feel..... because.....
3. The things I will miss the most are.....
4. The things I will be excited to leave behind are.....
5. Things I am really looking forward to are.....
6. Something about me that has changed since I have been here.....
7. Before I leave, I really want to.....
8. The most difficult part about leaving will be.....

ACTIVITY #2 – ASSESSING YOUR EXPERIENCE

As you near your time to move, or as you settle into your new host country, think about what helped you transition in the past. Assess the personality traits, skills and attitudes that you believe helped you adjust to the foreign culture.

1. What can I do now that I could not do before moving abroad?
2. What were some of the problems I encountered as I settled in to my new environment?
3. How did I manage to overcome these problems?
4. What personal accomplishments did I gain while overseas?
5. How can I best use the new skills I acquired?
6. How did I relate to people in the host country?
7. How did I learn to adapt?
8. What safety precautions did I use?

THE COMPLETE IICS SUPPORTING EXPATRIATE FAMILIES OF ISTANBUL SERIES:

“IICS Supporting Expatriate Families of Istanbul” is a series of booklets made for expatriate parents and guardians in Istanbul who face similar challenges when raising children in an international setting.

IICS selects best fit or the top international school teachers with an average of 16 years experience. IICS offers professional development opportunities to keep all IICS teachers updated in the latest in pedagogical and educational research. This support series is an outcome of our teachers sharing their knowledge with Istanbul’s expatriate community.

Please do not hesitate to contact us at communications@iics.k12.tr, should you have any questions about the topics mentioned in this booklet. We are more than happy to help and support your family.

The IICS Family

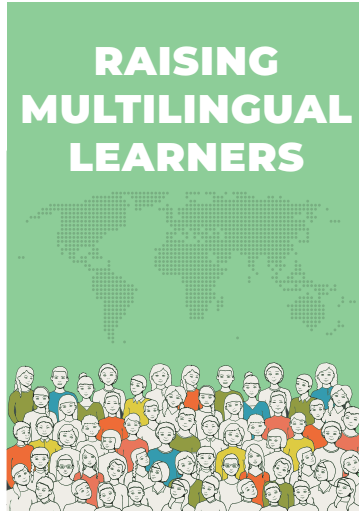
Share this booklet with your friends and support them:



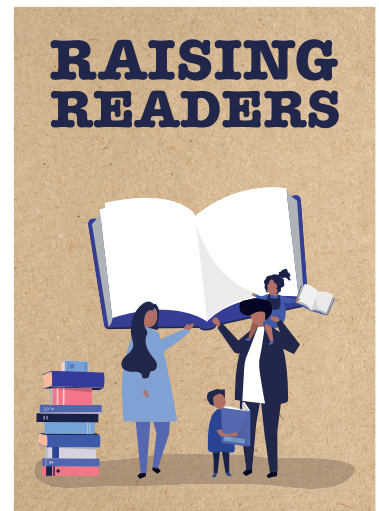
<https://bit.ly/35i1Zcq>



<https://bit.ly/32aYLpc>



<https://bit.ly/3m2R1gz>



<https://bit.ly/3bztqzu>



ISTANBUL INTERNATIONAL COMMUNITY SCHOOL

Contact us

✉ info@iics.k12.tr

🌐 www.iics.k12.tr



© ISTANBUL INTERNATIONAL COMMUNITY SCHOOL
ALL RIGHTS RESERVED

MARMARA CAMPUS

Karaağaç Köyü Mah. Kahraman Cad. 27/1
Büyükcçekmece, Istanbul, Turkey 34500
Tel: +90 212 857 82 64

HISAR CAMPUS

Nafibaba Sokak No: 6, Rumeli Hisarı
Istanbul, Turkey 34470
Tel: +90 212 287 27 70



IICS is the only Early Years 3 through Grade 12 international school in Istanbul fully authorized and globally accredited by the IB, CIS and NEASC. IICS is a full member of ECIS and CEESA.