Isolation & integration

International student support: Applying the research

RMIT
UNIVERSITY

The research

- *Loneliness and International Students: An Australian Study* – Sawir, Marginson, Deumert, Nyland, Ramia (Nuffic) 2007
- *A Growing Experience* – Rosenthal, Russell, Thompson (Melbourne Uni), Mar 2006
- *International Students and the English Language: How can we move forward?* – Dr Erlenawati Sawir

Key factors student well-being

1) Connectedness

2) Low cultural stress

3) Depression

4) Academic progress

5) Involvement in risk-taking behaviours

6) Cultural background

7) Communication problems

(Rosenthal, Russell and Thompson, 2006)

The programs

- *Mentors Assisting the Transition Experience – MATE*

- *International Cup soccer tournament*

- *Survival Skills workshops*

MATE: Mentors assisting the transition experience

- Objectives & rationale

- Logistics

- MATE program numbers

- Mentor's Responsibilities/Tasks

- Improvements & Follow up

International Cup soccer tournament

- Objectives & rationale

- Logistics

- International Cup numbers

- Sponsorship

- Follow up survey

Survival skills

- Objectives and rationale

- Logistics

- Content:
  - *Finding part-time work*
  - *Adapting to a new culture*
  - *Housing questions & answers*
  - *Effective English Communication*
    - *Listening*
    - *Apologies & requests*
  - *Minimum wage and work rights*
  - *Asian cooking*
  - *Study management*
  - *Health & nutrition*
  - *How to plan a budget*

Further logistics

- Recruitment and Promotion

- Registrations

- Feedback

Discussion

- Has your institution tried any of these programs? If so – what worked and what didn't? – problem-solving

- Would any of these fit into your institution? What starter information do you need?

- Sharing of information in the group (successes/failures/similar initiatives)

- Improvements / suggestions?

ISIS contacts

- www.rmit.edu.au/isis

- www.rmit.edu.au/isis/mate

- www.rmit.edu.au/isis/survivalskills

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