Our Project

Uniting Cultures at CSULB

November 1&2

Christina, Adriana, Dorian, Taide, Kristine
• 35,000+ Student Body
• 1,400 International Students
  – 70.6% are from Asia
Why International Students?

- International House Residential Hall
  - Houses around 80 students by pairing an international student with an American student.

- 38% reported academic problems, 12% had suicidal ideation, and 6% were harassed (Mitchell, Greenwood, Gugliemi 2007).

- 39% were unaware of counseling services; 33% considered receiving services, but only 17% accessed resources (Hyun, Quinn, Madon & Lustig 2007)

- Non-association with Americans results in higher acculturated stress (Poyrazil, Kavanaugh, Baker, and Al-Timini 2004).
**Purpose:** To change international students’ attitudes towards mental health by creating awareness on the topic, preventing mental health crisis, and encouraging to locate professional help when needed.

**Strategy:** Encourage the strengthening of relationships within the community and normalize the need to speak with a psychologist/counselor without using mental health jargons.
Workshop Day 1

Outreach
- Project Ocean Coordinator
- Associate Director for Resident Housing
- Residential Assistants
- Personal Invitations

CSULB International House

Uniting Cultures at CSULB - An International Student Social

Join us on both days at the International House Residence Hall:
- Friday, November 1, 2013
  - 6:00 PM—7:30 PM
- Saturday, November 2, 2013
  - 1:30 PM—3 PM

Come and share about your culture and experience at CSULB with your peers. Students will have the opportunity to engage in discussions and fun activities that will be led by graduate students in the social work program. Plus, learn about existing resources on campus.

There will be:
- Pizza
- Food from Managerial Cafe
- Games
- Raffles/Prizes

Join us and share about your culture!

Sign-in
- Name tags
- Raffle ticket
Introduction

Project Ocean peer members

Diversity Bingo

<table>
<thead>
<tr>
<th>A person who has lived outside the U.S. for at least 2 years.</th>
<th>A person who has changed religion.</th>
<th>An inhabitant of the planet Earth.</th>
<th>A person who plays a musical instrument.</th>
</tr>
</thead>
<tbody>
<tr>
<td>A person who is vegetarian.</td>
<td>A person who is on a diet.</td>
<td>A person who is a naturalized citizen.</td>
<td>A person who is a women.</td>
</tr>
<tr>
<td>A person who speaks another language.</td>
<td>A person who has a close friend of another race.</td>
<td>A person who is left-handed.</td>
<td>A person who is from another country.</td>
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<tr>
<td>A person who has flown in an airplane.</td>
<td>A person who is only child.</td>
<td>A person who went to college/ friends.</td>
<td>A person who was born outside the U.S.</td>
</tr>
<tr>
<td>A person who is tall.</td>
<td>A person who has brown hair.</td>
<td>A person who is thin.</td>
<td>A person who is happy to be at CSULB.</td>
</tr>
</tbody>
</table>

Value Diversity

Be aware:  
- Inclusivity
- Show empathy
- Be respectful.
- Openly communicate.
Workshop Day 1

• "About Me"
  - Before CSULB
  - Now
• Pizza and Salad Dinner
• Survey
Day 1 - Interventions
Workshop Day 1 - Community Facilitators
Workshop Day 2

• Icebreaker
  – Mummy Wrap: A team building activity
• Intervention
  – What’s on your plate?
• Closing Activity
  – Yarn Web
Workshop Day 2 - Interventions
Workshop Day 2 - Interventions
A total of 44 participants for both days
Received 36 Surveys complete/incomplete
Ages ranged 17-26 years old
11 Male, 25 Female
Ethnicity
- 13 Asian American
- 9 Caucasian
- 9 Latino/Hispanic
- 1 Other
- 4 no answer
• Highest Education grade completed:
  – 12 High School
  – 1 Trade/ Vocational School
  – 13 two-year of college
  – 3 four-year of college
  – 1 five or more years of college
Evaluation

• Most Helpful Information/Activity
  – Bingo
  – Location of CAPS
  – Drawing pictures of our lives
  – Learning about people

Least Helpful Information/Activity
- Only learned where to get help
- Drawing activities
Evaluation Results

- Information Going to Apply
  - Attending counseling services when needed
  - Ways to deal with stress

Ideas for Future Workshops
- smaller/ more personal groups
- Discuss more of students needs and struggles
- More information on CAPS and mental health illnesses
Lessons Learned

IMPACT

Being Flexible

Remember to have fun!

Do not assume
Uniting Cultures at CSULB

We did it!