

Counseling and Psychological Services

COVID-19 & International Students



Unique Challenges to Consider

- Re-acculturation - Having to adjust back to home after being in the US
- Reactions of others, not getting to see others
- Dealing with mixed emotions - both sadness for loss and excitement for returning
- Loss of time, readjusting to being back with family
- Loss or relationships/friendships at GW
- Loss of connections at home
- Adjusting boundaries to being back under parents roof
- Readjusting identities (if applicable), having to hide LGBTQIA+ identities if not out to family
- Adjusting to both online programming and classes being in a different timezone.

Tips to Try

- Keep in touch with the International Students Office (ISO) at GWU and with your adviser. They are still available to support you!
- Check out the virtual events set up by ISO, including the weekly podcast: [Events](#)
- Talk with professors - let them know if you need support, if you're struggling with time differences or just keeping up with work. They are the first line of support.
- Keep in touch with your friends - have video hangouts!
- Find spaces at home where can feel more safe, where you can feel more yourself, even in small ways.
- If you can, work to set up boundaries - talk to your family if they will understand your difficulties adapting to home.
- Find support, if not in your area, via online or phone services ([Befrienders](#); [Betterhelp](#))

COUNSELING AND PSYCHOLOGICAL SERVICES

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