

Group Information

[Numbers of Members] 6-10 members

[Location] Group Counseling Room of the NCYU Student Counseling Center Lantan Campus

[Date and Time] 22th March – 24th May, 18:30-20:30 on every Monday (except for 5th March and 19th March due to the Spring break and the Midterm Exam Week)

[Language in the Group] Chinese will be the main language of the group with the assistance of English. If you are unsure how to express a particular thought in Chinese, you can use English or ask for help from members who know your native language. You can also use Google Translate.

[Admission Fees] For Free.

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嘉義大學學生輔導中心

LOCATION

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Group Goals

1. To gain **social support** and feelings of similarity/universality through the feedback and support from group members.
2. To develop one's **cross-cultural adaptation strategies** on academics, life, and interpersonal relationships etc. through the discussion and interaction in the group.
3. To gain awareness of the positive and negative **influences of the cultural impact** one has experienced, and to view one's cross-cultural experiences in **diverse perspectives**.
4. To develop one's own **cultural identity** and gain **empowerment**.

We are Looking For You

You are welcome to register for the group if you fit all of the following conditions:

1. You grew up in a country other than Taiwan, and have come to study in NCYU.
2. You can listen, understand, and speak basic Chinese, or have the ability to have conversation with people in English.
3. You hope to improve your adaptability and life satisfaction in Taiwan through group interaction.
4. You are open to trying to share your life experiences, opinions, and feelings in a group setting.

Registration

Please visit our website or scan this QR code to register



國立嘉義大學學生輔導中心

Student Counseling Center of,
National Chiayi University



Where Cultures Meet - International Student Support Group

文化奇遇-

國際學生支持賦能團體

What is Group Counseling ?

Group counseling comprises a group leader and 6-12 members. Compared to a lecture format, where a teacher would provide knowledge on stage while students listen in their chairs, **a counseling group is where 1-2 leader/s and group members sit together in a circle and discuss a specific topic (relationships, career, etc.) together through some group activities and use of materials (counseling cards, art crafts, etc.)** which support members to share their opinions and feelings about the topic.



In a counseling group, you will:

- make new friends and get to know each other better.
- listen to experiences and feedback from other people who have been facing similar problems to you
- talk about your experiences and explore your thoughts and feelings
- receive and give emotional support within the group
- gain new thoughts and perspectives through group interaction.

You can then apply these valuable insights to your life.

As you and other members become more familiar with each other, group activities will gradually decrease to allow you to have more direct discussion. If you choose to join a counseling group, you can participate in the group in your own comfortable way, as sharing your own thoughts and feelings are highly encouraged. **The more you are involved in the group, the more you will learn from the group.**



Where Cultures Meet - International Student Support Group

The International Student Support Group is a counseling group hosted by the Student Counseling Center in cooperation with the Office of International Affairs. Considering that international students who come to Taiwan from different countries may encounter challenges of adaptation through cultural differences in language, study, and life, the group is thereby hosted in order to create a supportive place for international students.

The purpose of the group is to support international students to make friends, feel interpersonal support, find their own acculturation strategies in Taiwan, and develop their own cultural identity through exploration of their cross-cultural experiences. **The group will discuss difficulties and growth about experiencing a new culture, which will cover the topics of language barriers, academic challenges, customs, habits, and cultural values.** Its aim is to help members to gain different cultural perspectives, know different people and cultures, and re-access their own cross-cultural experiences.

The Story of the Group Leader

My name is Nancy Yen. I was born and raised in Taiwan, and both my parents are Taiwanese. I study counseling psychology and I am now a counseling psychologist intern in the NCYU Student Counseling Center. **Back in 2016, I had a life-changing experience of studying in Canada, as a university exchange student for one semester.**

In Canada, I faced challenges of cultural differences and adaptation difficulties, and thankfully I overcame them with the help of my new friends and my self-belief that I could do so. I made friends from different countries across the world and they taught me about their cultures. I've also travelled to many places. **My cross-cultural experiences have broadened my global and cultural horizons. After I came back to Taiwan, I started to pay close attention to multicultural issues, including challenges that international students may face.**

I hope that through this support group, you can make new friends, find support, and find your own unique ways and power to get through your cross-cultural challenges!

