

Coping with Stress: The Perspective of International Students

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International Students' Stress

- **LANGUAGE**

- Even though my IELTS score is 8, it means nothing because in practice I need to face different kinds of people with different accents. It's totally another thing.

Hong Kong student

International Students' Stress

- **LANGUAGE**
- **ENGLISH SYSTEM**

- ... in Korea, you just have to turn in the final project and there is no emphasis on the process. But here in the UK, you have to put more emphasis on the process of the project which makes it more difficult and something I definitely had to adapt to.

South Korean student

International Students' Stress

- **LANGUAGE**
- **ENGLISH SYSTEM**

- The system is very different here. In India, you are literally told what to do. Here you are on your own. You have to make your own decisions. In a way it is very good that it makes you independent. But at times you are so lost because when you come here initially you want someone to tell you what to do...

Indian student

International Students' Stress

- **LANGUAGE**
- **ENGLISH SYSTEM**
- **TIME MANAGEMENT**

- In the States, I wouldn't stress this much about my work, because the teacher would be stressing for me, saying 'you have to get this done', and I'm like 'okay, okay!,' but here I have no one saying that to me, so I have to say it to myself. That's stressful!

American student

International Students' Stress

- **LANGUAGE**
- **ENGLISH SYSTEM**
- **TIME MANAGEMENT**
- **EXPECTATION**

- I am not sure what [tutors'] expectations are. So it stresses me; I don't know how can I work harder...

Indian student

International Students' Stress

- **LANGUAGE**
- **ENGLISH SYSTEM**
- **TIME MANAGEMENT**
- **EXPECTATION**
- **COMMUNICATION**

- Sometimes when I get really stuck on something and I can't talk to anyone, like talk to a tutor, that's the most stressful thing for me.

South Korean student

International Students' Stress

- LANGUAGE
- ENGLISH SYSTEM
- TIME MANAGEMENT
- EXPECTATION
- COMMUNICATION
- **AGE DIFFERENCE**

- The students are generally very young. I am 24. I feel like an idiot in front of younger people. Well...I don't know what they think about me.

South Korean student

International Students' Stress

- **LANGUAGE**
- **ENGLISH SYSTEM**
- **TIME MANAGEMENT**
- **EXPECTATION**
- **COMMUNICATION**
- **AGE DIFFERENCE**
- **WORKLOAD**

- Of course English is stressful, as I told you. That is the most difficult thing... When I have a project, I cannot do anything else. The task is so tough, so I cannot spend my time on practice such as speaking English with others or watching TV to improve my English. I've got a deadline, and it's not easy to have an idea and finish the work in a good time.

South Korean student

International Students' Stress

- **LANGUAGE**
- **ENGLISH SYSTEM**
- **TIME MANAGEMENT**
- **EXPECTATION**
- **COMMUNICATION**
- **AGE DIFFERENCE**
- **WORKLOAD**
- **DISCUSSION**

- If the tutor points at me, I will speak. I will hide if nobody asks me to speak because my English is not good and I can't speak fluently. *I feel shame to speak in front of twenty, thirty something people as they are local and their mother tongue is English.*

Hong Kong student

International Students' Stress

- **LANGUAGE**
- **ENGLISH SYSTEM**
- **TIME MANAGEMENT**
- **EXPECTATION**
- **COMMUNICATION**
- **AGE DIFFERENCE**
- **WORKLOAD**
- **DISCUSSION**

- Asian students are less likely to participate in this kind of discussion. UK students would not really give many chances to us to speak...

Taiwanese student

International Students' Stress

- **LANGUAGE**
- **ENGLISH SYSTEM**
- **TIME MANAGEMENT**
- **EXPECTATION**
- **COMMUNICATION**
- **AGE DIFFERENCE**
- **WORKLOAD**
- **DISCUSSION**

- Also when there is a classroom discussion, if you don't know something about it, then you feel left out because since you are not born here or have not spent a lot of time here, you don't know a lot of things that have already happened...If I don't know that I feel like I am on the moon or something like that.

Indian student

International Students' Stress

- LANGUAGE
- ENGLISH SYSTEM
- TIME MANAGEMENT
- EXPECTATION
- COMMUNICATION
- AGE DIFFERENCE
- WORKLOAD
- DISCUSSION
- **GROUP WORK**

- It was difficult for me. One of the reasons was my English, but another reason would be the characters of students in my group. My students have strong characters and they tend to be uncompromising to others so it was difficult to produce an outcome as a result of group work.

Japanese student

International Students' Stress

- LANGUAGE
- ENGLISH SYSTEM
- TIME MANAGEMENT
- EXPECTATION
- COMMUNICATION
- AGE DIFFERENCE
- WORKLOAD
- DISCUSSION
- GROUP WORK
- **PRESENTATION**

- I feel it stressful that the teachers value the presentations more than the work. I think that the practical skills are not respected enough, and it's more like philosophy than Fine Arts.

Japanese student

- I don't like that students often cover their poor job with their fluent presentation. Everybody does that. Presentation is considered the most important thing. I am not happy with that at all. However, I think this attitude is normal in the British art scene nowadays.

South Korean student

International Students' Stress

- **LANGUAGE**
- **ENGLISH SYSTEM**
- **TIME MANAGEMENT**
- **EXPECTATION**
- **COMMUNICATION**
- **AGE DIFFERENCE**
- **WORKLOAD**
- **DISCUSSION**
- **GROUP WORK**
- **PRESENTATION**
- **PEER GROUP**

- To me, the stress comes from my peer-group. When I see others work, it is a kind of competition...As a result, I need to push myself forward as well.

Taiwanese student

International Students' Stress

- **LANGUAGE**
- **ENGLISH SYSTEM**
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- **EXPECTATION**
- **COMMUNICATION**
- **AGE DIFFERENCE**
- **WORKLOAD**
- **DISCUSSION**
- **GROUP WORK**
- **PRESENTATION**
- **PEER GROUP**
- **CRIT**

- We present [our work] in a group crit. If my work is not good, then people look at you differently. People may say, oh him, I saw his work, it's not that good. The stress comes from worrying that my image to others will be damaged.

Hong Kong student

International Students' Stress

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- **WORKLOAD**
- **DISCUSSION**
- **GROUP WORK**
- **PRESENTATION**
- **PEER GROUP**
- **CRIT**
- **MARKING**

- I feel stressed when I came all the way to UAL to study, and all I get is a C0. I want to get better grades. In Korea, there is a lot of emphasis on good grades and an impressive transcript.

South Korean student