

International Students Studying Abroad

Students benefit from opportunities to:

- ❖ Learn about the American culture
- ❖ Live in a new atmosphere
- ❖ Develop relationships with other students across the world
- ❖ Network with professionals in their chosen field

Students contribute by offering:

- ❖ Their own worldview in classroom discussions and course projects
- ❖ Teaching others about their nation and culture



Most Common Concerns for International Students

- ❖ Separation from family and friends; feelings of isolation
- ❖ The use of a foreign language
- ❖ Adjustment to a new diet
- ❖ Financial support
- ❖ Coming into contact with those who do not understand students' unique identity
- ❖ Lack of resources and support

These concerns can easily make the transition to a new country difficult, making you feel:

- ❖ Sad
- ❖ Afraid
- ❖ Confused
- ❖ Overwhelmed
- ❖ Homesick
- ❖ Frustrated
- ❖ Inadequate

Some adjustment may be expected and natural; however, if those feelings and symptoms persist, it may warrant a professional consultation. Please consider a visit to our center.

We are here to support you!



Our Mission:
Provide a valuable, caring and safe environment for students of all nations to fulfill their potential.

Services Provided Include
Individual Therapy
Christian Oriented Therapy
Marital and Family Therapy
Group Therapy
Psychological Testing
Intelligence Testing
ADHD Assessments
Adolescent and Children Therapy
Outreach Services
Consultation

Our Service Providers
Offer a safe environment to address questions and help students cope with changes of the new culture.



How Can You Make An Appointment?

To make an appointment, call or stop by the Psychological Services Center between the hours of 8:30 am and 5:00pm, Monday-Friday. Some evening hours are available.

Our phone number is (757) 352-4488. We will ask you a few questions to enable us to better serve you or the person you are referring when making an appointment.

Psychological Services Center

Location

The Psychological Services Center is located on the campus of Regent University. The facility is housed on the first floor of the Classroom Building (CRB) Suite 188. Reserved parking is available in the rear of the Classroom Building.

**1000 Regent University Drive
Classroom Building 188
Virginia Beach, VA
(757) 352-4488
www.regent.edu/psc
psc@regent.edu**

Ways to Engage and Build Community! School of Psychology and Counseling:

❖ Cultural Diversity Series

The Cultural Diversity Series is an initiative designed to promote cultural awareness and student professional development through student inspired presentations.

For more information please visit PSC website http://www.regent.edu/acad/schcou/ce/workshops/workshops_culdiv.htm

❖ Paradigm Shift Initiative

The Paradigm Shift Initiative is a dialogue-based forum to explore Christian perspectives that address life's difficult questions and challenge participants from a spiritually integrative psychological framework.

For more information please visit PSC http://www.regent.edu/acad/schcou/ce/workshops/workshops_culdiv.htm

Campus Wide Events:

❖ UNChapel

A student inspired, produced, and led chapel service that welcomes students of all disciplines on Thursday evenings for worship and fellowship.

❖ International Justice Mission Club

University chapter, dedicated to equipping students to spread awareness of social justice issues and human rights violations.

Brochure Author: Anastasia Whitesell
Editor: LaTrelle Jackson, Ph.D.
Published by: Regent University
Psychological Services Center



Psychological Services Center

Services for International Students



...to every nation, tribe, tongue and people
Revelation14:6