International students at U.S. universities often face a variety of challenges springing from culture shock, language barriers, and difficulties in securing internship and job placements. In this workshop, the facilitator and participants engage in a discussion on the challenges international students often experience in mental health and their personal and academic and professional relationships due to a multiplicity of factors. In addition, effective strategies for coping with these challenges are explored. International students, as well as faculty and staff members who engage with international student populations are encouraged to attend.

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