

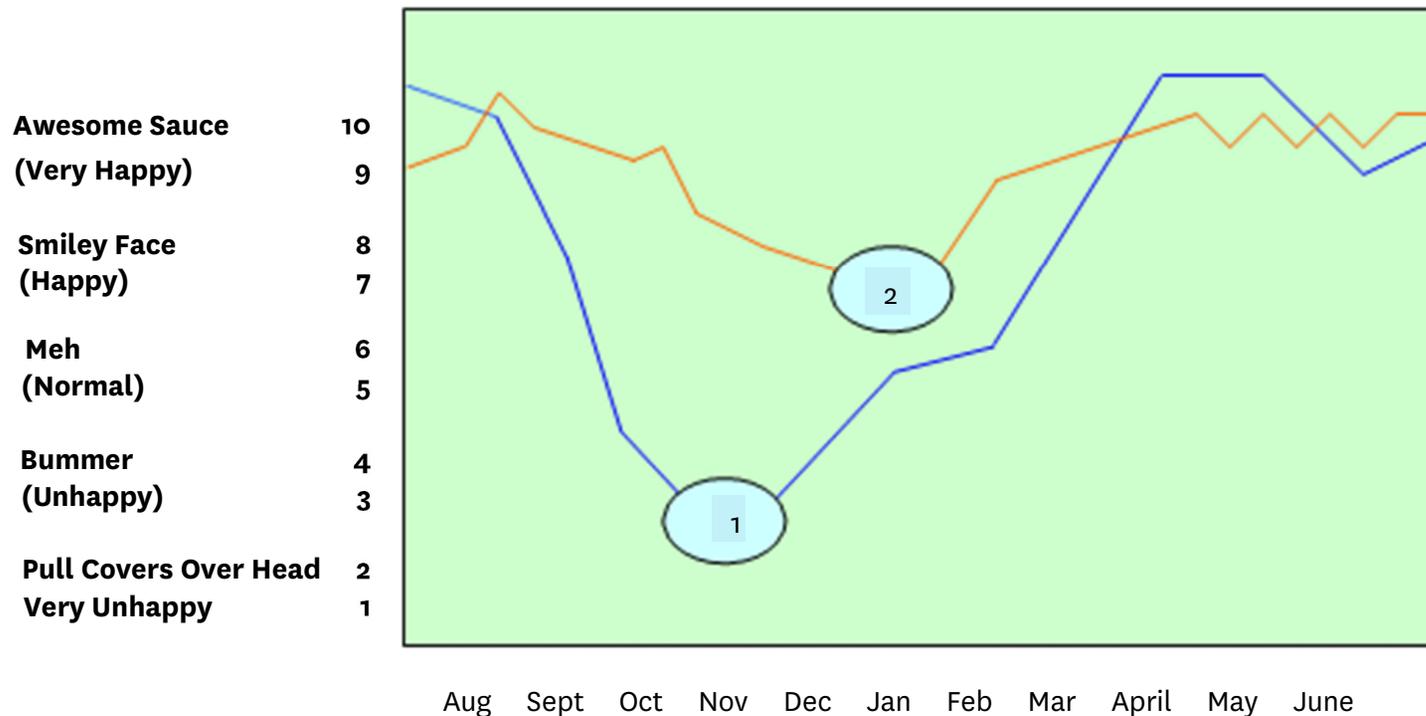
**“Attitude is a little thing that makes a big difference.”**

**~Winston Churchill**

***“The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day (show 3-5-8 visual). We cannot change the past... we cannot change the fact that people act a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...”***

***-Charles Swindoll***

## Adjustment Curve Visual



### Example of an Adjustment Curve

- ✓ For line 1, the student arrives and is excited to be in the US. Everything is new and fun, but then the student begins to miss friends and family. Mastering English seems like an impossible task, school is harder than the student thought and making friends isn't easy. But then things begin to turn around as the student feels more comfortable with English and makes friends. The student is sad to leave and has a drop at the end.
- ✓ For line 2, the student has a similar experience but experiences a midwinter drop as it gets cold and the student can't go outside. Near the end of the exchange, the student is excited to return home, but sad to leave at the same time.

# ADJUSTMENT CURVE

NAME: \_\_\_\_\_

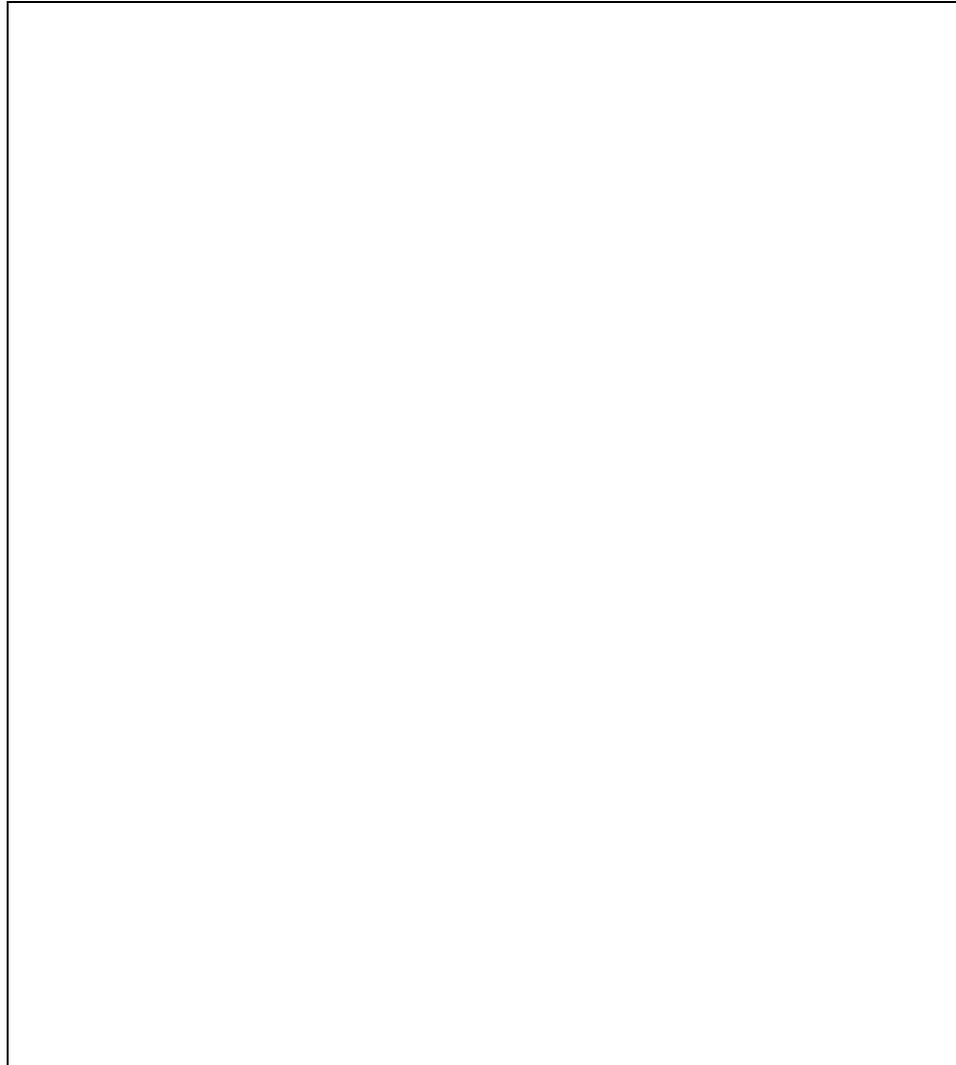
**Awesome Sauce**  
(Very Happy)

**Smiley Face**  
(Happy)

**Meh**  
(Normal)

**Bummer**  
(Unhappy)

**Pull Covers Over  
Head**  
Very Unhappy



Aug - Sept.

Oct - Nov

Dec - Jan

Feb - Mar

April - May

## DEAR AREA REP SCENARIOS – OPTION TWO

### Host Family Concerns

1. Dear Area Rep,

My YFU kid does everything I ask of him, which is really nice, but he never helps out otherwise. I wish he would just KNOW to empty the garbage every day, and to bring in groceries when I get home from shopping. There is vacuuming, and dishes, even clearing the table. I am tired after working all day, and I don't like having to ask all the time for him to help with the housework. How can I make him see how much help I need? – *From tired host mom*

2. Dear Area Rep,

I have hosted many times before and my YFU child is great! My frustration is that she doesn't want to do the activities I suggested for after school. I know who the nice kids are, and they were so nice to my German daughter last year. How can I convince her to try to be friends with these families? – *From host dad who wants to help*

3. Dear Area Rep:

My Thai YFU son is bored with sandwiches for school lunch, or maybe he just doesn't like them. We are on a budget, so I can't give him lunch money. What can I do to make us both happy? -*From concerned Mom*

4. Dear Area Rep,

My YFU kid got a huge box of food from the home country, and she put it in her bedroom. I don't want any food in the bedrooms, and I'm sad she won't share with us. How do I talk to her about this? - *From wanting to share in that food Host Mom*

5. Dear Area Rep,

My YFU student never talks about her country, mother, or father. Should I be concerned? How could this be? – *From worried host mom*

### Session 3- Dear Area Rep

6. Dear Area Rep,

My YFU daughter is so nice, but a little lazy. She won't do any after school activities and just wants to hang around or sleep after school. What should I do? - *From frustrated host*

7. Dear Area Rep, My YFU student is not making any friends. How can I help him to do that?  
- *From worried host dad*

8. Dear Area Rep,

My YFU daughter likes to dye her hair. She looks great, but my bathroom rug and counter are getting stained by the dye. I wish she would clean it up better and buy me a new bathmat, but she just leaves the stain on the counter. What do I do?

- *From clean Freak Mom*

9. Dear Area Rep,

My kids are younger than my YFU son, and they want to play games with him, but he likes watching you tube videos and texting online with his friends, so they just run around making noise, and that makes my student upset. I hosted him because I thought my kids would like having a new brother to play with, but instead my kids are sad. What can I do to bring us together? - *From host mom of energetic boys*

10. Dear Area Rep,

My YFU son started out with such great grades! The school was really impressed. I knew he was a good student, so I never asked him about his schoolwork. But now, at the end of the second quarter, the school called! Today he has a 65 in English, which is barely passing. I was very surprised because I thought all that time on the computer every night was when he was doing his homework. Now I don't know if I should be checking in on his academic progress or just leaving him to continue failing. To make matters worse he is signed up for a YFU trip, and he will be missing more school soon. What should I do? -  
*From Confused Host Dad*

## DEAR AREA REP SCENARIOS – OPTION TWO

### Student Concerns

11. Dear Area Rep,

I really need your help right now. I just got in a lot of trouble with my host family because I'm not allow to have much contact to my family in Germany using my phone, but my natural parents always tell me that I should talk to them often. I really don't know what to do now: either way somebody will be mad at me. Can you please help me? – *From Confused German guy*

12. Dear Area Rep,

I have just been told that someone I love back home is very ill and in the hospital. I don't know what to do as I want to go home and at the same time be here. I am really form and it affects my everyday life. - *From Not Sure What To Do*

13. Dear Area Rep,

I have an issue with getting around in my city. I live a little bit further out of the city and whenever I wasn't to do something with my friends, my host parents have to drive me around. Sometimes I feel very bad about that I a sometimes also consider not to do something with my friends because of this issue. – *From Country Guy*

14. Dear Area Rep,

I have a problem, my host brother is mean to me. He eats my food and stuff like that.

--*From Not Wanting to Share*

15. Dear Area Rep,

I've met and know a lot of people during my exchange. I've met many other foreign people and spent time with them. But, I've had a hard time to get "real" friends and hang out with them. Is that normal? – *From Wanting American Friends*

## QUESTIONS FOR DEAR AREA REP PROBLEM SOLVING ACTIVITY

- What are some ways to improve this situation/issue?
- Who is someone that you could talk to in this situation?
- Has anyone experienced this problem and figured out a solution?
- What are some things that you wouldn't want to do in this situation?

**Nonverbal Rules for “Appropriate” Communication**

(print and cut into strips)

1. When you speak, you always look people directly in the eyes. Direct eye contact means you are listening to someone. If someone you are talking to does not look into your eyes, give him or her a sad face.
2. You like to know that people are listening when you speak and you expect that people show they are listening by nodding their heads. You nod your head when others speak. When you are speaking, if listeners are not nodding their heads, give him or her a sad face.
3. Smiling during a conversation indicates to you that the person is listening. If your conversation partner is not smiling while you are talking, give him or her a sad face.
4. You find people standing closer than arm’s length to you as offensive. Stand at least an arm’s length away from the person you are interviewing and give him or her a sad face if they come too close to you.
5. You use your hands and body when you speak, even touching the other person on the arm to make your point. You indicate agreement to the conversation with thumbs up signals and other gestures, and feel everyone should do the same. If they stand too still and don’t use their hands to communicate with you, give him or her a sad face.
6. You like when people get their ideas out quickly in conversations and you are easily distracted by sounds such as “um,” “ah,” and “er.” If people do not speak quickly enough or if the person you are talking to uses sounds like “um,” “ah,” and “er”, give him or her a sad face.
7. You like to get to the point in communicating. It is okay to share a little information if it is helpful information and directly relates to the conversation. Direct communication is very important. If your conversation partner gets off topic, give him or her a sad face.
8. When speaking, you like to engage with the other person. You listen but sometimes add to the person’s story by interrupting them and sharing your experience. Conversation is meant to share information back and forth. If the person gets annoyed when you interrupt and share your story, give him or her a sad face.
9. Before starting a conversation with someone, you always greet them saying “Hi, How are you?” And you always answer this question by saying, “I am good” or “I am okay.” If someone does not say “Hi” or answers your question of “how they are doing”, give him or her a sad face.
10. When someone approaches you to begin a conversation, stare at your phone, begin texting and don’t look up.



## Interview Questions



**Directions:** Ask each person in the group one interview question from the interview sheet. Have a different person answer each question.

**1. Are you in any after school activities? Did they help you make friends?**

Did I follow your rule? : \_\_\_\_\_

**2. Do you feel like you fit in at school?**

Did I follow your rule? : \_\_\_\_\_

**3. What have you done so far with American friends?**

Did I follow your rule? : \_\_\_\_\_

**4. How do you get rides or get to activities?**

Did I follow your rule? : \_\_\_\_\_

**5. How did you get your American friends to commit to hang out?**

Did I follow your rule? : \_\_\_\_\_

**6. What is something you tried in the US that you didn't expect to like?**

Did I follow your rule? : \_\_\_\_\_

**7. How often are you on social media with friends or family back home?**

Did I follow your rule? : \_\_\_\_\_

**8. What nice things do you do for your host family?**

Did I follow your rule? : \_\_\_\_\_

**9. How do you thank people (friends, teachers, Area Rep) who have helped you?**

Did I follow your rule? : \_\_\_\_\_

**10. Do you dream in English?**

Did I follow your rule? : \_\_\_\_\_

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## GOAL SETTING CHART FOR OPTIONAL ACTIVITY

*OPTIONAL activity: Share the Goal Setting Chart on a flipchart, slide or whiteboard.*

<b>Personal Goal</b>	<b>Step by Step Plan</b>	<b>Obstacles</b>	<b>Support Needed</b>
<i>School Goal:</i>			
<i>Language Goal:</i>			
<i>Friendship Goal:</i>			
<i>Host Family Goal:</i>			
<i>Personal Goal:</i>			

*Explain the chart is only a tool, students don't have to have a goal in every category of the chart.*

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**“Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the wind in your sails. Explore. Dream. Discover.”**

**~Mark Twain**

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