Understanding Reverse Culture Shock:
A Phenomenological Analysis of the Reentry Process for Study Abroad Students

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Key Points:
- Over 500,000 students study abroad annually.
- Many students experience reverse culture shock.
- Reverse culture shock refers to the process of readjusting and readapting to one's home culture after a significant period of time spent abroad.

Three Common Themes:
- Feeling contrived upon reentry.
- Frustrations over perception gap.
- Disclosure as a function of relational intimacy and expressed interest.

What is reverse culture shock like for college students as they adjust to their return to the United States?

What challenges do college students face while settling back into their home culture?

How does reverse culture shock affect students who have studied abroad?

Phenomenology
Qualitative research method
- Seeks to understand and discover one's lived experience.

Reflections:
- Three students were interviewed selected their experience that demonstrates the dynamics of reverse culture shock.
- Students discussed how their experience has changed them.

Lack of encouragement
- Frustrations over perception gap.
- Feelings of not knowing what to expect.

New perceptions
- Increased awareness.
- New perspectives.

There is a feeling that the current reentry program does not cover all areas related to reverse culture shock.

Why is this useful information?
- Helps prepare students for the challenges they will face.
- Provides strategies for managing reverse culture shock.

Annex:
- Reverse culture shock strategies.
- Resources for students dealing with reverse culture shock.
- Educational programs focusing on reentry.

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Intercultural Communication
Significance of Study

• Over 50% of Linfield students study abroad

• Students experience reverse culture shock
  – Nationally, 85% of students returning home report some signs of reentry challenges
    • 15% of these students experience more serious symptoms
Important Terms

- **Reverse Culture Shock**
  - The process of readjusting and re-assimilating into one’s home culture after living abroad for a significant period of time

- **Reentry**
  - Unexpected and difficult experiences readjusting to life at home after studying abroad
Research Questions

• What is it like for a college student to communicate about their study abroad and reentry experiences after returning to the United States?
  – What challenges do college students face while settling back into their home culture?
  – How does reverse culture shock affect students who have studied abroad?
Research Method

- **Phenomenology**
  - Qualitative research method
  - Seeks to understand and discover one’s lived experience
Interviewees

- Three students were randomly selected to answer open-ended questions that allowed them to reflect on their lived experience.

- Students studied for a semester in:
  - Hong Kong
  - Ireland
  - Mexico

- Initial question:
  - Tell me about your latest re-entry experience starting from the time you came back until now
Data Analysis

Three common themes:
- Feeling confined upon reentry
- Frustrations over perception gap
- Disclosure as a function of relational intimacy and expressed interest
Feeling Confined Upon Reentry

• **Students felt stuck and tied down:**

  “Everyone is doing the exact same stuff that they were, and you’ve been off having all these experiences, and now you’re just back within that.”

• **Lack of spontaneity:**

  “Sometimes at Linfield I find myself reading on my couch or in my room, but in Ireland I would read by the ocean, or by the bay. I would go there and bring some books and just sit there and read, watch people as they go by, and talk with people. But those moments away from everything that’s familiar to you, it just felt so enchanting because it’s not like a typical thing that you do. That life is just so exciting. Things don’t really feel enchanting here.”
It’s not so much that everything has changed since you were gone that’s difficult. It is that you’ve been through all these experiences and you’ve changed, but everything back home is still the same.”
“As much as people want to hear about your experience, they’re not nearly as excited as you are about it. With my close friends, I’ll tell them more specific stories about what happened but at the same time try not to go on too long about it because they get bored. But with acquaintances, I would just keep things more general and I don’t want to get into too much depth unless they inquire more because I don’t know if it’s that they can’t relate to it or don’t want to. But clearly, because it’s our experience, we have a different perspective.”
Conclusion & Implications

- There is a feeling that the current reentry program does not cover all issues related to reverse culture shock.

- Why is this useful information?
  - Help others understand
    - Friends
    - Family
    - Professors
  - Need for an improved reentry program
Bibliography