

Mental Health Webinar

心理健康研讨会

Supporting Your Student's

Mental Wellbeing

支持您的学生的心理健康

Hua Wen (she/hers), Licensed Marriage and Family Therapist

Clinical Instructor of Psychiatric and Behavioral Health Services

Keck School of Medicine, University of Southern California

主讲者：加州持证婚姻与家庭心理辅导员:文华

南加大Keck医学院心理与行为健康诊疗服务讲师



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- I: 介绍国际学生可能经历的适应与过渡期;
- II: 针对学生可能面对的压力和遇到的问题提出应对策略;
- III: 推荐校园的心理辅导服务以及相关资源

Avatar: Every Different Type of Bending Featured In The Last Airbender,
<https://screenrant.com/avatar-last-airbender-every-type-bending-elements/>



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国际学生海外求学的四个过渡期

- **Stage 1: Honeymoon** 蜜月期
- **Stage 2: Crises** 危机期
- **Stage 3: Adjustment** 适应期
- **Stage 4: Adaptation** 融入和转变



Stage 1: Honeymoon 蜜月期

- Fascinated with the new culture
对新的文化环境和事物感到新鲜好奇
- Positive expectations 正面的预期
- Differences seen in rosy, positive light
对差异戴着玫瑰色的，正向的滤镜来看待
- Although stressful and anxiety provoking, still happy and excited about everything NEW
虽然压力和焦虑存在，仍对新鲜事物感到欢喜和兴奋

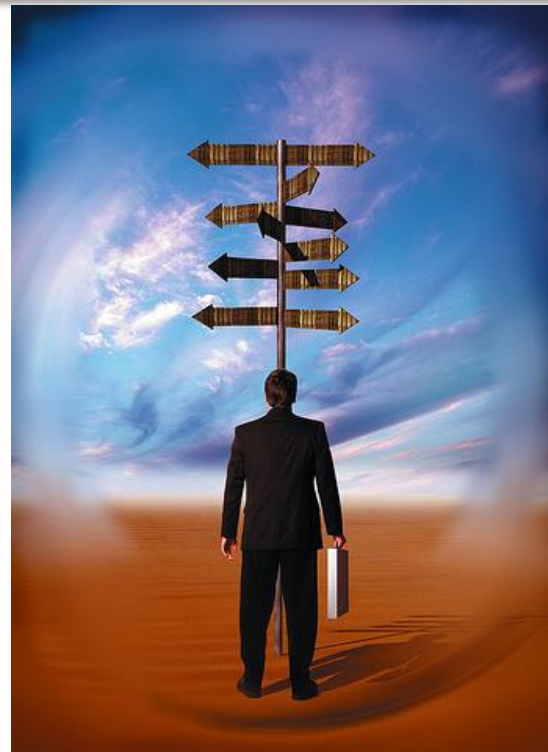


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Stage 2: Crises “危机”期

- New problems (housing, transportation, school, food, friends, etc)
新的问题冒出来了（住房，交通，学业，饮食习惯，交友等）
- Language and communication problems
语言和沟通方面的问题产生
- Feel homesick, lack of confidence, fear of failure, and isolated
思乡，不自信，害怕失败，孤独
- People are perceived as unfriendly and unhelpful
感觉他人不友好，不太帮得上忙
- Criticize the new 对新事物抱怨
 - “Why did I come?” “为什么我来到了这里？”
 - “I want to go home!” “我很想要回家！”



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Stage 3: Adjustment 适应期

- Customs, culture, and traditions become clear
对文化习俗和生活方式有了更清晰的认识
- Basic ideas and feelings can be expressed in new language
基本的想法和感受能够更流利地用英文表达了
- Feel happiness, balance, and direction
感到开心，有一定的平衡与方向感
- Adjustment can be slow, recurrent crises and readjustment
适应期有时很缓慢，反复出现危机和再适应



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Stage 4: Adaptation 融入和转变

- Successfully resolved problems, feeling “at home” 成功解决困难, 感觉跟“在家”一样了
- Establish new routine in new culture
在新的文化环境里建立新的生活节奏
- Accept the customs and habits, make new friends, more comfortable with the language
接纳新的环境和文化习俗, 结交新的朋友, 对语言掌控更加纯熟
- Development of bicultural identity
构建出双文化的身份认同



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Coping 应对策略



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Coping Strategies 应对策略一：

- ❖ Maintain relationships with family and friends back home and in the new environment. Stay connected with home culture.
与国内和身边的亲人好友保持良好的关系，与国内的文化保持连接。
- ❖ Allow yourself to feel sad about the things you left behind, but know that you can return. Tell yourself this is a “normal” reaction and that things will be better.
允许自己对离开家感到伤感，但同时知道自己可以放假回家或是选择回国。告诉自己这些都是普通的反应，一切会好起来的。



亲人与好友的支持和陪伴尤为重要

Maintain relationships with family and friends

近期(2020)波士顿综合医院心理学一项重要的调查研究表明，与身边的人倾谈交心的频繁程度是预防抑郁的最有效的要素，尾随第二的要素是拜访亲朋好友。

“Far and away the most prominent of these factors was **the frequency of confiding in others**, but also **visits with family and friends**, all of which highlights the important protective effect of social connection and social cohesion”--- Jordan Smoller, MD, a psychiatry researcher at Massachusetts General Hospital.

“According to the study, confiding in others appears to reduce the risk of depression by 24%”.

Medical News Today. “Confiding to others may protect against depression” .

<https://www.medicalnewstoday.com/articles/confiding-in-others-may-protect-against-depression#Proxies-for-a-sedentary-lifestyle?>



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Coping Strategies 应对策略二

- Practice self care 学习如何照顾好自己
“Self regulate” and “Self Sooth” 自我情绪的“调整”和“舒缓”
- Know your strength and limits, particularly affirm your strength from different perspectives, and during trying times.
了解自己的长处和局限，最重要的是从不同角度肯定自己的长处，尤其当你身处逆境中。
- Schedule your time 做好时间管理。



Strengths 我的长处

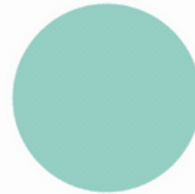
- Linguistically skilled 语言能力好
- Globally minded 具有全球观
- Intelligent 聪明
- Goal oriented 目标明确
- Courageous 勇敢
- Adventurous 有冒险精神
- Bi-cultural 双文化多文化
- Resiliency 有韧劲
- Friendly 友好, 好交友
- Kind 善良
- Love my parents 孝顺父母
- And it goes on and on... 列表继续。。。



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BREATHE WITH THE SHAPE



The Importance of Rest and Renewal

放松与充电

- Watch Netflix

看网剧

- Taking a break from Watching Shows on Netflix
深夜，让网剧歇一歇

- Taking a break from Instagram

从社交媒体中抽离一个下午

- USC Mindful App, USC Mindful Class

冥想与正念练习



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A DAILY ROUTINE FOR A HEALTHIER LIFE



HAVE A GLASS OF WATER
WHEN YOU WAKE UP



TRACK YOUR HEALTHY HABITS



TAKE TIME FOR GRATITUDE



STOP SCREEN TIME
2 HOURS BEFORE BED

Coping Strategies 应对策略三:

- Remind yourself what your long-term goals are, and give yourself time.

提醒自己你的长远目标是什么，给自己充足的时间去达成目标。

- Find your community, engage in new experiences, explore different aspects of your identity, and have fun!

寻找属于你的社区和群体，参与到新的人生体验中去，感受自己的变化，享受当下。

- Take advantage of resources. 善用资源。



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Life In & Outside of Academics 丰富多彩的大学生活



Cultivate Community – Find a community, network online or offline, or support group over a shared interest. Try a fitness class or yoga on campus!

找寻一个社区，网上或是线下的群体或是支持小组，兴趣爱好小组，尝试上一节健身或是瑜伽课程。



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Managing pressures in the job seeking process

应对求职压力

Focus on what you can control

把精力放在你能掌控的事情上

Avoid self blame and look at the bigger pictures

避免自我苛责，目光放长远

Strike a balance between work and life

注意学业求职与生活的平衡

Mocked Interview at USC Career Center

面试技巧可以在南加大职业发展中心培训。



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uscapass

USC Asian Pacific American Student Services (A...

...

SEIP & the Career Center present

Snacks & Career Chats

Each week, you can learn about different career-related topics!



Open House

Tuesday, January 17
11 am - 1 pm
STU 110
@Career Center

Career Fair Prep

Tuesday, January 31
12 pm - 1 pm
STU 410
@ APASS

Interview Prep

Tuesday, February 7
12 pm - 1 pm
STU 415
@ LGBTQ+SC

Resumes and Cover Letters

Thursday, February 16
12 pm - 1 pm
TCC 330
@ VRC

Networking

Wednesday, February 22
12:30 pm - 1:30 pm
STU 100
@CBCSA

Interview Prep

Thursday, March 2
12 pm - 1 pm
STU 410
@SBN x APASS

Resumes and Cover Letters

Tuesday, March 21
12 pm - 1 pm
TCC 224
@ FG+SC

Networking

Monday, March 27
12:30 pm - 1:30 pm
STU 402
@La CASA

Job Searching for Trans and Nonbinary Folks

Tuesday, March 28
12 pm - 1 pm
STU 415
@LGBTQ+SC

Resumes and Cover Letters

Thursday, April 6
12 pm - 1 pm
STU 100
@CBCSA

Salary Negotiation

Tuesday, April 11
12 pm - 1 pm
TCC 224
@ FG+SC x SBN

Job Search Workshops :
Interview Prep, Resume and Cover Letters, Salary Negotiation, Networking...

求职讲座： 见左边的资料：
面试技巧练习， 简历与介绍信，
薪资的商讨， 和职场社交关系的
拓展等。 。 。 。 。 。



19 likes

uscapass Next Tuesday, 1/31 join the
[@usccareercenter](#) in APASS (STU 410) from 12:00 -
1:00PM to learn ways to prep for the upcoming... more

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USC Resources: Counseling & Mental Health



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Ambivalence About Asking for Help

对于寻求帮助止步不前的常见心理与矛盾心态

1. “I must be successful and cannot show signs of weakness, it is a weakness to go to counseling.” “我必须很成功，不能向他人示弱，寻求心理辅导和帮助是软弱的表现。”
2. “My parents ask me not to overthink. They disapprove of me seeking counseling.” 我父母让我别想太多。我爸妈不同意我接受心理辅导或是精神科医生提供的医药服务。
3. “It feels embarrassing or shameful to speak about conflicts in my family or about myself to someone outside of my family.” “我觉得难于开口，想到要对一个外人讨论我的问题或是家庭关系冲突，我会觉得这么做是错的，没面子，对不起我家人”。
4. “It feels like a burden to share my emotions with family, friends or others.”
“我不想给家人，朋友或是他人带来任何压力或者负担，我的情绪会给别人带来不方便，所以最好还是自己解决吧。”
5. “It is hard for me to trust someone who is not from my culture or who does not understand my struggles.” “我很难去信任一位跟我文化背景不同的心理辅导员，他们/她们恐怕不会理解我的困难。”
6. “I don’t know what to say to a counselor.”
“我不知道跟心理辅导员要说些什么。”



Counseling & Mental Health

学生心理健康与辅导中心

Short-term Counseling services via Zoom and In Person,
心理辅导专家提供短期线上心理辅导和面谈。

Crisis services, Referral Consult, Solution Session, Short-term Individual Therapy, Group therapy, Psychiatry
危机干预, 长期心理辅导服务推介, 个人心理辅导, 小组心理辅导, 精神科医师咨询和药物干预

Unsure?

Start with a "Let's Talk" informal drop-in or Workshop
如有疑问, 欢迎约谈"Let's Talk" 20分钟讨论或是上网课

Need an
Appointment?



Call us 24/7:
(213) 740 - 9355
(WELL)



Visit MySHR
usc.edu/MySHR

For group and workshop
listings, visit
studenthealth.usc.edu

Therapist+ Mental health services accessible right from your phone

使用手机联通学生的心理咨询服务：**Oasis** 提供在线课程和实时短信心理辅导，**UWILL** 连接校外线上专业心理辅导（48小时以内就能约上专业辅导）



Oasis Chat

UWILL



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更多的心理辅导服务

Group Therapy

Assertiveness Skills

Building Social Confidence

Mindful Self-Compassion

Tackling Depression and Anxiety

Bipolar Support Group

Freshman Support Group

Gender Spectrum

Graduate Student Support Group

International Graduate Student Support Group

Relationship: Connecting self with others

Women's Support Group

Visit Counseling and Mental Health Website and Look for: **Group Therapy**

请登录南加大心理健康辅导中心网站搜寻：小组心理辅导：[Counseling & Mental Health - group therapy \(google.com\)](https://www.counselingandmentalhealth.org/group-therapy)

小组心理辅导

练习人际交往自信沟通技巧的小组

培养社交自信的心理辅导小组 (Closed for Spring)

培养正念与自我关怀技巧的小组

应对忧郁与焦虑情绪的小组 (Closed for Spring)

躁郁症患者支持小组

本科新生支持小组

性别的光谱支持小组

研究生支持小组 (涵盖大半个学期)

国际研究生支持小组 (涵盖大半个学期)

如何独处和与人相处支持小组

女性支持小组

贴近学生需求的心理健康教育课程

Thrive Workshops

- Anxiety Toolbox
- Feeling Blue
- Focusing Your Attention
- Increasing Your Emotional Intelligence
- Befriending Perfectionism (3/8 1pm)
- Building your coping skills toolkit (OIS)
- Sleep Well
- Stress Less
- Test Anxiety

心理健康课程

如何应对焦虑

如何管理抑郁情绪

如何集中注意力

情商增值

善待完美主义 (3/8 1-2pm)

增进国际学生应对心理问题的能力(3/16 11am)

睡眠管理

如何减压

如何管理考试压力

请登录 usc.edu/myshr 或拨打 213-740-9355 请工作人员帮忙

Sign up for Workshops on usc.edu/myshr or Call 213-740-9355 (Counseling and Mental Health Center) and request help with sign-up.

Meeting Your Needs 满足学生的心理健康服务需求



❑ USC Counseling & Mental Health (CMH)

大学心理健康中心 (学生健康中心三楼 Tel:213-740-9355)

短期心理健康服务 **费用: “免费” ---包含在学生健康中心费用中)**

Cost: “Free” --covered by student health center fee

❑ USC Psychiatry and Behavioral Health Services (PBHS)

精神科和心理服务诊所 (学生健康中心五楼 Tel:213-764-2800)

中长期心理健康服务 (心理咨商, 精神科医师咨询和药物治疗)

费用: 付费 (私人健康保险, 门诊费: 二十美元)

Cost: Private Insurance --

Aetna USC Student Health Insurance Plan

Copay: \$20





USC & Other Resources 校园其他的宝贵资源

- OIS (Office of International Services) 国际学生服务办公室
- Campus Support and Interventions 校园支持与干预办公室
- Kortschak Center for Learning & Creativity 学习中心
- USC American Language Institute 美国语言学习中心
- USC Career Center 事业与求职辅导中心
- OSAS (Office of Student Accessibility Services) 学生辅助服务
- USC Lifestyle Redesign® OT Services
良好的学习习惯与生活习惯的培训指导服务
- DPS: Dept. of Public Safety (213) 740-4321 校园警务办公室
- National Suicide Prevention Lifeline: 全美预防自杀热线:
Call 拨打: 1-800-273-TALK (8255)
- Crisis Text Line: Text "Trojan" to 741-741
心理危机短信热线: 发送短信"Trojan"到741-741



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Relationship & Sexual Violence Prevention (RSVP)

预防浪漫关系侵害和预防性暴力的专项心理服务

Sexual Assault Response and Survivor Care

It is the university's belief that survivors of trauma and sexual violence should have the most compassionate response and best possible survivor-directed care and consultation options.

- Confidential Counseling 尊重隐私的辅导
- Survivor Advocacy and Accompaniment 24/7
性侵犯与受害者的24小时陪伴
- Prevention Education & Workshops
预防性侵害，处理好浪漫亲密关系的教育课程
- Call请拨打: **213-740-9355** anytime (24小时)
Say要求: I need an advocate.
我需要跟一位代言人谈话



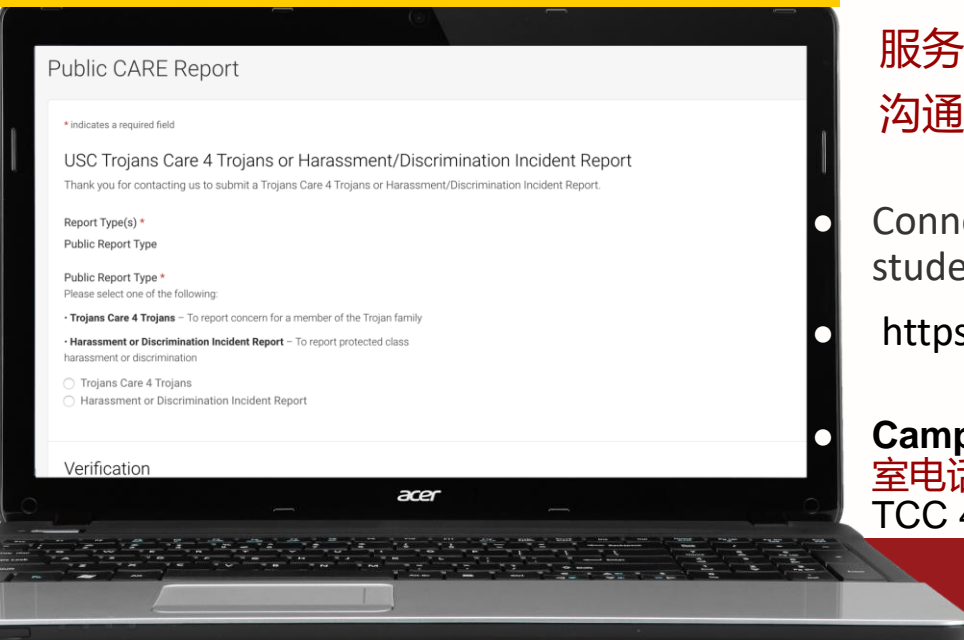
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Trojans Care 4 Trojans (TC4T)

社区共同关怀学生的健康与安全

A private & anonymous online report
for **non-emergency** student concerns



Public CARE Report

* indicates a required field

USC Trojans Care 4 Trojans or Harassment/Discrimination Incident Report
Thank you for contacting us to submit a Trojans Care 4 Trojans or Harassment/Discrimination Incident Report.

Report Type(s) *

Public Report Type

Public Report Type *

Please select one of the following:

- ☐ Trojans Care 4 Trojans – To report concern for a member of the Trojan family
- ☐ Harassment or Discrimination Incident Report – To report protected class harassment or discrimination

☐ Trojans Care 4 Trojans

☐ Harassment or Discrimination Incident Report

Verification

Through the Office of Campus Support & Intervention, share concerns you may have for anyone:

TC4T, 这项网络联通校园支持与干预办公室的服务, 为家长老师和同学提供非紧急的保护隐私的沟通便利.

Connects them to individuals who are committed to student safety. Access via: **请点击以下链接:**

<https://campussupport.usc.edu/trojans-care-4-trojans/>

Campus Support & Intervention at **校园支持与干预办公室**
电话: (213) 740-0411 or uscsupport@usc.edu. or, visit
TCC 421 (或拜访) TCC421

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Thank You!
谢谢

*Don't forget, it is always
okay to seek help.*

*请记住，主动寻求帮助是一项重要的
独立生活技巧*



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