

INTERNATIONAL STUDENT GUIDE

HEALTH

Student health services and health insurance.

WELLNESS

Psychological counseling center and mental health resources.

PROTECTIONS

Student protections, bias reporting, and emergency phrases



TABLE OF CONTENTS

HEALTH. WELLNESS. PROTECTIONS.

Student Health Center	01
Psychological Counseling Center	02
International Student Health Insurance	03
Title IX Support	04
Bias Reporting	05
Emergency Phrases	06
Chinese (Simplified)	07
German	08
Gujarati	09
Hindi	10
Italian	11
Japanese	12
Korean	13
Portuguese (Brazilian)	14
Spanish	15
Telugu	16
Turkish	17



Disclaimer: This guide is meant to serve as a general resource. It is recommended that you visit department websites or contact a department directly to ensure you are accessing the most up-to-date information.

VISIT NEWPALTZ.EDU AND NEWPALTZ.EDU/ISS OR MORE INFORMATION

Student Health Center

MISSION STATEMENT

To provide quality medical care in a compassionate environment.

To interact with students in a manner that will teach them how to interact with the healthcare system in the future.

To begin a dialogue with students on how to make healthy choices in life with regard to diet, exercise, sleep, relaxation, interpersonal relationships, tobacco use, alcohol use, drug use, and receiving immunizations.



⌚ STUDENT SERVICE HOURS

MONDAY - FRIDAY

8:30 a.m. - 4:30 p.m.: Phone calls are welcome, doors are opened for scheduled appointments only

4:30 p.m. to 5 p.m.:

Phone calls are forwarded to the answering service and staff are finishing the care of those who contacted Student Health Service prior to 4:30 p.m.

⌚ INTER-SESSION AND SUMMER HOURS

MONDAY - FRIDAY

8 a.m. - 4:00 p.m.: Phone calls welcome and doors are opened for scheduled appointments only

📞 PHONE (WORK HOURS)

CALL: 845-257-3400

📞 AFTER HOURS & WEEKENDS (NON- EMERGENCIES)

CALL: 845-257-3400, a number to Fonemed (a 24 hour nurse advice line) will be provided

📞 EMERGENCIES

On-campus, CALL: 845-257-2222
Off-campus, CALL: 911

✉️ EMAIL

healthservice@newpaltz.edu

🌐 WEBSITE

newpaltz.edu/healthcenter

Psychological Counseling Center

MISSION STATEMENT

The Psychological Counseling Center (PCC) provides preventative and clinical services to the diverse SUNY New Paltz community.

The PCC promotes retention of students through interventions designed to enhance their psychological, emotional, social, and intellectual well-being.



 **OFFICE HOURS**
MONDAY-FRIDAY
8:30 am - 5:00 pm

 **DROP-IN SERVICES**
WEDNESDAY
1:00 - 3:00 pm: The PCC is offering live drop-in services in the form of "[Let's Talk](#)." No reservation required.

The sessions are held in SUB 416.

 **PHONE (WORK HOURS)**
CALL: 845-257-2920

 **AFTER HOURS & WEEKENDS**
CALL: 845-257- 2222

You will be connected with the University Police Department (UPD) who will then connect you to the PCC Emergency Contact for Student Consult (ECSC)

WEBSITE
newpaltz.edu/counseling

Confidentiality Policy

Discussions between a student and counselor are confidential. Click the banner to learn more about the confidentiality policy.

International Student Health Insurance

International students are automatically enrolled in the UnitedHealthcare plan upon registration. We do not accept applications for waivers of the insurance requirement from those students who are under the immigration sponsorship of SUNY New Paltz.

The United States system of medical care may be different from that of your home country. **In the U.S., you must pay for medical services yourself.**

There is no national health insurance and you cannot afford to be without medical insurance.

For this reason, the College requires all full-time students and strongly urges all dependents to purchase the SUNY student health insurance in order to provide you with adequate medical insurance.

DEPENDENT INFORMATION



F-2 & J-2 Dependents are required to enroll in the SUNY Health Insurance plan for each semester the F-1 or J-1 student is enrolled at SUNY New Paltz.

The University Health Insurance policy must be purchased within 30 days of your dependent(s) arrival in the U.S.

Please contact international@newpaltz.edu for more information.

United Healthcare Student Resources



Click the banner above to learn more about your health insurance policy and create your account.

Title IX Support



What is Title IX? Title IX is 37 powerful words.

No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance.

Title IX protects all members of our campus community from:

- gender discrimination
- sexual violence
- sexual harassment
- interpersonal violence
- sexual assault
- stalking

Gender discrimination, sexual harassment, sexual assault, sexual violence, and stalking are strictly prohibited within the SUNY New Paltz community. **All members of the SUNY New Paltz community have the right to be free from any form of interpersonal violence and discrimination.**

We encourage any member of the campus community to report, confidentially discuss, or raise questions and concerns regarding any instance of gender discrimination, sexual harassment, sexual assault, sexual violence, interpersonal violence, and stalking.



TITLE IX COORDINATOR

Tanhena Pacheco Dunn

 **PHONE**
(845) 257-3172

 **WEBSITE**
newpaltz.edu/titleix

 **EMAIL**
pachecot@newpaltz.edu



Bias Reporting

What is "Bias?"

The term 'bias related' refers to language and/or behaviors which demonstrate bias against persons because of, but not limited to others' actual or perceived:

- race
- ethnicity
- national origin
- creed
- age
- gender
- gender identity
- body size
- disability
- gender expression
- sexual orientation
- marital status
- predisposing genetic characteristics
- veteran status
- ex-offender status
- socioeconomic status

Reporting or Seeking Support

If you experience an incident of bias on or off campus, you can notify the bias response network using our [Bias Reporting Form](#).



Click the banner above to learn more about the Bias Reporting & Support Team initiative.

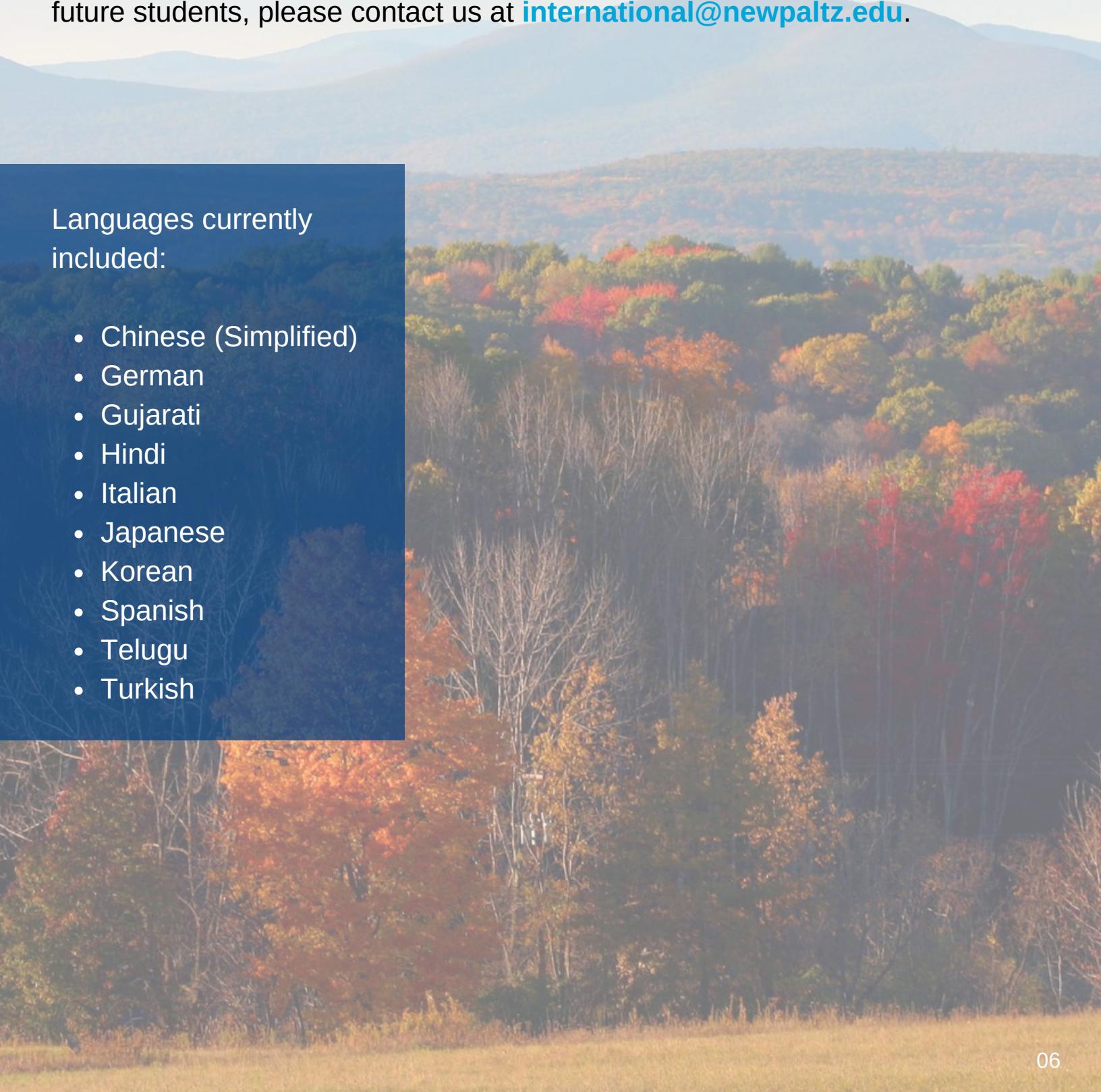
Emergency Phrases

The following pages contain phrases translated into multiple languages should you ever need help expressing your problems or concerns in English.

If you are able to contribute translations into a language not listed here to help future students, please contact us at international@newpaltz.edu.

Languages currently included:

- Chinese (Simplified)
- German
- Gujarati
- Hindi
- Italian
- Japanese
- Korean
- Spanish
- Telugu
- Turkish



Emergency Phrases

CHINESE (SIMPLIFIED) 简体中文

Academic problems	学术问题
Adjustment to the university	对学校的适应
Adjustment to U.S. culture	对美国文化的适应
Alcohol/Drugs	滥用酒精和药物
Anxiety, fear, worries, nervousness	恐惧, 害怕, 焦虑, 紧张
Assertiveness	自我肯定
Breakup/ loss of a relationship	失恋/失去一段关系
Communicating with professor/ authorities	与教授或权威人士沟通
Concentration	注意力集中
Confusion about beliefs/values	信仰/价值观混淆
Coping with stress	精神压力的处理
Dating concerns	约会问题
Death or impending death of significant person	对你重要的人去世或将要面临死亡
Decision about career/major	决定事业方向/主修科目
Depression	忧郁
Eating problems	厌食或暴食倾向
English language ability	英语表达能力
Ethnic/racial discrimination	种族歧视
Finances	经济问题
Getting or using transportation	使用交通工具
Homesickness	想家
Irritability/anger/hostility	暴怒, 愤怒, 敌对情绪
Making friends	交友
Physical health problems	健康问题
Procrastination/getting motivated	拖延/缺乏动力
Rape/sexual assault/unwanted sex	被强奸/性侵犯/强迫性行为
Re-entry to home country	回国所面对的问题
Relationship with family/parents/siblings	与家人/父母/兄弟姐妹的关系
Relationship with friends/roommates/peers	与朋友/室友/同辈的关系
Relationship with romantic partner/spouse Self-esteem/self-confidence	与恋人/配偶的关系 自尊/自信
Sexual concerns	性方面的关注
Sexually transmitted disease(s)	性病
Shyness, social discomfort	害羞, 社交不安
Sleeping problems	睡眠问题
Study habits/ study skill problems	学习模式/学习技巧问题
Suicidal feelings/ thoughts	自杀情绪/思想
Time management	时间管理
Uncertain about future	对未来不确定
Weight problems/ body image	体重/仪容/身形问题

Emergency Phrases

Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/ loss of a relationship
Communicating with professor/ authorities

Concentration
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major
Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/ study skill problems
Suicidal feelings/ thoughts
Time management
Uncertain about future
Weight problems/ body image

GERMAN Deutsche

Leistungsprobleme
Anpassung an das Universitätsleben
Anpassung an die amerikanische Kultur
Alkohol/Drogen
Unsicherheit, Angst, Sorgen, Nervosität
Selbstbewußtes Handeln
Ende einer Beziehung
Verständigung und Kommunikation mit ProfessorInnen/Authoritätspersonen
Konzentration
Fragen zu Wertvorstellungen
Umgehen mit Stress
Fragen zum Ausgehen oder Anfang einer Beziehung
Tod oder bevorstehender Tod einer nahestehenden Person
Berufsentscheidung/Studiengang
Depressionen
Eßstörungen
Englische Sprachfähigkeit
Ethnische/rassistische Diskriminierung
Finanzielle Probleme
Gewöhnung an oder Benutzung der Transportmittel
Heimweh
Reizbarkeit, Zorn, Feindseligkeit
Freundschaften schließen
Gesundheitliche Probleme
Eigenmotivation
Vergewaltigung/sexuelle Belästigung
Wieder-Einreise nach Deutschland
Beziehung zu Familie, Eltern, Geschwistern
Beziehung zu Freunden, Mitbewohnern, Gleichaltrigen
Beziehung zu Freund/Freundin, Ehegatten
Selbstsicherheit/Selbstbewußtstein
Fragen zur Sexualität
Geschlechtskrankheiten
Schüchternheit
Schlafstörungen
Lerngewohnheiten/Lernprobleme
Selbstmordgedanken
Zeiteinteilung
Unsicherheit, was die Zukunft betrifft
Gewichtsprobleme, Körperbewußtstein

Emergency Phrases

GUJARATI જરાતી

Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/ loss of a relationship
Communicating with professor/ authorities
Concentration
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major
Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/ study skill problems
Suicidal feelings/ thoughts
Time management
Uncertain about future
Weight problems/ body image

શૈ એક સમ યાઓ
જ નવ સટ માં ગોઠવણ
જુએસ. સં કૃ તમાં ગોઠવણ
દા / સ
ચત ૧, ભય, ચત આં, ગભરાટ
ન તતા
સંબંધનો ભંગ / કુશાન
ફેક્સરો / સ વાળાઓ સાથે વાતચીત
એકા તા
મા યતાઓ / જો વરો હૂંચવણ
તણાવ કાબલો
ડેટા ની ચત આં
ન ધપા ય તની અથવા આવતી
કર કદ / ય વરો નણય
હતાશા
વશેષ સમ યાઓ
અ ભાષાની આવડત
વશીય / વશીય બેદભાવ
નાણાક ય બાબતો
પ રવહન મેળવી અને તેનો ઉપયોગ કરવો
ઘરથી દૂર હોવાને કારણ ય થત કે અ વ થ
ચી ડયાપ / લેદ / દુષ્મનાવટ
મો બનાવા
શાર રક વા ય સમ યાઓ
ઉથલાવંગુ / જો સા હત
બળા કાર / તીય એસો ટ / અ ન છનીય ત
દેશ માટે ફેર થી વેશ
પ રવાર / માતા પતા / બહેન સાથે સંબંધ
મો / મમે સ / પેઢ ઓ સાથે સંબંધ
રોમે ટક ભાગીદાર / પ ત સાથે સંબંધ
આ મસ માન / આ મ વ એસ
તીય ચત આં
સે જુલી જ સ મટેડ રોગ (ઓ
શરમાળ, સામા જક અગવડતા
લી પગ સમ યાઓ
અ યાસ કરવાની આદતો / અ યાસ કૌશ ય સમ યાઓ
આ મધ્યાતી લાગણી / વચાર
સમય જું આયોજન
વરો અ ન ત
વજન સમ યાઓ / દેહ તભા

Emergency Phrases

HINDI हिंदी

Academic problems	शैक्षणिक समस्याएँ
Adjustment to the university	विश्वविद्यालय के लिए समायोजन
Adjustment to U.S. culture	अमेरिकी संस्कृति के लिए समायोजन
Alcohol/Drugs	शराब / दवा
Anxiety, fear, worries, nervousness	चतुर्भुज, भय, चतुर्भुज, घबराहट
Assertiveness	मुख्यता
Breakup/ loss of a relationship	गोलमाल / एक रोते का हानि
Communicating with professor/ authorities	साथी ३५५८८ / अधिकारी व्यवस्था संचार
Concentration	एका ता
Confusion about beliefs/values	के बारे में वास / मान में
Coping with stress	तनाव को झेलना
Dating concerns	डेटिंग चतुर्भुज
Death or impending death of significant person	महावृष्णु के आस मृत्यु का मौत
Decision about career/major	कैरियर के बारे में नियन्त्रण / मुख्य
Depression	डेशन
Eating problems	भोजन का समस्याएँ
English language ability	अंग्रेजी भाषा का मता
Ethnic/racial discrimination	जातीय / नातीय भेदभाव
Finances	व
Getting or using transportation	हो रही है और परवहन का उपयोग कर
Homesickness	घर के बाहर रहने से खुश
Irritability/anger/hostility	चड़ चड़ापन / लोध / मनी
Making friends	दो त बनाना
Physical health problems	शारीरिक वाय समस्या
Procrastination/getting motivated	शर्थ थलता / रत हो रही है
Rape/sexual assault/unwanted sex	बला कार / यौन उपर्युक्त / अवांछित से संतुष्टि
Re-entry to home country	घर देश के लिए पुनर्जन्म: वेश
Relationship with family/parents/siblings	परवार / माता-पिता / भाई बहन के साथ रता
Relationship with friends/roommates/peers	मात्र / कमरे / साथी के साथ रता
Relationship with romantic partner/spouse Self-esteem/self-confidence	रोमांटिक साथी / पति के साथ रता
Sexual concerns	आम समान / आम वास
Sexually transmitted disease(s)	यौन संबंधी चतुर्भुज
Shyness, social discomfort	यौन रोग
Sleeping problems	शम, सामाजिक बेचैनी
Study habits/ study skill problems	सोने में परेशानी
Suicidal feelings/ thoughts	अय्यन का आदत / अय्यन कौशल समस्या
Time management	आम हाय भावना / सोचा
Uncertain about future	समय बंधन
Weight problems/ body image	भवित्व के बारे में अनुचित
	वजन का समस्याएँ

Emergency Phrases

ITALIAN Italiano

Academic problems	Problemi accademici
Adjustment to the university	Adeguamento all'Università
Adjustment to U.S. culture	Adattamento alla cultura Usa
Alcohol/Drugs	Alcool / droga
Anxiety, fear, worries, nervousness	Ansia, paura, preoccupazioni, nervosismo
Assertiveness	Assertività
Breakup/ loss of a relationship	Rilassamento / perdita di una relazione
Communicating with professor/ authorities	Comunicare con i professori / autorità
Concentration	Concentrazione
Confusion about beliefs/values	Confusione circa credenze / valori
Coping with stress	Copiando con stress
Dating concerns	Preoccupazioni di incontri
Death or impending death of significant person	Morte o morte imminente di persona significativa
Decision about career/major	Decisione sulla carriera / maggiore
Depression	Depressione
Eating problems	Problemi Mangiare
English language ability	Abilità nella lingua inglese
Ethnic/racial discrimination	Discriminazione etnica / razziale
Finances	Dei problemi finanza
Getting or using transportation	Ottenere o utilizzare il trasporto
Homesickness	Nostalgia
Irritability/anger/hostility	Irritabilità / rabbia / ostilità
Making friends	Fare amicizia
Physical health problems	Problemi di salute fisica
Procrastination/getting motivated	Procrastinazione / motivazione
Rape/sexual assault/unwanted sex	Rapimento / assalto sessuale / sesso indesiderato
Re-entry to home country	Ritorno al paese di origine
Relationship with family/parents/siblings	Relazione con la famiglia / genitori / fratelli
Relationship with friends/roommates/peers	Relazione con amici / compagni di stanza / coetanei
Relationship with romantic partner/spouse Self-esteem/self-confidence	Relazione con il partner romantico / coniuge Autostima / fiducia in se stessi
Sexual concerns	Preoccupazioni sessuali
Sexually transmitted disease(s)	Malattie trasmesse sessualmente
Shyness, social discomfort	Timidezza, disagio sociale
Sleeping problems	Problemi di sonno
Study habits/ study skill problems	Abitudini di studio / problemi di abilità di studio
Suicidal feelings/ thoughts	Sentimenti / pensieri suicidi
Time management	Gestione del tempo
Uncertain about future	Incerto circa il futuro
Weight problems/ body image	Problemi di peso / immagine del corpo

Emergency Phrases

JAPANESE 日本語

Academic problems	学業面の問題
Adjustment to the university	大学生活への適応
Adjustment to U.S. culture	アメリカ文化への適応
Alcohol/Drugs	酒類・薬物などへの依存
Anxiety, fear, worries, nervousness	不安・恐怖感・心配・神経質
Assertiveness	自己主張の不足
Breakup/ loss of a relationship	恋人との別れ
Communicating with professor/ authorities	教授・目上の人とのコミュニケーション
Concentration	集中力の欠如
Confusion about beliefs/values	信念・価値観の揺らぎ
Coping with stress	ストレス管理
Dating concerns	デートに関する悩み
Death or impending death of significant person	自分にとって大切な人の死あるいは生命の危機
Decision about career/major	就職・専攻の選択に関する悩み
Depression	うつ病
Eating problems	拒食・過食
English language ability	英語力の悩み
Ethnic/racial discrimination	人種差別の体験
Finances	金銭に関する悩み
Getting or using transportation	交通手段の有無または利用法
Homesickness	ホームシック
Irritability/anger/hostility	短気・怒り・敵意
Making friends	友人作りに関する悩み
Physical health problems	健康に関する悩み
Procrastination/getting motivated	怠け癖・やる気の欠如
Rape/sexual assault/unwanted sex	レイプ・性暴力・性行為教養による被害の経験
Re-entry to home country	帰国後の心配
Relationship with family/parents/siblings	家族・両親・兄弟姉妹との関係
Relationship with friends/roommates/peers	友人・ルームメイト・仲間同士との関係
Relationship with romantic partner/spouse	配偶者・恋人との関係
Self-esteem/self-confidence	自尊心・自信
Sexual concerns	性に関する悩み
Sexually transmitted disease(s)	性病
Shyness, social discomfort	社交性の欠如
Sleeping problems	睡眠障害
Study habits/ study skill problems	学習週間・学習能力に関する悩み
Suicidal feelings/ thoughts	自殺願望
Time management	自分の計画通りに行動する自己管理能力
Uncertain about future	将来に対する不安
Weight problems/ body image	体重・体型に関する悩み

Emergency Phrases

KOREAN 한국어

Academic problems	학업 문제
Adjustment to the university	대학교 적응문제
Adjustment to U.S. culture	미국문화 적응문제
Alcohol/Drugs	술/마약 남용 문제
Anxiety, fear, worries, nervousness	불안, 공포, 걱정, 조바심
Assertiveness	자기주장성 부족 문제
Breakup/ loss of a relationship	실연
Communicating with professor/ authorities	교수나 학교관계자와의 의사소통 문제
Concentration	집중력의 문제
Confusion about beliefs/values	가치관/믿음 상의 혼란
Coping with stress	스트레스 대처(대응)
Dating concerns	애정관계의 문제
Death or impending death of significant person	가까운 이의 사망 혹은 임박한 죽음 직
Decision about career/major	업 전공에 대한 결정 문제
Depression	우울증
Eating problems	섭식장애(거식증, 비만 문제) 언어(영어) 문제
English language ability	외국인/인종 차별
Ethnic/racial discrimination	재정 문제
Finances	교통 수단을 이용하는 문제 향수병(고국에 대한)
Getting or using transportation	과민성, 화(노여움), 적개심
Homesickness	사교성 문제
Irritability/anger/hostility	신체 건강 문제
Making friends	꾸물거리는 버릇 및 동기 부족 강간/성폭행/성강요
Physical health problems	귀국문제
Procrastination/getting motivated	부모, 형제, 자매와의 관계
Rape/sexual assault/unwanted sex	친구, 동료와의 관계
Re-entry to home country	애인, 배우자와의 관계
Relationship with family/parents/siblings	자부심/자신감 문제
Relationship with friends/roommates/peers	성관련 문제
Relationship with romantic partner/spouse Self-esteem/self-confidence	성병
Sexual concerns	소심, 사회성 결함,
Sexually transmitted disease(s)	수면 문제
Shyness, social discomfort	공부 습관 및 공부 방법 상의 문제
Sleeping problems	자살 충동 및 생각
Study habits/ study skill problems	시간관리
Suicidal feelings/ thoughts	미래에 대한 불확실성 체중문제/체형
Time management	이미지
Uncertain about future	
Weight problems/ body image	

Emergency Phrases

Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/ loss of a relationship
Communicating with professor/ authorities
Concentration
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major

Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility

Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers

Relationship with romantic partner/spouse Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/ study skill problems

Suicidal feelings/ thoughts
Time management
Uncertain about future
Weight problems/ body image

PORTUGUESE (Brazilian) Português (Brasileiro)

Problemas acadêmicos
Adaptação a vida universitária
Adaptação a cultura dos Estados Unidos
Álcool/drogas
Ansiedade, medos, preocupações, nervosismos
Assertividade/autoconfiança
Término de relacionamento amoroso ou pessoal
Comunicação com professores/ autoridades
Concentração
Confusão relacionadas a crenças e valores
Lidando com estresse
Preocupações com namoro
Morte ou possível morte de um ente querido
Decisões sobre carreira ou decisões sobre que curso estudar na faculdade

Depressão
Problemas alimentares
Habilidade em inglês
Discriminação étnica/racial
Problemas financeiros
Uso de transporte público
Ficar doente por sentir saudade de casa/família
Irritação/ raiva/hostilidade (rivalidade, agressividade)

Fazer amigos
Problemas relacionados à saúde física
Procrastinar/ falta de motivação
Estupro/agressão sexual/ sexo forçado
Reingressar ao país de origem
Relacionamento com família/ pais/ irmãos
Relacionamento com amigos/ colegas de quarto/ pares

Relacionamento com namorado (a)/ esposo (a)
Autoestima/autoconfiança
Problemas relacionados ao sexo
Doenças sexualmente transmissíveis
Timidez, desconforto social
Insônia/ problemas para dormir
Hábitos de estudar/ problemas na habilidade de estudar

Pensamentos suicida
Organização do tempo
Incerteza sobre o futuro
Problemas com peso e autoimagem

Emergency Phrases

Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness

Assertiveness
Breakup/ loss of a relationship
Communicating with professor/ authorities
Concentration
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major

Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex

Re-entry to home country
Relationship with family/parents/siblings

Relationship with friends/roommates/peers

Relationship with romantic partner/spouse
Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/ study skill problems
Suicidal feelings/ thoughts
Time management
Uncertain about future
Weight problems/ body image

SPANISH Español

Los problemas académicos
La adaptación a la vida universitaria
La adaptación a la cultura de los Estados Unidos
El alcohol o las drogas
La ansiedad, los miedos (temores), las preocupaciones, la nerviosidad
La confianza en sí mismo
El fin de una relación personal
El comunicar con profesores/autoridades
La concentración
La confusión en cuanto a creencias y valores
El Manejo del estrés
Las preocupaciones relativas a la pareja
La muerte o muerte posible de un ser querido
Las decisiones relativas a la carrera o la especialización
La depresión
Los problemas alimentarios
La habilidad en inglés
La discriminación racial o étnica
Los problemas económicos
El conseguir o usar transporte
El extrañar la casa y la familia
La irritabilidad/la ira/la hostilidad
El establecer amistades
Los problemas relativos a la salud física
La postergación de obligaciones/la falta de motivación
La violación/el asalto sexual/las relaciones sexuales forzadas
El reingreso a la patria
Las relaciones con la familia/los padres/los hermanos/as
Las relaciones con amigos/compañeros de cuarto/pares
Las relaciones con la pareja o el esposo/a
La auto-estimación/la confianza en sí mismo
Los problemas de índole sexual
Las enfermedades de transmisión sexual (venéreas)
La timidez, los problemas en la interacción social
La falta del sueño, del insomnio
Los hábitos de estudio
Los Pensamientos de suicidio
El manejo del tiempo
La incertidumbre con respecto al futuro
Los problemas con el peso y la auto-imagen

Emergency Phrases

Telugu లుగు

Academic problems	సంబంధ సమస్యలు
Adjustment to the university	శాశ్వత సర్వాంగిలు
Adjustment to U.S. culture	US సంస్కార సర్వాంగిలు
Alcohol/Drugs	మదం / ఔషధ లు
Anxiety, fear, worries, nervousness	ఆంగ్జన, భయం, అంత, భయము
Assertiveness	ఉదాహరణ
Breakup/ loss of a relationship	సంబంధం కి భజన / నష్టం
Communicating with professor/ authorities	సర్వాంగి / ఆప్టిమిస్ట కమ్యూనికేషన్
Concentration	విగ్రహించడం
Confusion about beliefs/values	నములు / లువలు గుండం గందర జం
Coping with stress	బాధ అంచుడం
Dating concerns	అంతం జీవనలు
Death or impending death of significant person	ముఖ్య నవ కి మరణం మరణం / జీవితం
Decision about career/major	రయం
Depression	ష్టోమ్
Eating problems	సమస్యలు నడం
English language ability	ఆంగ్ల మరణం
Ethnic/racial discrimination	జ్ఞానికి వ
Finances	ఆక్రమణికి
Getting or using transportation	రాష్ట్ర ఉపయోగించడం
Homesickness	జీవితం న
Irritability/anger/hostility	కుటుంబం / తిరస్కానికి పంచం
Making friends	తులు డం
Physical health problems	కాల్చింగ్ సమస్యలు
Procrastination/getting motivated	ష్టోమ్ / రణ అందం
Rape/sexual assault/unwanted sex	/ ఇంకా / ఆంగ్స్టా
Re-entry to home country	జీవితం విచిత్రమాదం
Relationship with family/parents/siblings	కుటుంబం / తిరస్కానికి పంచం
Relationship with friends/roommates/peers	తులు / రూపాలు / సహాయరూలు సంబంధం శ్వంగర గ్రంతి /
Relationship with romantic partner/spouse Self-esteem/self-confidence	భర్త సంబంధం
Sexual concerns	ఆత్మరవం / యింసం
Sexually transmitted disease(s)	ఇంకా ఆంతం జీవనలు
Shyness, social discomfort	ఇంకా ఇంసం ధూలు
Sleeping problems	కంటి, కాల్చింగ్ కరం
Study habits/ study skill problems	ఇంకా సమస్యలు
Suicidal feelings/ thoughts	సామాజిక అందం
Time management	సామాజిక అందం
Uncertain about future	భషణ గుండం యదు
Weight problems/ body image	బరు సమస్యలు / శరీర తండ్రి

Emergency Phrases

Academic problems
Adjustment to the university
Adjustment to U.S. culture
Alcohol/Drugs
Anxiety, fear, worries, nervousness
Assertiveness
Breakup/ loss of a relationship
Communicating with professor/ authorities
Concentration
Confusion about beliefs/values
Coping with stress
Dating concerns
Death or impending death of significant person
Decision about career/major
Depression
Eating problems
English language ability
Ethnic/racial discrimination
Finances
Getting or using transportation
Homesickness
Irritability/anger/hostility
Making friends
Physical health problems
Procrastination/getting motivated
Rape/sexual assault/unwanted sex
Re-entry to home country
Relationship with family/parents/siblings
Relationship with friends/roommates/peers
Relationship with romantic partner/spouse Self-esteem/self-confidence
Sexual concerns
Sexually transmitted disease(s)
Shyness, social discomfort
Sleeping problems
Study habits/ study skill problems
Suicidal feelings/ thoughts
Time management
Uncertain about future
Weight problems/ body image

Turkish Türkçe

Akademik Problem
Universiteye uyum saglamak
Amerika Kulturune uyum saglamak
Alkol/Uyusturucu
Kaygi,Korku, Endise, Sinirlilik
Guven
Birinden Ayrılma/Birini Kaybetme
Profesor veya Yetkili biri ile iletisim kurmak
Konsantrasyon
Degerler/inanclar konusunda kararsizlik
Stress ile basa cikma
Biri ile cikma konusundaki kararsizlik
Ölüm veya önemli kişinin yaklaşmakta olan ölümü
Kariyer/Bolum konusundaki kararlar
Depresyon
Yeme Problemi
İngilizce dil yeteneği
Etnik/Irksal Ayrimcilik
Finansal Problemler
Ulasim Alma ve Kullanma
Evini ozlemek
Sinirlilik/Ofke/Dusmanlık
Arkadas Edinmek
Fiziksel Saglik Problemleri
Oyalanma/Motive Olma
Tecavuz/Taciz/Istenmeyen Sex
Kendi ulkene tekrardan giris yapma
Aile / ebeveyn / kardeşlerle ilişki
Arkadaşlarla / oda arkadaşlarıyla / arkadaşlarıyla ilişiki Romantik ortak / eş ile ilişkisi
Kendine inanma/Kendine guvenme
Cinsel Kaygilar
Cinsel Yolla Bulasan Hastalik(lar)
Utangaçlik,sosyal ortamda rahatsiz olma
Uyku Problemi
Ders Calisma Aliskanligi/ Ders Calisma Problemi
Intihara Egilim/Intihari Dusunme
Zaman Yonetimi
Gelecek Kaygisi
Kilo/Vucut Problemi