

Cross-Cultural Adjustment and Collaboration

Module 1	Objectives	Learning Activities	Assessments
Title: Understanding Culture Shock Time: 25 minutes Modality: Asynchronous online eLearning module	1. Explain culture shock. 2. Recognize the stages of cultural adjustment. 3. Identify how unfamiliar cultural expectations may contribute to culture shock and frustration.	● Scenario-based storytelling following Jasmine's cultural adjustment journey. ● Reflection activities exploring stages of cultural adjustment and cultural expectations ● Hotspot exploration activity identifying sources of confusion in unfamiliar situations. ● Decision-making activity selecting effective adaptation strategies. ● Drag-and-drop activities matching stages and emotions.	● Stage-identification activity ● Cultural misunderstanding scenario analysis ● Final reflection on culture shock and cultural expectations

Module 2	Objectives:	Learning Activities	Assessments
Title: Cross-Cultural Collaboration Time: 25 minutes Modality: Asynchronous online eLearning module	1. Recognize how cultural differences may influence communication in school interactions 2. Compare communication approaches 3. Apply culturally responsive strategies in school settings	● Reflection activities exploring workplace communication experiences and cultural perspectives. ● Scenario-based observation activities comparing communication approaches in school settings. ● Drag-and-drop activities identifying task-focused and relationship-focused interactions. ● Guided exploration activities examining cultural values that influence communication and collaboration. ● Scenario analysis activities applying cultural perspectives to parent-teacher interactions. ● Branching scenario activities practicing culturally responsive communication strategies and decision making	● Communication approaches comparison activity ● Drag-and-drop categorization of communication styles ● Branching parent-teacher communication scenario

Module 3	Objectives	Learning Activities	Assessments
Title: Building Resilience Time: 60 minutes Modality: In-person facilitated workshop	1. Apply resilience and self-care strategies during cross-cultural transitions. 2. Develop a personalized resilience action plan that supports resilience during international transitions.	● Reflection activities exploring cultural adjustment challenges, stressors, and personal well-being during international transitions. ● Guided exploration activities examining support systems, self-care strategies, and resources for managing change. ● Action-planning activities using the Cultural Adjustment Self-Care Guide to create a personalized resilience action plan. ● Reflection and discussion activities connecting self-care practices to resilience, well-being, and professional effectiveness.	● Personalized resilience action plan for addressing cross-cultural challenges.