

## Task 1 Read the following paragraph and answer the questions.

### Effects of Reverse Culture Shock

How do all of the stresses of reverse culture shock manifest themselves in the repatriate?

Often the same way they do in initial culture shock. Aside from the obvious frustrations, returnees may experience a number of mental/emotional side-effects, such as criticality, marginality, overexertion/exhaustion, and resistance/withdrawal/self-doubt/depression.

Craig Storti notes the following effects in his book, *The Art of Coming Home*, summarized here:

- **Criticality** - At the depths of reverse culture shock, you may notice yourself making a lot of critical judgments about home. Your renewed unfamiliarity with the home culture and your unfamiliarity with the routines can lead to unpleasant and frustrating experiences. Furthermore, this frustration can be displaced, often onto others. It becomes easy to be impatient with others and hard to be objective -- even when the problems are actually insignificant. You may remember all of the wonderful things about your foreign post, and compare them against the least pleasant aspects of being home. Understand that it is normal to critically assess and compare your experience abroad with your experience at home.
- **Marginality** - Your overseas experience has significantly impacted your identity. As you immersed yourself in a new culture, you broadened your perspective and opened your mind to new ideas. Once you return home, you realize that tensions exist between your new identity and mainstream society. You no longer feel like you fit in. Many families and individuals in the foreign affairs community make a life for themselves when "back home," are able to function in and adapt to multiple settings, but do not feel completely comfortable.
- **Overexertion/Exhaustion** - Because many of the routines, patterns and customs of U.S. culture are new to you, you must consciously pay attention to performing basic functions. Add to that the stress of the logistical tasks of your return, and you may begin to feel overwhelmed by this experience. Exhaustion is a commonly reported effect of reverse culture shock.
- **Resistance/Withdrawal/Self-Doubt/Depression** - As you become discontented with your home culture, a common reaction is to resist adapting to it. Many returnees withdraw or escape, dwelling on fantastical thoughts of the foreign culture and avoiding contact with people from the home culture. With all of the frustrations and disillusionment of "home," it can be easy to question and doubt yourself. Not surprisingly, then, reverse culture shock is often accompanied by a dose of depression.

### Questions

1. Is there a topic sentence in this paragraph? How is the topic introduced ?

2. What is the subject that is classified in this paragraph? How many parts is it divided into?

3. What order are these parts arranged in the paragraph?

Complete the outline

Subject: \_\_\_\_\_

Topic sentence: \_\_\_\_\_

Division:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_