



GlobalPeople

Research Tools

Sociocultural Adaptation

(Higher Education context)

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Spencer-Oatey, H. & Xiong, Z. (2012) Sociocultural adaptation. *GlobalPeople Research Tools*. Available at GlobalPeople Knowledge Exchange: www.warwick.ac.uk/globalknowledge

Sociocultural Adaptation

Research Tool

Purpose: to probe the sociocultural adaptation of international students studying at a UK university

QUESTIONNAIRE DESIGN

The research tool was designed to achieve the following objectives:

- to assess the extent to which students were experiencing sociocultural adjustment problems;
- to assess the importance that students attached to sociocultural adjustment;
- to identify which of the domain(s) 'university academic life', 'contact with people' and 'daily life', and which specific issues were perceived as (a) most/least difficult and (b) most/least important to adjust to;
- to explore whether demographic and other variables had an impact on the above measures.

QUESTIONNAIRE ITEMS

As an international student, you might have encountered problems dealing with some situations since your arrival in Britain, due to unfamiliarity with the social, cultural and educational differences between your home country and Britain.

Please read through the list of situations below and show (a) how difficult you have found it to cope with them, and (b) how important it is for you to be able to cope with them successfully, by circling an appropriate number on either side of each situation.

Amount of Difficulty 难度					Situation 情况	Amount of Importance 重要性				
No Difficulty 没有困难				Extreme Difficulty 极为困难		Not at all Important 不重要				Extremely Important 极为重要
					Daily Life 日常生活					
1	2	3	4	5	1. Getting used to the local climate 适应当地的气候	1	2	3	4	5
1	2	3	4	5	2. Getting used to the local food 适应当地的饮食	1	2	3	4	5
1	2	3	4	5	3. Buying daily necessities 购买日常必需品	1	2	3	4	5
1	2	3	4	5	4. Adapting to the local accommodation (e.g. use of kitchen or sharing a house with others) 适应当地的住宿安排（例如使用厨房 设施和与别人共住一室）	1	2	3	4	5
1	2	3	4	5	5. Travelling around by public transport 外出使用公共交通工具	1	2	3	4	5
1	2	3	4	5	6. Getting used to the pace of life in [place name] 适应（地名）的生活节奏	1	2	3	4	5
1	2	3	4	5	7. Carrying on with your favourite leisure activities 继续进行你所喜爱的休闲活动	1	2	3	4	5
					University Academic Life 大学学业					
1	2	3	4	5	8. Asking teachers for help when you have problems with your study 向老师请教学习上遇到的难题	1	2	3	4	5
1	2	3	4	5	9. Participating in the discussions in class 参与课堂讨论	1	2	3	4	5
1	2	3	4	5	10. Expressing clearly your ideas in class 在课堂上表达清楚自己的意思	1	2	3	4	5
1	2	3	4	5	11. Understanding lectures 听懂老师的讲解	1	2	3	4	5
1	2	3	4	5	12. Taking notes of key points of lecture in class 记下课堂讲义的要点	1	2	3	4	5
1	2	3	4	5	13. Reading and understanding materials recommended by your tutors 读懂老师指定的阅读材料	1	2	3	4	5
1	2	3	4	5	14. Writing up papers that can earn you good grades 写出能得较好分数的文章	1	2	3	4	5
1	2	3	4	5	15. Understanding tutors' comments on your coursework or papers 明白老师对在你的作业或作文上的 评语	1	2	3	4	5

1	2	3	4	5	16. Getting used to the teaching methods 适应课堂教学方式	1	2	3	4	5
1	2	3	4	5	17. Obtaining the books and journals you want in the university library 在本校图书馆找到所需要的书刊	1	2	3	4	5
1	2	3	4	5	18. Using computers to do your coursework 使用电脑做作业	1	2	3	4	5
1	2	3	4	5	19. Completing coursework on time 按时完成作业	1	2	3	4	5
1	2	3	4	5	20. Getting used to being grouped with students of different nationalities 应与其他国籍的学生分在一组进行课堂活动	1	2	3	4	5
1	2	3	4	5	21. Talking about study issues with students of other nationalities after class 课外与其他国籍的学生讨论学习上的问题	1	2	3	4	5
1	2	3	4	5	22. Understanding the assessment scheme of the university 了解本校的课程设置及学分制	1	2	3	4	5
Contact with People 人际交往										
1	2	3	4	5	23. Making friends with your own countrymen 与本国同胞交朋友	1	2	3	4	5
1	2	3	4	5	24. Making friends with British people 与英国人交朋友	1	2	3	4	5
1	2	3	4	5	25. Making friends with people of other nationalities apart from British 与其他国籍（非英国）的人交朋友	1	2	3	4	5
1	2	3	4	5	26. Taking part in local social events (e.g. pubs and holiday celebrations) 参加当地的一些社交活动 (例如, 上酒吧和参加一些庆祝活动)	1	2	3	4	5
1	2	3	4	5	27. Getting used to living independently from your parents 适应过着远离父母的独立生活	1	2	3	4	5
1	2	3	4	5	28. Contacting your families or friends through email/telephone 用电子邮件/电话与在国内的家人或朋友联系	1	2	3	4	5
1	2	3	4	5	29. Dealing with other nationalities who annoy you (e.g. those making noise in the library) 应付一些打扰你的其他国籍的人	1	2	3	4	5

					(例如, 内些外图书馆里喧吵的人)					
1	2	3	4	5	30. Dealing with staff working in the finance or accommodation office 与财务及房管部门的工作人员打交道	1	2	3	4	5
1	2	3	4	5	31. Being with other nationalities of the opposite sex 与别国的异性相处	1	2	3	4	5
1	2	3	4	5	32. Being introduced to new people of different nationalities 经人介绍与互不相识的其他国籍的人见面	1	2	3	4	5
1	2	3	4	5	33. Starting a conversation with people of other nationalities and keeping it going 主动与其他国籍的人交谈并继续谈下去	1	2	3	4	5
1	2	3	4	5	34. Understanding jokes and humour in English 明白英语笑话和幽默	1	2	3	4	5
1	2	3	4	5	35. Dealing with physical closeness and touching in social settings (e.g. kissing and hugging) 应付在社交场合中的身体距离和人身接触 (例如, 接吻和拥抱)	1	2	3	4	5
1	2	3	4	5	36. Getting used to making appointments with people before visiting them 习惯拜访别人须先预约的做法	1	2	3	4	5

For more information on the study, including the background and findings, please see the following reference:

Reference

Spencer-Oatey, H. & Xiong, Z. (2006) Chinese students' psychological and sociocultural adjustments to Britain: an empirical study. *Language, Culture and Curriculum*, 19 (1): 37–53.