



Tips for Success

- Be outgoing and friendly, especially during your first few weeks here. When school begins try to initiate conversation with other students and try to sit with them during lunch.
- Americans tend to be very open & friendly at first, but this behavior does not always develop into close relationships. "How are you" is considered a simple greeting and the expected response is "Fine, how are you?" Often offers of further contact may be intended as a friendly gesture not to be taken literally.
- Find out what activities, sports and extracurricular activities are available at your school. This is how many students socialize after school. The best way to make new friends is to get involved.
- If you have difficulty understanding something, ask for help. Your host families as well as your teachers are here to support you. You will also find that classmates can be very helpful in clarifying something you don't understand.
- Limit the contact you have with family/friends who are only able to speak your native language.
- Make sure you understand what is expected of you.
- Remember you will need to learn to balance your time between studying, your host family, and new friends.
- Be patient - it takes time to build close relationships.

GENERAL SAFETY TIPS

- ❖ Write down and learn your host family's telephone number & address. Familiarize yourself with your surroundings.
- ❖ Don't give out any personal information for yourself or you host family.
- ❖ Your host family should be introduced to all of your friends.
- ❖ Always tell your host parents where you are going.
- ❖ Don't go out alone. Never go out with someone you don't know.
- ❖ Learn emergency numbers in your state.

INTERNET SAFETY

- ❖ Follow your host parent's rules regarding computer use. Make sure you know their expectations.
- ❖ Do not download anything from anyone you don't know. If using the host family's computer, you must have permission before downloading.
- ❖ Keep your identity, location and telephone number private.
- ❖ Do not post any photos or videos of yourself online.
- ❖ Never respond to online communications that make you feel uncomfortable.
- ❖ Never meet anyone in person that you have met online.