Title: The Acculturation Experience of International Students in the United States: A Literature Review

Abstract: Universities in the United States host a large number of international students. These international students not only pursue a higher education, but make a range of contributions to the country. However, they often experience difficulties for not receiving much attention from the U.S. mental health researchers when it comes to acculturation issues. This presentation explores the acculturation experience of international students in U.S. university settings through a literature review. Some factors were found to affect students’ acculturation experience, such as language proficiency, length of residency in the U.S., gender, personality, social support, and self-efficacy. Among these factors, research has reported that second language anxiety is the most frequently reported acculturative stressor. Additionally, most authors do not have specific suggestions or intervention plans to assist international students in the U.S.