



UNIVERSITY of
DENVER



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Tips for new

English Language Center students

Welcome to DU and the USA! Here are just a few good things to remember as you meet new people, make new friends and get used to life during your time with us.

Healthy Feelings

Adjusting to a new country, school and community can be hard. Although some stress and worry is common, sometimes these feelings can get in our way. It's OK to talk with family, friends or campus officials if you or someone you know:

- Feels very lonely, and is not talking to other people.
- Becomes very stressed or worried, and this makes it hard to do school work or go to class.
- Begins to consider returning home because of stress or problems.
- Has problems sleeping or eating that interfere with school work or daily living.
- Has thoughts about ending your life, harming yourself or someone else in any way.

Be careful if you drink alcohol

It is common for alcohol to be served at restaurants, bars and some parties. If you or people you know do drink alcohol, remember:

- You must be 21 years old or more to legally drink alcohol in Colorado.
- Eat food before you drink alcohol.
- Drink a glass of water, juice or soda between drinks that have alcohol in them.
- Don't accept an alcohol drink that someone else made, because it may have too much alcohol in it.
- If you are worried about someone's alcohol use, you can talk privately to a counselor at the DU Health and Counseling Center.

DU Health & Counseling Center

office: Ritchie Center 3rd floor north

phone: 303-871-2205

website: www.du.edu/duhealth

(turn over this page for more tips)

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Talking about Touch

If you meet someone you like, it is important to be sure both you and they are comfortable with any type of touch (such as holding hands, hugs, kiss or sex).

- Talk honestly about what you and they are comfortable with.
- Ask permission before touching: holding hands, hugs or more.
- Both people should say “yes,” and really mean it, before sex. And it’s OK to change your mind to “no” any time.
- Someone who is drunk or asleep cannot agree to touch or sex.
- It’s not OK to pressure or force someone to say “yes.”

Center for Advocacy, Prevention & Empowerment (CAPE)

supporting survivors of sexual violence and promoting healthy relationships

office: Nelson Hall 102

phone: 303-871-3853

web: www.du.edu/cape

Meeting new people in the US

How you meet and talk with new people at DU may be different from making new friends at home.

- It is very common to shake hands, even men with women. If you’re not comfortable with this, smile, nod or wave to show friendliness without touching.
- The most common questions to ask one another when meeting someone new are
 - “What’s your name?” It’s OK to ask or offer help if someone has trouble saying a name.
 - “Where are you from?” Which could mean the country, city or neighborhood
 - “What do you do/study?” Which can mean for work or what subject do you study at school
- Questions about hobbies (what you like to do for fun), whether you are single/dating/married and if you have children are also common. But, asking people you just met about money, religion, politics or sexual matters can be uncomfortable.
- It is common to quickly ask “How are you?” when you see someone in public. “Good,” “fine” and “Ok. How are you?” are the most common responses.

Center for Multicultural Excellence

office: corner of University Blvd & Asbury St

phone: 303-871-2942

web: www.du.edu/cme

Please contact any of our offices with questions or concerns. We are here to help!

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