



Connecting Lives, Sharing Cultures

Post-Arrival Orientation: Participant Self-Survey

Name _____
Home Country _____

1. The best thing about my experience so far is _____

2. My experience is different than I expected before I left home because _____

- 3. The checked items below are a challenge for me now (check all that apply)
Using my Cell phone too much
Boy/girlfriend at home
American customs
Connecting with host family member(s)
Homework
Food/diet
Money
Internet use
Difficulty making friends
Homesickness
English language
learning
Illness
Transportation
School classes
Other

4. My most difficult challenge from the list above is _____

- 5. I need help with homework:
a) Every day
b) 2-3 times a week
c) Once a week
d) Never

6. I call my host parent(s): _____ and _____. (ex: mom/dad, William/Katherine, Joe/Kat, nicknames, etc.)

- 7. The checked words/phrases best describe the way I feel in my host family now: (Check all that apply.)
sometimes comfortable, sometimes not
like a guest
I spend a lot of time in my room
not comfortable
helpful
I am alone a lot
Family members are always busy.
Busy
Bored
There is always someone around
comfortable
not sure yet
I don't understand what is happening in the family most of the time
Fantastic
like a family member
Lonely
Other

8. Choose between the following questions:

a) I hope my relationship with my family **will change** from what it is now because _____

OR

b) I hope my relationship with my family **will NOT change** from what it is now because _____

9. I think that my host family would say that I (check all that apply):

- | | | |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> seem interested in learning about US culture | <input type="checkbox"/> often offer to help | and understand English |
| <input type="checkbox"/> stay alone and don't seem interested in family activities | <input type="checkbox"/> seldom do my homework | <input type="checkbox"/> complain often |
| <input type="checkbox"/> keep my room clean | <input type="checkbox"/> seem homesick | <input type="checkbox"/> participate in family activities |
| <input type="checkbox"/> sleep very late | <input type="checkbox"/> use my phone a lot | <input type="checkbox"/> don't listen to advice |
| <input type="checkbox"/> have to be asked to help out around the house | <input type="checkbox"/> am a good sister/brother in the family | <input type="checkbox"/> am willing to try new foods |
| <input type="checkbox"/> study every night | <input type="checkbox"/> share my culture with them | <input type="checkbox"/> spend too much time on the internet |
| | <input type="checkbox"/> work hard to speak | <input type="checkbox"/> other |

10. To help make this a good experience for my host family, I try to _____

11. I contact my family/friends in my home country (by e-mail, text message, or phone)

- a) Daily
- b) Weekly
- c) every other week
- d) monthly

12. My natural family/friends in my home country contact me (by e-mail, IM, or phone)

- a) Daily
- b) Weekly
- c) every other week
- d) monthly

13. I **have** discussed the **Participant & Host Family Questionnaire** with my host family. **Yes/No**

14. At school, I talk to _____ with questions about courses or school problems.

15. I have joined the following teams or clubs: _____

16. The U.S. value, behavior or custom that has been the most surprising and/or confusing to me is _____

17. What were your three short-term goals that you wanted to achieve before this orientation? Did you achieve them?

1. _____

2. _____

3. _____

18. My liaison's name is _____

19. My Liaison has contacted me the following number of times since I arrived:

- 0 times
- 1 time
- 2 times
- 3 times
- 4 or more times

20. I have contacted my Liaison the following number of times since I arrived:

- 0 times
- 1 time
- 2 times
- 3 times
- 4 or more

21. I would feel comfortable talking to my liaison about a problem.

- Yes
- No

Statement of Understanding

I understand that at any time I can speak privately with my Liaison or my Chapter or Area Team Support Coordinator.

Optional: I would like to speak **with** _____ or another volunteer privately today.

Participant Signature