



Team 13

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Student Support Stickers

The international student population in the US has been steadily increasing over the past decades, and China is the number one contributor. Studies have shown that these students face unique challenges compared to their American counterparts. Although they experience relatively high rates of psychological distress, they seek professional help at lower rates, making supporting their mental health a priority for the overall support of the community.

The project aims to bridge this gap. A sticker is designed in both English and Chinese, incorporating a multi-colored rope (including Carolina blue) to represent the strength of combined cultures and values. Drawing on the idea of community and relationships as protective factors, the intended audience is encouraged to view connection and support with fellow international students and American students alike in a positive light.

After researching, several key challenges that Chinese international students face were identified, along with potential strategies that the community can adopt to better help them deal with mental health problems. Longer term, there is a hope to produce actual copies of these stickers through the UNC maker space and place them in high-traffic locations to spread a message of community support among Chinese international students.

SUPPORTING COMMUNITY AMONG CHINESE INTERNATIONAL STUDENTS

Language Barriers

Academic Stress and Career Problems

Lack of Social Support

Financial and Visa Status Concerns

Acculturation Difficulties

Stigma and Discrimination

International Chinese students face an array of unique challenges.

289k

International Chinese Students in the U.S.

27.4%

Of the entire international student population



4 OUT OF 10

International Students at UNC-Chapel Hill are from China



These students have higher rates of psychological distress, but are less likely to seek professional help.

What can we do to help this part of our community?

ADDRESSING THE DISPARITY

How can universities, care providers, and other institutions support better mental health for these students?

MULTICULTURAL TRAINING FOR PROVIDERS

Teach all health professionals to pay attention and identify possible psychological triggers manifesting through physical symptoms. Train mental health providers to provide culturally congruent healthcare that takes into account international students' unique characteristics.



ACTIVE OUTREACH APPROACHES

Actively reach out to international Chinese students through posters, campus newspapers, events, etc. to increase visibility about existing resources, raise awareness, and reduce cultural stigma toward mental health support.

TEACHING EFFECTIVE COPING SKILLS

Develop methods for teaching Chinese international students to build effective coping skills, including skills in problem-solving and seeking social support.



PROVIDE MENTOR AND/OR PEER SUPPORT

Develop networks of senior students with similar backgrounds or local national students to provide guidance when navigating the experience. Provide students with faculty mentors to offer better support.



STAY TOGETHER, STAY STRONGER

关注心理健康，我们在一起。

Our Project



larger versions below
references



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This project aims to bridge this gap. We designed a sticker in both English and Chinese that incorporates a multi-colored rope (including Carolina blue) to represent the strength of combined cultures and values. Drawing on the idea of community and relationships as protective factors, we wanted to encourage our intended audience to view connection and support with fellow international students and American students alike in a positive light.

After researching, we identified several key challenges that Chinese international students face and offered some potential strategies that we as a community can do to better help them deal with mental health problems. Longer term, we hope to produce actual copies of these stickers through the UNC maker space and place them in high-traffic locations to spread a message of community support among Chinese international students.

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Sticker Illustrations

